

# MAKING MEAL TIME NUTRITIOUS!

Providing the best care for residents is both rewarding and challenging for Healthcare providers. Residents usually have various eating requirements such as: trouble swallowing, low cholesterol and bland diets. Approaching nutrition has become of paramount importance in the aged care sector and has proven to be a new and emerging challenge for chefs.



**PACO  
JET**



**Pacojet Junior  
EPJ18**



**Pacojet 2  
EPJ1**



**Pacojet Beakers  
(Set of 4)  
EPJ3**



**Pacojet  
Recipe Book  
EPJ10**



**Pacojet  
Coupe Set  
EPJ7**

Latest tech  
for the  
aged care  
market!



## Pacotizing Pumpkin

### Step 1: Filling the pacotizing beaker

Preparation time: 10 minutes

1. Chop pumpkin into pieces
2. Mix all ingredients
3. Pour into a pacotizing beaker
4. Freeze at -22°C/-8°F for at least 24 hours
5. Pacotize twice to make the base recipe

### Step 2: Preparing the pacotized menu (10-30 portions)

- Cream**
1. Gently heat 100g of the base recipe
  2. Thicken with gelling agent as desired
  3. Serve
- Flan**
1. Mix 100g of the base recipe with 50g pasteurized whole eggs
  2. Pour mixture into cooking moulds
  3. Steam at 85°C/185°F for 40 min
- Slices**
1. Gently heat 100g of the base recipe
  2. Use a hand blender to add 2g of gellan (or agar)
  3. Bring to boil
  4. Pour into cooking moulds
  5. Allow to cool
  6. Unmould
  7. Slice
- Soup**
1. Gently heat 50g of the base recipe with 50g cream, and 100 g vegetable stock
  2. Serve

Pacojet is a revolutionary cooking system that enables chefs to 'micro-puree' fresh deep frozen foods into an ultra smooth mousse, cream or sauce without thawing. This unique food preparation method is called 'pacotizing'.

A Pacojet is ideally suited to healthcare kitchens because it enables chefs to:

- Create premium quality cuisine within seconds that is in a form that is suitable for residents that have swallowing difficulties
- Prepare enticing meals with natural colours, intense aromas and delicious flavours
- Use food moulds to create appetising and easy to swallow food

**Talk to us to learn more about this product**



robot coupe®

## Meal Preparation

Robot Coupe's approach to aged care is to produce easy to eat, attractive and appetizing alternatives for meals and meal preparation. They have optimised their product offering to cut chef's time down, providing residents with a thoroughly satisfying and nutritious dining experience.



Bowl and lid scraper



Stainless steel micro serrated blades



Lid fitted with seal to make it totally leakproof



Tall bowl chimney allowing large amounts of liquid to be processed

What amounts do you need to process at any one time?	Single portion	300g to 2kg	400g to 3kg	500g to 3.5kg	600g to 4.5kg		
Code	<b>Blixer 2</b> ERC1	<b>Blixer 3</b> ERC2	<b>Blixer 4</b> ERC3	<b>Blixer 4 VV</b> ERC5	<b>Blixer 5 Plus</b> ERC6	<b>Blixer 5 VV</b> ERC84	<b>Blixer 6 VV</b> ERC7

## Blixers ...

Robot Coupe's Blixers combine features of the cutter and the blender-mixer to ensure a perfectly finished end product with a smooth and consistent texture.

Blixers are currently the only machines that can handle both cooked and raw food, without the need to add any more liquid, which means a lot of the nutritional value is retained.

In addition, Blixers are a great time saver for chefs, who can prepare the same meal for all diners, producing texture modified versions of each course making it much easier for residents to swallow and get the most satisfaction out of their meals.

### Steak with Potato Gratin

**Ingredients** (Serves 20 people)  
 • 2.5kg steak • 3.5kg potatoes • 125ml milk  
 • 100ml single cream • 6 garlic cloves  
 • salt • pepper • 400g egg whites

#### Steps

- Cook your steak and gratin in the traditional way
- Put your meat in your Blixer and run for 60-90 secs (add some vegetable stock if necessary)
- Pour your potato gratin into the Blixer and run for 60 secs then add the egg whites
- Divide the mixture into moulds and cook in the steam oven for 15 mins at 100°C
- Shape the meat into steaks and turn out the gratin

*Chef's Tip*  
 Cooking in timbale moulds, using egg whites to set the mixture, makes for a more original presentation than the usual puree.



