

Vegan texture- modified



A collection of vegan and vegetarian recipes, perfect for vegans, vegetarians or those with egg or milk allergies, who need a texture-modified diet

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Introduction

Vegetarian for Life's chefs have developed this guide to help you cater for any vegan or vegetarian residents who need a texture-modified diet. The guide has a range of recipes made to different IDDSI levels, including breakfast options, soups, main meals, and puddings.

Disclaimer

This guide should only be used as such. Although these recipes have been tested by our chefs, it's essential that you ensure the recipe is at the correct and desired IDDSI level before serving. For full details, visit iddsi.org



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Foreword: Sandra Robinson, Dysphagia Kitchen

“Dysphagia is not a well-known disability to the general public. Dysphagia is a swallowing problem. It is a symptom of an underlying disorder. It affects 8% of the world’s population. That’s about 590 million people. And in the UK, 5.2 million people present with swallowing problems. Not only does it place people at risk of worsened health outcomes, it can be fatal. It’s important to get food and drink right for people with dysphagia for this reason and because it significantly affects their quality of life.

“A speech and language therapist assesses people with dysphagia and works with the person to decide if they need texture modification to compensate for the difficulty.

“And this is where you come in. You can make texture-modified food and drink safe, appealing, tasty and nutritious. But to do that successfully, you need to combine your cooking skills with your understanding of the International Dysphagia Diet Standardisation Initiative (IDDSI) Framework. As you can tell from the name, it’s global. Everyone will follow it!”

dysphagiakitchen.co.uk

WHAT IS DYSPHAGIA?

Dysphagia is the medical term for swallowing difficulties. It is a symptom of an underlying condition.

WHAT CAUSES DYSPHAGIA?

There are a whole range of causes, some permanent, others temporary. These include stroke, cancer, frailty, physical damage to the mouth, throat or oesophagus, saliva production problems, and lack of teeth. There are psychological as well as physical reasons for dysphagia too. Dysphagia can happen at any point in a person's life.

SIGNS OF DYSPHAGIA

Individuals with dysphagia may experience a range of symptoms. These can include drooling, difficulty chewing, persistent, prolonged or distressing bouts of coughing, frequent throat clearing, impaired breath-swallow co-ordination, food avoidance, unexplained weight loss, chest infections, pneumonia and choking.

TEXTURE-MODIFIED DIETS

Texture modification is a compensatory measure to keep the person with dysphagia safe from harm. This may be recommended for someone with dysphagia by a speech and language therapist. She or he will assess which IDDSI level is suitable dependent on an individual's needs, wishes and preferences.

SPECIAL DIETS

If someone requires a texture-modified diet, it's important to remember they may still have other dietary requirements that need to be catered for too. Every person is an individual with individual food choices. As well as considering food preferences still, any special dietary choices and needs should also be factored in. Vegetarians and vegans for example should have their dietary choices respected and catered for when requiring a texture-modified diet.

WHAT DOES IDDSI STAND FOR AND WHY DO WE HAVE IT?

International Dysphagia Diet Standardisation Initiative. It provides a standardisation framework everyone can work to with testable, reliable and practical ways to ensure consistency. Individual interpretation and inconsistency in theory must be prevented.

Caring for someone with dysphagia

- If someone needs a texture-modified diet, it's still important to meet their dietary needs, choices and preferences.
- If a person with dysphagia also has memory loss, their preferences, dietary choices and beliefs should still be respected and upheld.
- Ensure carers and caterers have sufficient training.
- Provide a calm, pleasant dining environment.
- People living with dysphagia and conditions that affect their cognition, such as dementia, may need to be supervised while eating. Care must be taken so an individual can't swap foods or access sauces (condiments) for example that may not meet their required IDDSI levels.
- Smaller portions served more frequently can be a good idea for those experiencing dysphagia. Large meals can become overwhelming and stressful, exacerbating issues.

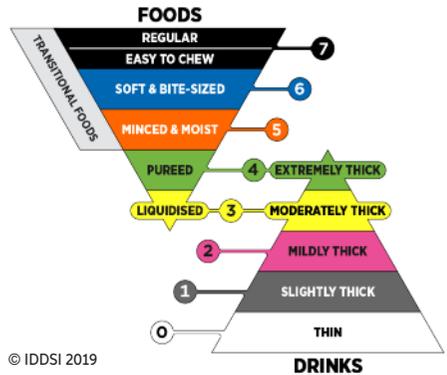
Always check with a speech and language therapist about swallowing and a dietitian about nutrition before making changes. In some cases, you may need to alert a medic.

TEST AND RETEST

Food should be tested regularly during the cooking process allowing the chef to make appropriate alterations to meet the intended IDDSI level. It is also

IDDSI LEVELS

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



essential to test again just before serving the dish. In addition, if it's not eaten after 15 minutes it should be retested, and again at 30 minutes. If at any point the tests fail, the dish needs to come back to the kitchen because of it being unsafe to consume. A variety of tests can be used to check a food meets the required IDDSI level.

