

BEYOND THE BLENDER

DYSPHAGIA MADE EASY

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MASTER OF SPEECH PATHOLOGY STUDENTS

30 EASY
TO FOLLOW
RECIPES



INTRODUCTION

Gone are the days of boring blender made meals! You can now make delicious, fresh & easy meals that cater to your dietary needs. Living with swallowing difficulties (known as dysphagia) can be hard for the person with dysphagia and their family and friends – you might have run out of ideas of what to cook or miss sharing a meal together. With this cookbook, we hope you can enjoy some new meal ideas, which your family and friends will happily enjoy!

This cookbook has been divided into 3 easy to navigate categories: 1) food that is **soft**; 2) food that can be **minced** (or mashed) and is **moist** and; 3) foods that are **pureed** with no lumps. We have aimed to create a variety of sweet and savoury options that you can enjoy for breakfast, lunch or dinner, all aligned with current Australian texture modification recommendations. So find the section that aligns with your diet recommendation and start cooking!

It's all about bringing the joy back into your mealtimes with easy to cook and easy to swallow recipes made from our kitchen to yours. We hope you enjoy creating these recipes as much as we enjoyed creating them for you!

*Simone Howells and the Griffith Master of Speech
Pathology staff and students 2014–2017*

CONTENTS



SOFT DIET

Creamy Pumpkin Pasta	8
Pumpkin Gnocchi	10
Quinoa, Feta and Vegetable Frittata	12
Burrito Bowls	14
Vegetable and Chickpea Curry	16
Japanese Style Meatballs with Vegetables	18
White Chocolate and Raspberry Cheesecake	20
Nutella and Banana French Toast Roll Up	22
Trifle	24
Mango Cheesecake	26



MINCED AND MOIST DIET

Sweet Potato and White Bean Chilli	30
Butter Chicken	32
Sweet Potato Shepherd's Pie	34
Spiced Pumpkin Curry with Creamy Polenta	36
Red Lentil Dahl	38
Cheesy Corn Pie	40
Chocolate Ripple Cake	42
Pavlova	44
Rice Pudding	46



PUREE DIET

Pumpkin Cauliflower Curry	50
Dahl	52
Beef and Sweet Potato Puree with Thyme	54
Thai Green Curry	56
Lentil and Cauliflower Curry	58
Lasagne	60
Chocolate Avocado Pudding	62
Mars Bar Cheesecake	64
Apple Crumble	66
Lemon and Blueberry Tart	68
Baked Custard	70
Helpful Weblinks	72
Acknowledgements	73



Servings



Time



Difficulty



Storage



SOFT DIET RECIPES



CREAMY PUMPKIN PASTA



4 servings



Easy



25 mins



Fridge

INGREDIENTS

230g of small pasta
(e.g. shell)

½ small pumpkin,
cut into chunks

2 tbsp olive oil

½ medium onion,
finely diced

2 tsp minced garlic

½ tsp ground nutmeg

⅛ tsp crushed red
pepper flakes
(optional – more or
less to taste)

1 tsp salt

¼ tsp ground
black pepper

150ml ricotta

rosemary and parsley
to season

- 1.** To start, place pasta in a pot of boiling water and allow to cook for 15–20 minutes.
- 2.** At the same time place pumpkin in a pot and fill with water, just covering the pumpkin. Boil for 15 minutes.
- 3.** Saute onion and garlic at a medium heat in a frypan until onion is translucent.
- 4.** When pumpkin and onion have finished cooking, combine these in a blender, and blend until pureed. (Optionally, use a stick blender to puree the mixture).
- 5.** Return the pumpkin mixture to the pan at a low heat, and add ricotta. Mix well.
- 6.** Drain pasta, and add to pumpkin mixture.
- 7.** Add salt and pepper to season as well as dried parsley and rosemary. Serve.