Normal texture



Modified texture

**Produces modified texture to aid swallowing**

Convotherm has a huge range available in the Mini and Convotherm 4 range, 6–40 tray variants and in EasyDial or touchscreen controls.



## Functions



### Steam

The steam function is perfect for cooking vegetables, dough products and fish. Food is optimally cooked at 30°C to 130°C meaning that food retains its essential vitamins, colour and minimises oxidation.



### Combi-Steam

Cook from 30°C with automatic moisture regulation. This function keeps the natural moisture and flavours of the product, allowing you to achieve particularly tender, succulent and tasty cooking while keeping the product's weight.



### Convection

The natural moisture of the products in the fully closed system produces a slightly humid atmosphere for rapid, even heat transfer right into the centre of the food. You can adjust the crust and crispiness using the crisp and tasty function.



### Re-heating with EasyDial

You can regenerate your products precisely as if freshly cooked.

Go to our website to view our range or give us a call for a **FREE DEMO!**



### Natural Smart Climate™

A smart cooking climate for lasting freshness.

Natural Smart Climate™ technology in the Convotherm 4 ensures that every type of food gets the ideal amount of moisture that it needs all on its own—naturally smart, without complicated controls and settings. This is made possible by our unique closed ACS+ cooking system. That means less product shrinkage and guarantees the right cooking chamber climate and perfect steam saturation are maintained.

### Healthier, vitamin preserving cooking

Natural Smart Climate™ technology preserves not only the vitamins in the food but also the natural colours.

### Healthy steam cooking

The foods are cooked in an energy-saving manner with consistent high quality.

### High efficiency for economical operations

- The flexibility of mixed loads using combi-steam and Natural Smart Climate™ technology for quick cooking with minimised energy.
- Using the ecoCooking mode optimises energy and use of water during the cooking time minimising product shrinkage.



# What is Sous Vide?



Sous vide is a simple cooking method that uses precise temperature control to achieve perfect cooking results. Your chosen ingredients are vacuum packed in airtight bags, submerged in a water bath and cooked at a constant temperature.

## Benefits of Sous Vide cooking:

- Sealing ingredients in a vacuum pouch or resealable bag means no natural flavours and nutrients are lost.
- Save time and energy using sous vide
- Create all manner of dishes, desserts, cocktails, soups and stews all from the same product

## How to Sous Vide ...



Prepare and season your ingredients.



Seal your ingredients in a vacuum pouch.



Set the time and temperature on your sous vide water bath.



Place the sealed vacuum pouch into the sous vide water bath to cook.



Once your food is cooked, remove from the vacuum pouch and dinner is served!



### Vortice Black Universal Stirred Heater

- Compact and can fit onto almost any container
- Set up is extremely easy

## Creative Cuisine by Grant



### Pasto 26 Litre Stainless Water Bath

- Highly durable counter top sous vide water bath
- Indispensable in a busy kitchen



## Butternut Squash and Carrot Soup

### Ingredients

- 450g fresh butternut squash (de-skinned and cut into cubes)
- 225g carrots (cut into cubes)
- 50g fresh thyme (finely chopped)
- 1 tbsp orange zest
- 1 tbsp ginger (grated)
- 60g butter
- 1920ml vegetable broth
- Salt & Pepper

### Method

- Fill your sous vide water bath with water and preheat oven to 85°C (185°F).
- Divide all ingredients (except the broth) equally into two 3.80 litre vacuum pouches.
- Submerge both pouches completely in the water bath and cook for 4 hours.
- Remove the ingredients from the vacuum pouches and put into a blender or food processor then puree until smooth.
- Add the pureed ingredients into a pot with the vegetable broth, placing on a low heat to simmer and reduce for 20 minutes.
- Ladle the soup into bowls and serve immediately.



### 250 Vacuum Packer

- ES1
- 334W x 443D x 439mmH



### 310 Vacuum Packer

- ES2
- 394W x 463D x 468mmH



### 350 Vacuum Packer

- ES3
- 434W x 518D x 488mmH

### Excel Vacuum Bags (100 per pack)

- 175 x 200mm HCP19
- 200 x 300mm HCP20
- 250 x 350mm HCP3

3 sizes to accommodate various cooking quantities



# Create excitement in the dining room ...

Hydration is paramount in getting the correct supplements in residents. Here are some products and ideas to make consuming liquid more exciting!