When testing, consider the following every time. Bolus (food 'lump') must be:

- Cohesive (not fall apart on spoon tilt test).
- Not too adhesive (does not stick to the spoon requiring repeat attempts to drop).
- Exactly like the appearance criteria.
- Safe over time as it changes temperature.

IDDSI critical criteria testing methods

The main tests for IDDSI levels are:

Syringe flow test, fork drip test, spoon tilt test, fork or spoon pressure test and fork or spoon separation test.

SYRINGE FLOW TEST

This test is suitable for liquids levels 0–3. You need to use a 10ml syringe with a barrel length of 61.5mm (measured from 0ml to 10ml mark) and it must have specific type of tip: Luer lock or slip tip.

This test is not suitable for carbonated drinks. Use a clean and dry syringe for each test.

Remove the syringe's plunger. Cover the nozzle with your finger creating a seal and fill with lump- and bubble-free liquid up to the 10ml mark. Release the nozzle and start a 10 second timer. Cover the nozzle again when the time runs out. Check which level the liquid is at by checking the ml scale on the syringe and noting where the liquid has stopped and identify the IDDSI level.

If the liquid is at 10ml that means it is level 4, which this test is not suitable for. Proceed with a fork-drip and spoon-tilt test instead.

8–10ml	level 3
8–4ml	level 2
4–1ml	level 1
1–0ml	level 0

Please check

iddsi.org/Resources/Testing-Cards

FORK DRIP TEST

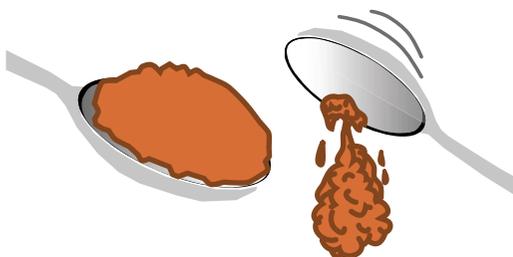
The fork drip test is used to check the correct thickness and cohesiveness of the foods for levels 3–4. Check if the food flows through and how it holds together on the prongs of a fork (iddsi.org/Testing-Methods).

Level 3 will drop slowly through the prongs in dollops or strands.

Level 4 will sit in a mound above the fork. A small amount might form under the fork but NOT drip.

SPOON TILT TEST

The spoon tilt test is used for level 4–5. It determines the stickiness of foods (adhesiveness) and its ability to hold together (cohesiveness). Place the food on a clean spoon each time the test is taken. The food should hold its shape while on the spoon and not drip off the edges. When slightly tilting the spoon sideways – a slight flick using the wrist is allowed – the food should slide off leaving no or only a slight film of residue on the spoon. The spoon should be still visible through the residue.



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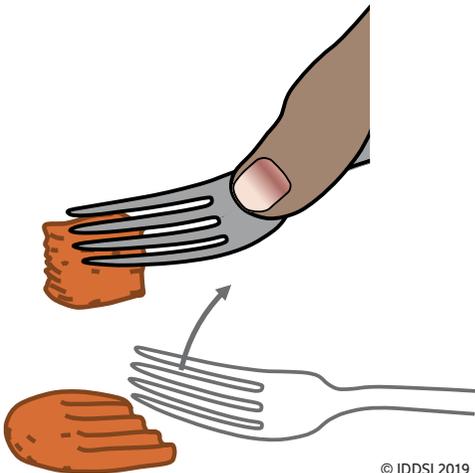
FORK OR SPOON PRESSURE TEST

The fork pressure test is best used to assess foods in levels 5–7 and transitional foods (explained below) by assessing how the food changes when pressure is applied to it with the prongs of a fork or the back of a spoon.

Make sure the food is pressed by placing the thumb inside of the curved area of the fork, just before the prongs start and gently apply pressure until the thumbnail blanches noticeably white. If forks are not available, a teaspoon could be used as an alternative to perform this test.

Using a fork is a good method to help measure the food particles for levels 4 and 5. A standard metal fork should measure 4mm between each prong but do use a ruler to double check. 4mm is the size of the food particles required for level 5 for adults.

The entire row of prongs should measure 1.5cm, and food particles should be no bigger than this size for level 6.



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DETERMINING A TRANSITIONAL FOOD

Transitional foods are foods that start as one texture and when exposed to moisture (e.g. water or saliva), or when a change in temperature occurs (e.g. heating), they change to another. Examples include ice cream and crisps.

Place 1ml of water onto the food item you want to test. The food sample should be 1.5cm x 1.5cm in size. Wait for 1 minute, then use the fork pressure test. Transitional foods will disintegrate after the test and will no longer return to their original shape after pressure is lifted.

FORK OR SPOON SEPARATION TEST

This test is used only for level 7, easy to chew foods. The test is to check whether food is soft enough to break apart easily when using the side of the fork.

Chopstick test and finger test can be used in countries where use of forks and spoons is not common practice.

Alternative testing device: Viscgo sticks can be used for gum-thickened liquids only. There will soon be a funnel device made available, developed by the IDDSI experts.