PUMPKIN GNOCCHI



4–6 servings



Hard



1 hr



Fridge

INGREDIENTS

Gnocchi:

450g washed potatoes, skin on
350g pumpkin, skin on
1 heaped tsp nutmeg
2 eggs whisked
3 tsp salt
2 tbsp butter, softened
1 cup plain flour
extra plain flour for rolling

Walnut Sauce:

50g walnuts
3 tbsp parsley
½ cup extra virgin olive oil
2 tbsp plain yoghurt
1 clove garlic
salt and pepper to taste

- 1.** Preheat oven to 200°C (fan forced) and line baking tray with baking paper.
- 2.** Cut potatoes in half, lengthwise. Wrap in a cotton tea towel and microwave on high for 3 minutes.
- 3.** Cut pumpkin into large wedges. Wrap in a cotton tea towel and microwave on high for 3 minutes.
- 4.** Place potato and pumpkin face down on tray and bake in oven for 30 minutes or until soft. Allow to cool.
- 5.** Whilst the potato and pumpkin is in the oven, place all sauce ingredients into the blender and blend until smooth. Set aside until ready to serve.
- 6.** Remove flesh from skin and mash until smooth. Add the nutmeg, salt, butter, whisked eggs, and mix. Fold in flour.
- 7.** Flour board with approximately ¼ cup of plain flour. Place a heaped tbsp of the potato and pumpkin mixture in the flour and roll out into a log approximately 1cm in diameter. (NOTE: The mixture will be quite sticky but this prevents the final product from being doughy).
- 8.** Place prepared gnocchi into a saucepan of boiling water and cook for 3–4 minutes until gnocchi has risen to the top of the water. Allow to cool before cutting into 1.5cm cubes.

QUINOA, FETA AND VEGETABLE FRITTATA (GF)



6–8 servings



Moderate



Prep: 40 mins
Cook: 45 mins



Fridge

INGREDIENTS

Roast Vegetables:

1 cup of vegetables for roasting, chopped up into small cubes (e.g. potato, pumpkin, sweet potato, broccoli)

Frittata:

1 cup cooked quinoa—black and white
¼ cup fresh herbs, finely cut
40g of feta
⅛ cup grated parmesan cheese
3 eggs, whisked
½ head of garlic
2 tbsp oil
1 tsp balsamic vinegar
salt and pepper to taste

Tomato Relish:

1 tbsp olive oil
1 small red onion, finely cut
pinch of sea salt
1 clove of garlic
500g cherry tomatoes, halved
½ cup caster sugar
½ cup red wine vinegar
salt and pepper to taste

ROAST VEGETABLES

1. Preheat your oven to 180°C.
2. Line a tray with baking paper.
3. Toss vegetables with 1 tsp of olive oil.
4. Lay on baking tray and toss vegetables with 1 tbsp of olive oil.
5. Place in oven for approximately 30 minutes, until all vegetables are soft.

FRITTATA

6. Peel garlic, and place cloves in a small saucepan filled with water. Place saucepan over a medium heat and bring to a simmer. Simmer for 3 minutes. Drain water and return cloves to saucepan.
7. Add 1 tbsp of olive oil to pan over medium to high heat, and fry garlic for approximately 2 minutes. Add vinegar and 1 cup water, bring to the boil and then immediately reduce to a simmer. Simmer for 10–20 minutes. When most of the liquid has evaporated and garlic is coated in a dark caramelized syrup, remove from heat and set aside.

8. Combine all of the frittata ingredients in a large bowl and mix well. Place the mixture in a baking tray lined with baking paper; or in 2 large ramekins greased with olive oil.

9. Cover with foil and bake in oven for 35–45 minutes and check to make sure they are cooked through.

10. If any crispy edges should form, cut these off before serving.

TOMATO RELISH

11. Place oil, onion and salt in a small saucepan, heat on medium to high for 5 minutes until onions are soft.

12. Add garlic and cook for 1–2 minutes.

13. Add tomatoes, sugar, vinegar, salt and pepper. Stir in and turn up heat to medium to high for 15–30 minutes until mixture is thick and liquid is evaporated. Stir occasionally to avoid ingredients sticking to pan.

14. Once the mixture has thickened, taste for seasoning. You may want to add some more sugar or more vinegar.

NOTE: You could also use your favourite store bought relish to save time.



BURRITO BOWLS



4–6 servings



Easy



45 mins



Fridge

INGREDIENTS

Burrito Mince:

500g mince (beef, chicken, lamb or pork).

