

Pureed Ham Wrap

IDDSI Level 4

Snack

Recipe Source: Chef Jose at Broadmead Rest Home

Time to make: 10 minutes

Servings: 1 portion

Ingredients:

2 slices of white bread
100ml milk
2 slices of ham
50ml water
1 scoop of thickener
(Resource ThickenUp Clear)
Brown sauce
Cling film

Dietitian's Top Tips:

To increase flavour and calorific content, serve with sauces, such as mayonnaise, pureed guacamole or pureed hummus.



Instructions:

- Blend the sliced bread and milk to make a puree.
- Add 1 scoop of thickener, then blend the mixture again achieve the correct consistency. Pass the mixture through a sieve to eliminate any lumps.
- Repeat the process with the ham and water.
- Place the cling film on the table and put a little brown sauce on it.
- Put a layer of the pureed bread on the cling film, then a layer of the pureed ham on top.
- Fold the cling film around the bread and ham puree to make it into the shape of a wrap.
- Place the wrap in the freezer for about 30 minutes until set; then remove the cling film and plate it up to defrost.