General cooking tips

Following a recipe won't necessarily result in the correct IDDSI level. This is not to say that IDDSI recipes are not written with care. The key to creating the correct level is to follow the principles set out in the IDDSI framework. Small variations in moisture, cooking time, quality of ingredients, and cooking equipment can all add up to not creating the correct level. Even over-stirring can make a dish too sticky. Any person that prepares meals to IDSS1 standards should have professional training and test the foods accordingly.

MAKING FOOD APPETISING

Although the consistency of any food is paramount, presentation and flavour should not be overlooked. The adage that we eat with our eyes can be particularly important for people experiencing dysphagia.

USING THICKENERS

Thickeners can be a valuable addition to alter the consistency of foods. They are generally prescribed as a medicine so are not simply available in the local supermarket. Always follow the instructions on the packet. The thickeners should be suitable for vegans but always check the label first and check with the manufacturer if needed.

SPECIAL EQUIPMENT

Basic kitchen equipment is all that is needed to prepare food for a person

with dysphagia: a fine sieve, a high-quality food blender like a Robot Coupe or Thermomix, and a potato ricer. All the recipes in this guide were created using a Nutribullet, a fine sieve, and care.

FOODS THAT MAY CAUSE DIFFICULTY

Any foods that are hard to chew and swallow can be problematic for an individual with dysphagia. Transitional foods (see page 7) can also pose problems.

Fibrous, crispy, dry, sticky, or hard foods, or those with pips or seeds can be particularly difficult. Bread and bread-type products should generally be avoided.

The trick therefore is to provide a balanced diet including all food groups, while ensuring foods used are safe to eat. Ensure the food is presented to a high standard and tastes good too. Just because the food served is pureed does not mean these standards need to slip. It still needs to appear appetising to the person eating it.

For more information please see **Vegetarian for Life's Nutrition for older vegetarians and vegans** guide at

vegetarianforlife.org.uk/resources/publications or order a hard copy on 0161 257 0887 (just £2.75 inc P&P).



Getting a balanced diet

CARBOHYDRATES

Bread – some people will be able to eat bread however it is one of the most problematic foods to purée because it has a variety of textures, may contain seeds, and can become sticky when chewed.

Rice – generally opt for short grain white rice over fibrous brown. Serving it as part of a sauce can be a good option.

Pasta – can be served, however should be cut into pieces no bigger than 4mm and served in a thick sauce.

Cereals – can be served but generally should be fully softened.

FATS AND OILS

These can be used in the cooking process or mixed into foods, not only adding additional vitamins, calories and flavour, but also adding mouthfeel.

WATER

Water is arguably the most important part of any diet. Water, fruit juice, coffee, tea etc. may have to be thickened using commercial thickeners. Always follow the instructions and test before serving. Thickeners should be stored in a safe place as a medicine.

PROTEIN-RICH FOOD

Although nuts and seeds are often used to provide texture, that isn't what we want with texture-modified foods. Nuts and seeds can be used but they

must be ground to a paste before being incorporated into dishes.

Eggs, scrambled or served as a light omelette, can often be a good option (although not for vegans). Fried eggs are not suitable because the texture can vary, which could cause a choking hazard.

Tofu is not only rich in protein but also calcium and fibre. Silken and firm tofu are both good options and can be served in a variety of ways. Spongy varieties of tofu however should be avoided.

FRUITS AND VEGETABLES

Some foods from this group should be avoided. Seeds need to be removed completely, because leaving just one seed could be a choking hazard. Juicy fruits such as melon, where the water element separates easily, may also have to be avoided.

If puréeing vegetables it may not be necessary to overcook food. Overcooking, although done with the best intention, can lead to puréed food losing its colour and becoming less appetising. A soft texture will be achieved by the blending process. Tinned fruits and vegetables are marginally less nutritionally beneficial than fresh but may cut down on preparation time, particularly when only small quantities are required.

Fruit and vegetable preparation

The following suggested ways of preparing vegetables and fruits are for guidance only. Every element of a meal intended for someone with dysphagia should be tested to ensure it meets the intended IDDSI level. Creative chefs can make delicious, colourful, and nutritious meals to suit every IDDSI level using a wide variety of vegetables and fruits. Naturally care must be taken, but meals and mealtimes should be a pleasurable experience irrespective of dietary requirements.

SALAD INGREDIENTS – TOMATOES, LETTUCE, CUCUMBER, CELERY

Vegetables that would fall into this category can be particularly problematic. Fibrous foods can cause choking and be difficult to chew and swallow, so commonly are avoided completely. Even using a food processor can leave small amounts of fibrous material. However, if puréed and then pressed through a fine sieve the risk can be minimised.

When satisfied that no seeds or fibrous strands remain, a commercial thickener may be needed to attain the specified IDDSI level. Because these foods are particularly hazardous, the chef would require full training and guidance from a speech therapist.

POTATOES

Potatoes can be particularly user-friendly if prepared correctly, although

if overworked they can become sticky and unsuitable. Of course, not all potatoes are the same.