1 packet of burrito/taco seasoning

1 cup passata

1 onion finely diced

2 cloves garlic crushed (or 2 tsp jarred crushed garlic)

oil

Spanish Rice:

1 400g can crushed tomatoes

1 cup jasmine rice OR 1 pack microwave jasmine rice

1 ¼ cups chicken stock (adjust to ⅔ cup if using microwave rice)

1 tbsp olive oil

1 tsp crushed garlic

1 tsp chilli powder

1 tsp oregano

1 tsp cumin

salt to taste

Spicy Vegetables:

1 tsp crushed garlic

1 finely diced onion

1 cup roughly diced white cup mushrooms

1 diced zucchini, 1.5x1.5cm dice

1 cup diced butternut pumpkin, skin removed, 1.5x1.5cm dice

1 burrito/taco seasoning

olive oil

Options for Serving:

sour cream

lime

avocado

coriander

BURRITO MINCE

1. Heat oil in a pan then add onion and garlic and sauté until onion is translucent and soft.

2. Add mince and brown.

3. Add taco seasoning and stir to combine.

4. Add passata and stir occasionally until the sauce thickens slightly.

SPANISH RICE:

- 5.** In a saucepan, combine all ingredients.
- 6.** Cover and bring to a boil, before reducing heat to low.
- 7.** Simmer until rice is cooked and liquid absorbed (approximately 10 minutes for microwave rice, or 20 minutes for regular rice).

SPICY VEGETABLES

- 8.** Steam the zucchini and pumpkin on the stove or in the microwave until soft for approximately 8 minutes.
- 9.** Heat a small amount of olive oil in a frying pan, adding the mushrooms, onions and garlic. Cook slowly, over medium heat, until the mushrooms are soft and brown and the onions are soft and translucent. Add the seasoning mix and stir to combine.
- 10.** Add the steamed vegetables to the mushrooms and onion and stir to combine.
- 11.** Serve in a bowl with your choice of sour cream, lime, avocado and coriander.



VEGETABLE AND CHICKPEA CURRY (DF)



4–6 servings



Easy



50 mins



Fridge or Freezer

INGREDIENTS

½ tbsp vegetable or olive oil

½ brown onion, cut finely

¼ cup mild korma paste

½ cup frozen peas

200g butternut pumpkin, skin removed
1.5cmx1.5cm cubes

200g cauliflower,
1.5cmx1.5cm florets

100g zucchini,
1.5cmx1.5cm cubes

1 410g can chickpeas,
drained, shelled
and rinsed

1 410g can crushed
tomatoes

2 vegetable stock cubes
in 2½ cups of water

basmati rice
(microwave sachet)

- 1.** Heat oil in large, deep saucepan over medium-high heat. Add onion and cook, stirring for 3 minutes or until softened.
- 2.** Add korma paste. Cook and stir for 1 minute or until fragrant.
- 3.** Add chickpeas, stock and crushed tomatoes and bring to a boil. Simmer at a reduced low heat for 5 minutes, stirring occasionally.
- 4.** Add pumpkin, cauliflower and zucchini and combine. Simmer for approximately 30 minutes, until vegetables are soft, stirring occasionally.
- 5.** Add frozen peas, then simmer for a further 5 minutes.
- 6.** Microwave basmati rice according to packet directions.
- 7.** Serve topped with a dollop of Greek yoghurt if desired.



JAPANESE STYLE MEATBALLS (DF)



2 servings



Moderate



30 mins



Fridge or Freezer

INGREDIENTS

Meatballs:

200g pork or chicken mince
1 small onion, finely grated
1 tsp minced garlic
½ tsp minced ginger
1 egg
1 pinch of salt and pepper
2 tbsp corn flour
1 tbsp water
oil

Sauce:

3 tbsp raw sugar
4 tbsp soy sauce
1 tbsp cornflour
½ cup water

Vegetables:

1 carrot
1 zucchini
50g peas
handful mushrooms
¼ of small pumpkin
1 eggplant
1 tsp minced garlic
oil

Well cooked short grain white rice to serve.

MEATBALLS

1. Combine cornflour and water in a small bowl, stir until the corn flour has dissolved and set aside.
2. Combine mince, onion, garlic, ginger, egg, salt and pepper and corn flour mixture. Mix well (can use food processor for this step). Add a small amount of cornflour if needed.
3. Roll small amounts of the meat mixture into balls using hands.
4. Pan fry meatballs at a medium to high heat with small amount of oil until cooked through. Be careful not to overcook as a charred crust may form.