## robot coupe® Juicers

7 Seconds=  
A glass of  
ultra fresh  
juice!

The Robot Coupe juicers can produce ultra-fresh fruit and vegetable juices in a matter of seconds, thanks to its auto feed system. This means that everyone can enjoy the full goodness of fresh fruit and vegetables.

**Benefits:** Improved daily hydration, higher vitamin intake. The juice ingredients can be varied according to the resident's individual taste.



**J80 Ultra Automatic Juicer**  
ERC19  
Pulp ejected straight into container. Supplied with 6.5 litre large capacity pulp container.  
• Throughput: up to 120kg/hr

**J100 Ultra Automatic Juicer**  
ERC18  
Specially designed for intensive use. 7.2 litre pulp container.  
• Throughput: up to 160kg/hr



**Vitality +**  
1/3 apple  
1/3 orange  
1/3 beetroot



**Pure Apple Juice**  
Apple juice  
Dash of lemon juice



**The Energiser**  
1/3 apple  
1/3 carrot  
1/3 beetroot



**Smooth & Strong**  
1/2 orange  
1/2 apple



**A.** 1.5 Litre Glass Water Jug [HDO3] **B.** Arcoroc Quadro 500ml Glass Jug [GAR38]  
**C.** Arcoroc Quadro 1 Litre Glass Jug [GAR40] **D.** 1 Litre Graduated Plastic Jug [HCH200]  
**E.** 800ml Polycarb Pitcher with Lid [GPJ16]



**A.** Casa 270ml Polycarb Rocks [GPJ2]  
**B.** Casa 365ml Polycarb Hi Ball [GPJ4]  
**C.** Delta 360ml Plastic Hi Ball [HG10]  
**D.** Delta 260ml Plastic Tumbler [HG9]



**Barel Retro 275ml Melamine Cups**  
Red HBC04  
Lime Green HBC11  
Yellow HBC13



**Barel Classic 260ml Melamine Cups**  
Yellow HBC71  
Lime Green HBC72  
Cyan HBC75  
Cobalt HBC76  
Orange HBC79  
Red HBC80  
Black HBC83  
White HBC84



# Feel like a Cuppa?

The act of drinking a cup of tea or coffee not only provides hydration to residents, but an opportunity to spend time with others. For some residents, morning and afternoon tea can be the high point of their day—why not make it something special with these tea and coffee solutions.

**birko**

## Birko Tempo Tronic Wall Mounted Water Boilers

**High quality and low maintenance**—Australian designed and manufactured from 444 grade stainless steel with built in safety over temperature cut out and a polished stainless steel outer case.

**Stainless steel twin tank technology**—Utilises the steam generated from boiling water to pre-heat the incoming cold water, improving recovery and reducing energy consumption. Optional timer available on 5 and 7.5 litre models.

- 5 Litre (30 cups) EZ18
- 7.5 Litre (45 cups) EZ19
- 15 Litre (100 cups) EZ20
- 25 Litre (150 cups) EZ21



**300ml Stainless Steel Tea Pot**  
HGT20

**600ml Stainless Steel Tea Pot**  
HBH2



**470ml Glass Tea Pot with Stainless Steel Infuser**  
HD01



**700ml Glass Tea Pot with Stainless Steel Infuser**  
HD02

**200ml Glass Milk Jug with Handle**  
HD04

## Serve hot drinks every time!



**Delta Hot Chocolate Dispenser**  
ED12

- For mixing and dispensing of thick chocolate and other hot beverages
- Versatile, compact and easy to use
- Adjustable thermostat up to 85 degrees



**Sunnex 3 Litre Stainless Steel Airpot**  
HLT1

**Sunnex 5 Litre Stainless Steel Airpot**  
HLT2



**1 Litre Stainless Steel Insulated Serving Pot**  
HLT3

**2 Litre Stainless Steel Insulated Serving Pot**  
HLT4



**Bravilor Furento 2.2 Litre Airpot**  
HBV1  
• Stainless steel inner bowl

**2 Litre Insulated Server**  
HL77



**Lid with Red Tab for HL77**  
HL78

**Lid with Black Tab for HL77**  
HL79

# TREND ALERT!

Aged care facilities are moving towards presenting food in a similar way to a buffet. The idea is that when food is presented nicely it makes it more appetising and encourages greater consumption.