MASHED POTATOES

Carefully peel, then steam or boil. Thoroughly drain and season with white pepper, if required, then pass through a ricer and sieve. Don't use black pepper because this may create a choking hazard. Add plant milk, cream or yoghurt and season with salt as required. Test the level and add more milk as required. Do not add grated cheese to the mash because this can create a stringy texture similar to celery. Nutritional yeast flakes may be suitable as a dairy alternative to create a cheesy flavour, as well as fortifying the mash with additional vitamins.

PLAIN BOILED/STEAMED

Plain potatoes can meet level 6, soft and bite-sized. Cut the potatoes into 4mm cubes either prior to steaming or post steaming. Lightly coat in vegan margarine. Be careful not to add too much – just enough so it soaks in, making the potato easier to chew and swallow. Too much and you may inadvertently create two separate textures (potatoes and melted margarine). Use the back of a fork to check they are soft. Potatoes, like many foods, will change in consistency as they cool.

SAUTÉED POTATOES

This can be a good option, again suitable for level 6 soft and bite-sized. Sautéed potatoes may also be more familiar to older people and promote reminiscence.

Gently fry the potato in a little olive oil to get a little colour. Carefully add vegetable stock to the pan, place a lid on top, and cook until soft. For additional flavour, add a couple of garlic cloves to the water. Discard when the potatoes are cooked. Check the potatoes meet the IDDSI requirement and serve.

SWEET POTATOES

Sweet potatoes can be cooked by any of the methods above. They are particularly useful because they are sweet and don't tend to get as sticky as some standard potatoes can. They can also be blended into purées with other ingredients as well as being used for desserts, such as crustless pumpkin pie. Sweet potatoes have a vibrant colour, which can also improve the presentation of dishes.



PEAS AND BROAD BEANS

A familiar mainstay that can easily be incorporated at a range of levels. Both peas and beans can be prepared in a similar fashion. Because both have a skin, once cooked and puréed they must be passed through a fine sieve. With the use of a commercial thickener, a range of textures can be achieved, and they can be piped to create pea/bean shapes. Tinned mushy peas will still need to be passed through a fine sieve and, because each brand may have a different water content, they will always need testing.

BROCCOLI

Broccoli can be quite a fibrous vegetable, however if prepared correctly can be served. Discard any tough parts. Lightly steam, then purée and pass through a sieve. By lightly steaming, the vitamin content and colour can be retained. Puréed broccoli can be served as a vegetable as it is, or added to soups and stews.

CAULIFLOWER

Cauliflower can be cooked and puréed as above. Alternatively trim off all the tough parts, then cut into bite-sized pieces and steam until soft. Cauliflower can be served in a thick cheese/white sauce. Vegan cream cheese is a good alternative to dairy cheese, or try nutritional yeast flakes.

CABBAGE

Cabbage of any variety may not be a good option. In addition to its high fibre content, cabbage has a high water content and so can result in an inconsistent texture. However, if cooked and thoroughly puréed it can be thickened or added to other recipes.

SPINACH

Raw spinach should always be avoided. Cooked and puréed it can be used, however it must be passed through a sieve and pass the fork test. A thickener can be used with spinach to create a specific IDDSI level.

CARROTS

Peeled and steamed carrots can fit well with IDDSI level 6. Cooked, puréed, and sieved, they can also be prepared to level 4. Puréed carrots can also be incorporated into desserts, offering additional vitamin benefits and also reducing refined sugar. Raw carrots should always be avoided.

SWEETCORN

Even when puréed, sweetcorn can still present difficulties and should be avoided.

AUBERGINES

Aubergines can be used as an ingredient at many levels, although care must be taken. Aubergines must always be peeled and cooked until completely soft. Any slightly underdone part can create a choking hazard. All of the aubergine must be thoroughly checked. Once puréed it can be used a part of a sauce or layer for lasagne.



BUTTERNUT SQUASH

Butternut squash is a versatile and colourful vegetable. Carefully remove all of the skin and seeds, then cut into bite-sized pieces and steam until completely soft. Alternatively, it can be puréed and passed through a sieve. Butternut squash can be naturally thick and may not need an additional thickener. In fact, it can sometimes be used as a natural thickener for other foods. An IDDSI test must always be carried out however.

PULSES

Pulses can be used at various IDDSI levels with caution. They should never be served whole, irrespective of the level required. However once cooked they can be blended into a fine purée and passed through a sieve. At this point they can be used as an ingredient to add richness to soups, sauces and stews. Dips created from pulses are also possible, however they must be served with a spoon rather than the commonly used celery stick or crudité.

ONIONS

Often the start to many dishes, onions add a rich base flavour. However, they are fibrous so should be treated with care. Frying onion should generally be avoided because this may create tough burnt bits. Onions can be gently sautéed and either chopped or puréed. Either way they must be placed through a sieve post cooking.

Fruits

Naturally sweet, full of vitamins and colour, fruit is for many nature's convenience food. However, for a person living with dysphagia, fruit has to be treated with care. Commonly fibrous and juicy, it can present particular difficulties. Despite this, fruit can be enjoyed at any of the IDDSI levels. Raw fruit generally needs to be avoided because it requires chewing, contains seeds or pips, and has tough fibrous parts (there are exceptions at level 7).