SAUCE

5. Place all ingredients in a medium sized saucepan and stir until the cornflour has dissolved.
6. Place the pan on medium heat and constantly stir with a wooden spoon until it becomes thick.

7. Turn the saucepan to a low heat and place the meatballs in the sauce. Use a wooden spoon to stir until meatballs are well coated.

8. Serve with sauce poured on top of the meatballs.

VEGETABLES

9. Chop vegetables into pieces 1.5x1.5cm, removing skin from pumpkin.

10. Boil or steam peas, carrots and pumpkin until soft.

11. Drizzle zucchini, eggplant and mushrooms with olive oil and pan fry on low heat with the garlic until soft.

12. Combine on a plate and serve with well cooked white short grain rice if desired.



WHITE CHOCOLATE AND RASPBERRY CHEESECAKE



2–4 servings



Hard



Cook: 20 mins
Set: 8–24 hrs



Fridge or Freezer

INGREDIENTS

Sponge Cake Base:

225g self-raising flour
225g butter, at room temperature

225g caster sugar

4 eggs

1 tsp baking powder

or a packet mix can be used

100g raspberries

For the Filling:

500g white chocolate

½ vanilla pod

500g soft cream cheese

175ml whipping cream

225g raspberries

50g butter

To Serve:

raspberries

icing sugar

1. Preheat oven to 180°C (fan forced).
2. Put all the sponge ingredients (except raspberries) in a large bowl and mix together using an electric whisk. Fold through raspberries.
3. Line a 20cm non-stick cake tin with baking paper.
4. Pour 3cm of sponge mixture into the lined pan.
5. Place in oven until golden brown (approximately 15–25 minutes).
6. Cool on a wire rack, still in tin.
7. For the filling, put the chocolate, butter and vanilla pod in a heatproof bowl and microwave in 20 second bursts to melt it. Allow to cool slightly.
8. In another bowl, mix the soft cheese and whipping cream with a spoon until smooth.
9. Remove vanilla pod from the chocolate mixture, then stir the chocolate into the cream. Gently stir in raspberries with a spatula.
10. Pour mixture into cake tin, on top of sponge. Smooth, then leave in fridge to set (8–24 hours).
11. Remove from tin and decorate with raspberries and icing sugar to serve.





NUTELLA AND BANANA FRENCH TOAST ROLL-UPS



2–4 servings



Easy



30 mins



Fridge

INGREDIENTS

2 eggs

½ cup milk

1 tsp vanilla

½ tsp cinnamon powder

2 slices white bread

1.5 bananas cut in half through the centre from top to bottom

3 tbsp caster sugar

2 tbsp Nutella

1 tbsp butter

2 tbsp maple syrup

1. Mix the eggs, milk, vanilla and cinnamon powder.

2. Cut the crust off the bread and flatten out the slices of bread with a rolling pin. Soak the bread in the egg mixture for 10–20 seconds per slice, until soaked through.

3. In a frypan on medium heat, pour sugar in two mounds. Place banana halves onto the sugar mounds. Sprinkle additional sugar on top. Cook until banana lightly caramelizes nicely on both sides (approximately 2 minutes on each side).

4. Mash the caramelized banana with a fork. Take one slice of the soaked bread and lay it on a plate. Spread some of the banana onto the slice and drizzle a layer of Nutella. Roll up the bread.

5. In a medium to high heated frying pan, melt the butter. Cook the soaked bread rolls on both sides until golden brown.

6. Cut up and mash the rolls of French toast into small pieces.

7. Serve hot with maple syrup and a drizzle of Nutella and mashed banana on top.

TRIFLE



8 servings



Easy



15 mins



Fridge

INGREDIENTS

1 large jam sponge roll
(store bought)

2 packets jelly
crystals (raspberry
or strawberry)