**1/3 GN 3 Tier Chrome Table Riser**  
BS2  
• Doesn't include plates



**Acacia Set of 3 Cascade Risers**  
HTC101



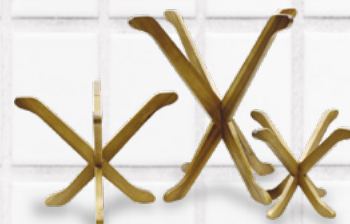
**Geo-Mat Set of 3 Expandable Risers**  
HTC102



**Wooden Crate Set with Chalkboard**  
HTC80



**Bamboo Set of 3 Barclay Risers**  
HTC106



**Acacia Set of 3 Fold-A-Way Risers**  
HTC105



**Acacia Frostone 381mmW 2 Tier Folding Riser Frame**  
HTC104

**Acacia Frostone 584mmW 2 Tier Folding Riser Frame**  
HTC103

These melamine faux slate platters are ideal for using with HTC103 and HTC104



**Melamine Faux Slate Platter**  
HTC53  
• 17.2 x 32.4cm

**Melamine Faux Slate Platter**  
HTC39  
• 26.7 x 32.4cm



**Acrylic 5 Step Waterfall**  
HTC41



**Acacia Wood Square Plates**  
205mm HDA36  
255mm HDA12  
305mm HDA11



**Acacia Wood Rectangular Bowls**  
200 x 150mm HDA3  
250 x 150mm HDA2  
305 x 185mm HDA1



**Acacia Wood Round Plates**  
200mm HDA37  
250mm HDA38  
305mm HDA39



**Acacia Wood Bread Board with Handle**  
HDA10  
• 400 x 155mm

**Acacia Wood Round Boards**  
320mm HDA16  
375mm HDA17  
405mm HDA18



**Acacia Wood Board with Groove**  
305 x 200mm HDA33  
355 x 250mm HDA32  
405 x 305mm HDA35

**Acacia Wood Chopping / Serving Board**  
HDA29  
• 380 x 270 x 25mm

# Serving up in **Style!**

Light,  
durable  
and  
shatterproof



**350 x 30mm Melamine Round Platter**  
Marble White HMF13  
Marble Jet HMF14  
Acacia HMF15

**440 x 30mm Melamine Round Platter**  
Marble White HMF16  
Marble Jet HMF17  
Acacia HMF18



**290 x 290 x 9mm Melamine Board**  
Marble White HMF4  
Marble Jet HMF5  
Acacia HMF6



**350 x 290 x 9mm Melamine Board**  
Marble White HMF7  
Marble Jet HMF8  
Acacia HMF9



**430 x 290 x 9mm Melamine Board**  
Marble White HMF10  
Marble Jet HMF11  
Acacia HMF12



**410 x 310 x 4mm Melamine Egg Shaped Platter**  
Marble White HMF1  
Marble Jet HMF2  
Acacia HMF3



**Square Wood Grain Bowls**  
125W x 60mmH HHP110  
195W x 95mmH HHP111  
290W x 110mmH HHP113

**Triangle Wood Grain Bowl**  
HHP114  
• 120W x 60mmH

**Wood Grain Tray**  
HHP118  
• 305 x 385 x 25mm

**Round Wood Grain Bowls**  
125W x 65mmH HHP119  
200W x 95mmH HHP120  
295W x 115mmH HHP121



**Wood Grain 2 Compartment Sauce and Snack Dish**  
HHP122  
• 100 x 175 x 25mm

Bring a rustic charm to your dining room with this wood grain melamine displayware. These are excellent for residents due to their lightweight, durable and easy to clean design.

## Senior Range

There's no doubt that colour on crockery is important for residents with eating disorders, due to failing eyesight or anxiety issues. Studies have confirmed that red and blue colours can help overcome these problems and encourage appetite. Our new Accolade Senior range, with red outer rim band on white background, on our Accolade brand super grade vitrified crockery, is the right solution.

The perfect range for aged care dining!



**Meal Plate**  
CA015  
• 23D x 3cmH

**Plates**  
18cm CA030  
23cm CA031

**Cereal Bowl**  
CA032  
• 16cm

**Mug**  
CA033  
• 300ml