ORANGES, GRAPEFRUIT, LIMES AND LEMONS

The juice of any of these fruits can be used to create flavourful drinks. Add thickener as required for level 1 and 2. In addition, the juice can be added to puréed fruits or even savoury dishes. Fresh orange or grapefruit should generally be avoided, even when peeled and trimmed, unless instructed otherwise by a speech therapist for a specific person.

APPLE AND PEARS

Cooked apples and pears, carefully trimmed, can be prepared to level 6. However, because both contain fibrous parts often hidden in the flesh, cooking and puréeing is a safer option. Tinned pears can be a time-saving option. Add thickener as required.

MANGO

Sweet and delicious! In addition to fresh, mango is available frozen, ready prepared, or tinned as a purée. Always pass through a sieve. Mango can be used in a variety of ways by adding it to soft cakes, mousse or even as a cheesecake (see recipe page 30).

PEACHES

Tinned or cooked fresh peaches can be a delicious addition to the menu. Remove all skin, then blend and pass through a sieve. Add to porridge, smoothies, or create a delicious sauce.

PINEAPPLE

Because of its high fibrous content, pineapple is generally to be avoided. However, pineapple juice can be used as a drink, which of course can be thickened.

MELON

Because melon has a high water content it can be problematic. However, melon juice can be thickened and used as a refreshing drink.

GRAPES

Unfortunately, although delicious, even 'seedless' varieties of grapes can have tiny seeds. Grape juice can be used as a base to create a refreshing drink.

BANANAS

Bananas, like many fruits, can have several textures depending on ripeness. A ripe banana may meet IDDSI level 6. However, an unripe banana may not be suitable at all.

As with any fruits and vegetables, it is crucial to always test to see if it meets the required IDDSI level, rather than assuming the ingredient is always safe. Just because it was suitable on one occasion does not mean it will be every time.





Cooked breakfast

IDDSI LEVEL 5 MINCED AND MOIST

Time to prepare 40 minutes

Time to cook 30 minutes

Serves 4

Sausages, scrambled tofu, hash browns, beans and tomato

SCRAMBLED TOFU

- 10g/2 tsp margarine
- 150g firm tofu cut into 4mm pieces
- 50g soya cream
- ¼ tsp turmeric
- ½ tsp soya sauce

1 Gently heat the margarine, then add the tofu, soya cream, turmeric and soya sauce.

2 Gently cook for 2 minutes making sure the turmeric is distributed evenly. Set to one side.

TOMATO

- 400g tinned tomatoes
- 1 tsp tomato purée
- ¼ tsp sugar

1 Purée all of the ingredients. Pass through a sieve to remove any seeds. It is extremely important to ensure all seeds and any fibrous parts have been removed.

2 Gently heat until the correct consistency is achieved. Set to one side.

BAKED BEANS

- 100g red lentils
- The tomato sauce from a 420g tin of baked beans
- ½ tsp garlic, puréed
- 1 tsp tomato purée

1 Place the lentils into a pan and cover with water. Cook for 15 minutes or until the lentils have completely broken down.

2 Sieve the beans to separate the sauce from the beans (the discarded beans can be used in another dish).

3 Cook until the correct consistency is achieved. If a little thin add a little more tomato purée. Set to one side.

SAUSAGES

Both Quorn Brilliant Bangers and Richmond Meat-Free sausages work well

- 4 vegan sausages

1 Place the vegan sausages into a pan of water and simmer for 15 minutes.

2 If using Richmond meat-free sausages peel off the skin.

3 Chop the sausages into 4mm pieces then re-form into sausage shapes.

4 For a darker colour, poach in vegan gravy.

HASH BROWNS

- 2 medium sized potatoes, peeled and cut into 4mm cubes
- 14g/1 tbsp vegan margarine
- ¼ tsp paprika
- Salt as required

1 Lightly steam the potatoes then drain.

2 Melt the margarine in a frying pan then add the paprika. Carefully fold in the potato. Do not brown. Season with a little salt.

3 Press the potato pieces into a ring to create a hash brown shape.

SERVING

Make sure all the elements are thoroughly heated through. Test each element separately to ensure it is compliant to IDDSI level 5, then serve.

Porridge

IDDSI LEVEL 4 PURÉED

Time to prepare 10 minutes

Time to cook 5 minutes

Serves 1

- 60g Ready Brek oats
- 390ml sweetened plant-based milk such as soya, oat or almond

1 Using a food processor, blitz the Ready Brek oats and then sieve them. Discard what is left in the sieve.

2 In a small saucepan bring the plant milk to a boil.

3 Add the sieved oats and whisk until it starts to thicken. Turn off the heat and leave to stand for around 1 minute or until the porridge is cooked.