1L custard

2 bananas

3 mangoes or 825g
tinned sliced mangoes

600ml thickened
cream

2 125ml tubs vanilla
yoghurt

1 tsp vanilla essence

3 tbsps icing sugar

1. Make jelly according to packet instructions the night before.

2. Slice jam sponge roll into 1–2cm rounds.

3. Chop the banana and mango into bite size pieces.

4. Whip the cream with the vanilla essence, using a hand mixer.

5. Line the bottom of a large glass dish, or several small dishes with cake slices.

6. Layer the jelly, custard, cream, yoghurt and fruit in the glass dish as desired.

7. Top with some slices of banana and mango, and dust with icing sugar to finish.





MANGO CHEESECAKE



12–14 servings



Easy



Prep: 20 mins

Cook: 2–24 hrs



Fridge or Freezer

INGREDIENTS

Cheesecake:

4 ripe mangoes
(or substitute with 2
425g tins mango
slices, drained)

750g of cream cheese,
room temperature

3 eggs

½ cup white sugar

¼ cup plain flour

2 tsp vanilla extract

1 pinch of salt

Topping:

¼ cup coconut milk

1 tbsp sugar

soft, diced fruit pieces
(peach/mango)

1. Preheat oven to 160°C (fan forced).
2. Grease a 9" diameter springform pan. Wrap the outside of the pan with foil to prevent leaking of mixture. Set aside.
3. Remove flesh from mangoes, discarding the skin and seed. Place flesh in a blender and blend until smooth.
4. In a large mixing bowl, beat the cream cheese until light and fluffy. Beat in the sugar, and then add eggs one at a time, beating a little after each addition. Beat in flour, vanilla and salt until just blended.
5. Add 2 cups of the mango puree and stir until blended. Reserve any remaining puree for the topping. Taste the mixture, adding more sugar if desired.
6. Pour mixture into the prepared pan, and bake for 1 hour until slightly puffed and golden brown.
7. For the topping, combine remaining mango puree with sugar in a small saucepan over a medium heat. Once sugar has dissolved, add coconut milk and simmer for 1 minute. Place topping in refrigerator to thicken until ready to serve (2–24 hours).
8. Once removed from oven, cool cake completely, then remove from tin. Serve with mango topping and fresh mango.

MINCED & MOIST RECIPES





SWEET POTATO AND WHITE BEAN CHILLI (GF,DF)



4 servings



Moderate



90 mins



Fridge or Freezer

INGREDIENTS

2 medium
sweet potatoes

olive oil

2 tsps ground
cinnamon

1 tbsp ground cumin

1 tsp paprika

1 large onion

coriander or parsley
stir-in paste
(equivalent portion to
one bunch)

1 fresh red chilli

3 capsicums,
diced 0.5x0.5cm

1 400g can
cannellini beans

1 400g can
diced tomatoes

*optional: Greek
yoghurt to serve.*

1. Preheat oven to 180°C.

2. Peel and chop the sweet potato into 2cm chunks. Place in a roasting tray and toss with 1 tbsp of oil and a generous pinch of cinnamon, cumin and paprika. Roast in the oven for 20–30 minutes until soft.

3. Once removed from oven, chop sweet potato into 0.5x0.5cm pieces. (Do not chop sweet potato to this size before roasting, as it will become too chewy and tough).

4. Peel and finely chop the onion. Finely chop the chilli, then deseed and chop the capsicum to 0.5x0.5cm pieces.

5. Heat 1 tbsp of oil in a large pan, then add the onion, herb paste, chilli and capsicum along with the remaining spices.

6. Cook over a low heat for 10–15 minutes, stirring regularly.

7. Add the cannellini beans with their liquid, and the tinned tomatoes. Stir, adding a splash of water if needed. Simmer for 30 minutes, stirring and adding extra water as needed.

8. Once chilli is cooked through, use a fork to squash cannellini beans, OR, transfer to blender / food processor and give a quick pulse so no large pieces remain.

9. Season to taste and serve.





BUTTER CHICKEN (GF)



4 servings



Moderate



30 mins



Fridge or Freezer

INGREDIENTS

500g chicken mince
1 tbsp oil
1 tsp of crushed garlic
½ tsp crushed ginger
1 tsp cinnamon
1 tsp turmeric
1 tsp dried coriander
2 tsps paprika
½ tsp cumin
⅛ tsp chilli powder (optional)
4 tbsps tomato paste
1 tbsp cornflour
1 375ml can evaporated light milk
1 lemon (optional)
1 cup chicken stock
200g risoni
4L water
optional: Greek yoghurt to taste.

