

Plating & Presenting Puréed Food



Chef Tibor Paller has worked as Head Chef, food consultant, chef manager and operations manager in hospitality and Aged Care for over 18 years. Tibor is passionate about developing innovative ways to prepare and present food for residents on puréed food diets.

He believes all meals, no matter what consistency, need to provide the full sensory experience: taste, aroma, visual appearance, as well as satisfy nutritional needs.

Try Tibor's top 3 tips to present pureed meals and delight your residents.

Realistic representation

Texture modification can be challenging however the closer modified food resembles real food, the better the meal will look on a plate.

Sandwiches, sausages and even a prawn cocktail can look deceptively un-modified when shaped using silicon moulds.



Beef sausages with 3 vegetables



Puréed sandwiches



Big breakfast

Creativity on a plate

Use piping bags to present soft food such as mashed vegetables to create contrasting shapes on a plate.



Beef sausages with 3 vegetables

Delicious desserts

There are many ways to purée and serve delicious desserts that look as good as they taste.

From puréed and shaped watermelon, to a reformed orange salad with fairy floss, to Melting Moment biscuits, each dessert is as visually delicious as it is to eat. These are sure to become favourites with your residents.



Puréed and shaped watermelon (set with agar)



Puréed orange salad with Persian fairy floss



Melting Moments biscuits