4 Pass the hot porridge through the sieve gently. Use the spoon tilt test to check the consistency.

5 Discard the leftovers from the sieve.

SERVING TIPS

If a sweeter porridge is desired add sweeteners, such as golden syrup. Gradually add and check the consistency again before serving. It could also be served with stewed apple for example, if the apples have been prepared separately to IDDSI level 4.



Peanut butter and banana milkshake

IDDSI LEVEL 1-4

Time to prepare 5 minutes

Serves 2

The thickness is regulated by adding extra bananas or reducing the amount of liquid. Add sweeteners if extra sweetness is desired. For a less sweet version use unsweetened plant milk. Soy protein powder makes the smoothie much thicker and is also better for those who need extra calories and protein.

LEVEL 1 SLIGHTLY THICK

- 300ml/½ pint sweetened plant-based milk
- 3.5g/1 tsp cocoa powder
- 15g/1 tbsp smooth peanut butter
- 95g/1 banana

1 Blend all the ingredients together in a liquidiser.

2 Sieve the milkshake, then do a flow test to check IDDSI level before serving.

LEVEL 2 MILDLY THICK

- 200ml/⅓ pint sweetened plant-based milk
- 3.5g/1 tsp cocoa powder
- 15g/1 tbsp smooth peanut butter
- 95g/1 banana

1 Blend all the ingredients together in a liquidiser.

2 Sieve the milkshake, then do a flow test to check IDDSI level before serving.

LEVEL 3 MODERATELY THICK

Fortified with vegan protein powder

- 200ml/⅓ pint milkshake from basic recipe
- 100ml sweetened plant-based milk
- 20g soy protein powder

1 Blend all the ingredients together in a liquidiser.

2 Sieve fortified milkshake to avoid lumps, then do a flow test to check IDDSI level before serving.

LEVEL 4 EXTREMELY THICK

Fortified with vegan protein powder

- 200g/⅓ pint milkshake from basic recipe
- 20g soy protein powder

1 Blend all the ingredients together in a liquidiser.

2 Sieve fortified milkshake to avoid lumps, then test to check IDDSI level before serving.





Pea and mint soup

IDDSI LEVEL 3 LIQUIDISED OR LEVEL 4 PURÉED

Time to cook 30 minutes

Time to prepare 10 minutes

Serves 2

- 1 tbsp olive oil
- 1 onion, chopped
- 2 medium carrots (160g), sliced
- 500ml vegetable stock
- 30g red lentils
- 1 garlic clove
- 1 small sprig of mint
- 120g frozen peas
- 50g vegan cream cheese

1 Gently fry the onion and carrots for 5 minutes in a tbsp of oil, making sure the onion doesn't brown. Then add the stock, lentils, garlic and mint.

2 Bring to the boil, then simmer for 20 minutes. Add the peas and continue to cook for 5 more minutes.

3 Remove the sprig of mint then thoroughly blend the soup. Next pass through a fine sieve.

4 Return to the pan and add the cream cheese. Check the consistency is correct to the desired IDDSI level. Add a little extra water or cream cheese to thin the soup if needed, or continue to cook if the soup needs thickening.

If adding pepper, use white, fine ground pepper rather than cracked pepper because the latter may cause irritation when swallowed.



Butternut squash soup

IDDSI LEVEL 4 PURÉED

Time to prepare 20 minutes

Time to cook 30 minutes

Serves 4

- 110g brown onion
- 135g sweet potato
- 100g carrot
- 560g butternut squash
- 30ml/2 tbsp vegetable oil
- ½ tsp turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 tsp of lime juice
- ½ tsp salt
- 400ml coconut milk
- 1 x 7g vegetable stock cube
- 50g red lentils
- 2 cloves garlic, crushed

1 Chop the onions, sweet potatoes, carrots, and butternut squash.

2 Heat the oil in a pan. Add the vegetables and brown for 5 minutes.

3 When golden brown, turn down the heat and add the spices, lime juice and salt and mix well.

4 Add the coconut milk and vegetable stock cube. Simmer for 10 minutes.

5 Add the red lentils and crushed garlic to the pan and simmer for a further 10 minutes. Once all the vegetables are soft remove the pan from the heat.

6 Use a stick blender or a liquidiser and blend the soup until smooth and no lumps remain.

7 Pass the soup through a sieve. Check if the consistency is correct for IDDSI level 4. If it is too thin, reduce further while heating in the pot.

Cauliflower bhaji, dhal and Bombay potato

IDDSI LEVEL 5 MINCED AND MOIST

Time to prepare 30 minutes

Time to cook 40 minutes

Serves 4

This dish has three elements, all flavoured with the same base curry sauce.

Curry base

- 1 tbsp oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 2 tsp mild curry powder (or for a stronger flavour use a medium curry powder)
- 150g full-fat coconut milk

1 Gently fry the onion for 5 minutes (not browning) then add the garlic, curry powder and continue to cook for 2 minutes.

2 Finally add the coconut milk, simmer for 5 minutes, then purée.

Dhal

- 60g red lentils
- 400ml water
- 50g sweet potatoes, peeled and cut into 4mm cubes
- $\frac{1}{3}$ of the curry mix

1 Place the lentils into the water and cook for 10 minutes.

2 Add the sweet potato and continue to cook for another 5 minutes.

3 When the water from the lentils has evaporated add one third of the curry base. Season as needed.

Cauliflower bhaji

- 150g cauliflower, cut into 4mm pieces
- 50g sweet potatoes, peeled and cut into 4mm pieces
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{2}$ tsp mango chutney
- $\frac{1}{3}$ of the curry mixture

1 Place 200ml water into a pan and bring to the boil, then add the cauliflower, sweet potato, and turmeric. Simmer until the vegetables are soft and tender.

2 Drain any excess water then add the mango chutney and one third of the curry base.

Bombay potato

- 1 tsp oil
- 200g potatoes, peeled and diced into 4mm cubes
- 1 tsp tomato purée
- 1 tsp tomato ketchup
- 1 tsp mango chutney (only the juice, no fibrous parts)
- $\frac{1}{4}$ tsp turmeric
- $\frac{1}{3}$ of the curry mixture

1 Gently fry the potatoes for 10 minutes, or until tender in a tsp of oil. Make sure they do not brown.

2 Add the tomato purée, ketchup, mango chutney and turmeric.

3 Cook for 2 minutes then add the remaining curry sauce.



To serve: make sure all of the elements are hot and are compliant to IDDSI level 5 before serving. Either use a metal ring to create shape and height to the elements of the curry or simply spoon the three elements neatly onto your serving plate.



Sweet potato hotpot

IDDSI LEVEL 5 MINCED AND MOIST OR COTTAGE PIE IDDSI LEVEL 4 PURÉED

Time to prepare 15 minutes

Time to cook 15 minutes

Serves 2

This easy-to-make recipe can either be presented as a hotpot or cottage pie, depending on how you serve it. Sweet potato is used for the hotpot and potato for the cottage pie. The base ingredients remain the same. Cooking the sweet potato in stock adds extra savoury flavour.

- 1 tbsp olive oil
- 1 small onion
- 1 garlic clove, chopped and puréed
- 100g vegan Quorn pieces, cut into 4mm cubes
- 100g tinned cannellini beans, drained and passed through a sieve to remove the skins
- ½ tsp mixed herbs
- ½ vegetable stock cube
- 200ml water
- 1 tsp Bisto original gravy powder (add a little extra if required)

For the topping

- 500ml water
- 1 medium sweet potato, peeled and sliced
- ½ vegetable stock cube

For the cottage pie add

- 1 tbsp margarine
- 1 tbsp soya cream

1 For level 4, gently fry the onion for 5 minutes. Add the garlic, Quorn, beans, herbs, stock cube and water. Bring to the boil and simmer for 5 minutes.

2 Add the gravy powder, stir, and turn off the heat. Purée until smooth and then pass through a sieve.

3 For level 5 follow the above but add the Quorn pieces post sieve stage and gently reheat.

4 While the onions are frying heat the water for the potatoes. Once boiling add the stock cube and the potatoes or sweet potatoes. Simmer until very soft, then drain. For the cottage pie pass the potato through a sieve and add margarine and soya cream until correct consistency is achieved.

5 To assemble, place half the base on to a serving plate and either top with the sweet potato cubes, or puréed potato as desired.

Lentil lasagne

IDDSI LEVEL 4 PURÉED

Time to prepare 10 minutes

Time to cook 20 minutes

Serves 4

Sauce

- 100g brown onion
- 150g carrots
- 1 tbsp vegetable oil
- 2 garlic cloves
- 400g tomato passata
- 1g/1 tsp dried oregano
- 1 x 7g vegetable stock cube
- 3g fresh basil

Lentil base

- 95g dry red lentils
- 250ml water
- 1 x 7g vegetable stock cube

Polenta

- 260g ready-made polenta
- 85ml unsweetened plant-based milk
- 1.5g/1.5 tsp nutritional yeast
- 15ml/1 tbsp unsweetened plant-based milk

Serving

- Dusting of smoked paprika

1 For the sauce, chop the onions and peel and grate the carrots.

2 Heat oil in a saucepan and gently sauté the onion until transparent, but not brown. Add the grated carrot and crushed garlic. Gently fry for a couple of minutes.

3 Add tomato passata, oregano and vegetable stock cube. Boil for 10 minutes or until all the vegetables are cooked and soft.

4 Use a liquidiser or food processor to blend the sauce. Pass the sauce through the sieve.

5 Next prepare the lentil filling. Cook the lentils in the vegetable stock for 10 minutes or until very soft, but still whole.

6 Drain the lentils. Use 200g of the cooked lentils and 460g sauce. Add fresh basil leaves and blend the sauce, then pass it through the sieve.

7 Prepare the polenta by microwaving for 2 minutes. Then add plant-based milk and mix well. Microwave for a further minute or until hot throughout.

8 Reserve 105g of the polenta and add 1.5 tsp of nutritional yeast and 15g of plant milk.

9 Pass both polenta mixtures through the sieve separately.

10 Make sure all the components are hot before assembling.

11 Start with 30g of the lentil and sauce filling, follow up with 25g of the polenta mix.

12 Layer the lasagne until the dish is full or 3 layers of lentil sauce and 2 layers of polenta have been added. Finish with the 30g nutritional yeast fortified polenta topping and a sprinkle of paprika.





Vegetable terrine

LEVEL 4 PURÉED

Time to prepare 20 minutes

Time to cook 30 minutes

Serves 4

This is a three-layered dish using tofu and colourful vegetables. Ideal to serve as a main dish with side vegetables.

For information on preparing accompanying vegetables see page 10.

Base ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- ½ tsp paprika
- 200g firm tofu
- 1 stock cube in 200ml hot water
- ½ tsp mixed herbs
- ½ tsp soya sauce

Vegetables for each layer

- 1 fresh medium beetroot
- 100g broccoli
- 50g peas
- 1g fresh mint
- 300g sweet potato, peeled and chopped

1 Start by steaming the beetroot. Leave the skin on. When cooked it will simply slide off using a paper towel.

2 While the beetroot is steaming gently, fry the onions for 5 minutes then add the garlic and paprika and continue to cook for another 2 minutes. Add the tofu, stock, mixed herbs, and soya sauce. Allow to cook for another 5 minutes. Purée and set to one side.

3 Steam all the remaining vegetables. When cooked, purée the broccoli, peas, and mint.

4 Separately purée the sweet potato and beetroot.

5 Mix one-third of the tofu mix with each of the vegetable purées.

6 To assemble, neatly place a layer of beetroot, then broccoli, and finally sweet potato in a ring. Carefully remove the ring and serve with a selection of vegetables.



Mango and ginger cheesecake

IDDSI LEVEL 2 MILDLY THICK

Time to prepare 10 minutes plus overnight to stand

Serves 4

- 50g ginger biscuits
- 250g silken tofu
- ½ tsp vanilla extract
- 75g puréed mango
- 100g vegan cream cheese (Philadelphia Plant-Based works well)
- 50g soya cream
- 1 tbsp maple syrup or to taste

1 Place the biscuits into a blender to make a crumb mixture. Divide the mixture into 4 individual serving dishes.

2 Purée the tofu, vanilla extract, mango, cream cheese, and soya cream together. Taste and add maple syrup.

3 Add the mixture to the serving dishes and place into the fridge overnight. This stage is important to allow the mixture to slightly thicken but also to ensure the biscuits have become completely soft and moistened. Any dry crumb can be a choking hazard.

4 Test before serving.

Chocolate mousse

IDDSI LEVEL 4 PURÉED

Time to prepare 5 minutes

Time to cool 30 minutes

Serves 2

Below are two versions of this recipe. The banana version is sweeter, and the portions are larger.

- 160g silken tofu (room temperature)
- 7g/2 tsp cocoa powder
- 6g/1 tsp vanilla essence
- 25g/4 tsp golden syrup

- 1 Blend all the ingredients together.
- 2 Pour the mixture into two ramekins, cover the top and place in the fridge for at least 30 minutes before serving.
- 3 Check IDDSI level before serving.

Or

- 170g silken tofu (room temperature)
- 50g ripe banana
- 7g/2 tsp cocoa powder
- 6g/1 tsp vanilla essence
- 25g/4 tsp golden syrup

- 1 Blend all the ingredients together.
- 2 Pour mixture into two ramekins, cover the top and place in the fridge for at least 30 minutes before serving. As mentioned, this version is slightly sweeter and will make a larger portion.
- 3 Check IDDSI level before serving.

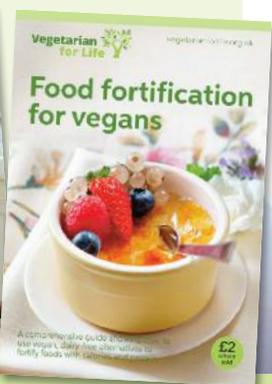


Vegetarian for Life (VfL) is the leading authority on diet and healthy living advice for older vegans and vegetarians. We work with care establishments, and other organisations supporting older people, to ensure that they can cater well and ethically for vegans and vegetarians.

We hope you've found this guide helpful and that it's given you some inspiration for texture-modified vegan dishes. For further useful information check out our 'Nutrition for older vegetarians and vegans' and 'Vegan fortification' guides, as well as the recipe collection on our website. All publications can be downloaded as PDFs from our website or call the office to order a paper copy.

VfL also has a membership – or 'UK List' – of care homes and other establishments that have pledged to cater well and ethically for older vegans and vegetarians. If you're offering veg*n options at your care establishment, let us know. We'd love to help you with free publicity.

If you'd like to expand your knowledge, VfL has lots of training options. These include a British Dietetic Association accredited 'Care catering for older vegetarians and vegans' webinar series and 'Meat-free 101'. Each course can be completed at your own pace in 2.5 hours and covers topics including plant-based nutrition, menu planning, sourcing and cooking with alternatives to meat and dairy, vegan fortification, and vegan baking.



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