BUTTER CHICKEN

- 1.** Coat a large non-stick frypan or wok with oil and sauté chicken mince, garlic and ginger on medium to high heat (making sure no large lumps remain), until chicken is browned.
- 2.** Add all the spices and stock powder. Combine with chicken and cook for 1 minute.
- 3.** Add tomato paste and fold through chicken mince.
- 4.** Add tomato paste and fold through chicken mince.
- 5.** Blend cornflour with evaporated milk and then add to pan.
- 6.** Stir continuously, mixing well until boiled.
- 7.** Add chicken stock slowly until desired consistency is achieved.

RISONI

- 8.** Bring a large pot of lightly salted water to a boil over high heat.
- 9.** Add the risoni and cook until soft, 6–7 minutes; rinse under hot water then drain.

DIP

- 10.** Mix grated cucumber into yoghurt.
- 11.** Serve butter chicken and risoni with a slice of lemon and the cucumber yoghurt dip.

SWEET POTATO SHEPHERD'S PIE (GF,DF)



6–8 servings



Moderate



60 mins



Fridge or Freezer

INGREDIENTS

3 tbsps oil

1 brown onion,
finely chopped

2 tsp minced garlic

1 red chilli, chopped

1 red capsicum,
chopped 0.5x0.5cm dice

1kg lamb mince

¼ cup tomato paste

3 tsps ground cumin

½ cup diced tomatoes

3 sweet potatoes,
peeled, chopped into
small chunks.

1 tbsp coconut cream

salt and pepper
to taste

1. Preheat the oven to 180°C.

2. Boil sweet potato chunks in saucepan until soft. Drain and place to the side.

3. Heat 1 tbsp of oil in a frying pan at medium to high heat, adding the onion, garlic, chilli and capsicum, and stirring until softened.

4. Add the lamb mince, tomato paste, cumin, salt and pepper. Cook well, browning all over. Ensure no clumps of mince remain.

5. Once meat is browned, add diced tomatoes, turn heat down and simmer for 10 minutes.

6. Place boiled sweet potato into a food processor with remaining oil and coconut cream, blending until smooth. Add salt and pepper to taste.

7. Half fill ramekins with the cooked lamb mince, and top with the smooth sweet potato.

8. Place in oven for 10 minutes or until sweet potato just begins to brown, and then serve.





SPICED PUMPKIN CURRY WITH CREAMY POLENTA (GF)



4 servings



Moderate



60 mins



Fridge or Freezer

INGREDIENTS

Pumpkin Curry:

500g pumpkin, diced into 0.5x0.5cm cubes

1 cup coconut milk

½ cup water

2 tbsps GF red curry paste

optional: salt and pepper, chilli, minced garlic, Greek yoghurt as desired.

Creamy Polenta:

½ cup polenta

3 cups water

⅓ cup thickened cream

optional: salt and pepper, minced garlic, a pinch of nutmeg as desired.

PUMPKIN CURRY

1. Pour half of the coconut milk into a pot over medium heat.
2. Add the red curry paste and mix well. Continue to stir to prevent from sticking.
3. Add diced pumpkin, water and remainder of coconut milk.
4. Season with salt, pepper and chilli if desired.
5. Simmer, continuing to stir, until pumpkin is soft (approximately 30 minutes).

CREAMY POLENTA

6. Bring water to the boil. Add minced garlic, salt and pepper and nutmeg if desired.
7. Slowly whisk in the polenta (poured gradually, whisking continuously).
8. Cook the polenta on a low heat for 10 minutes. Continue to stir to prevent from sticking.
9. Remove from heat, cover and stand for 5 minutes.
10. Add in the cream and stir until combined.
11. Pour curry over polenta base and serve immediately. Top with Greek yoghurt if desired.

RED LENTIL DAHL (GF,DF)



4 servings



Moderate



45 mins



Fridge

INGREDIENTS

1 cup (250g) red lentils, rinsed well
3 cups water
1 vegetable stock cube
1 tsp turmeric
2 small carrots, cut to pieces 0.5x0.5cm
2 tbsp butter
1 large onion, finely chopped
1 tsp ground cumin
1 clove of garlic, crushed
¼ tsp chilli powder
2 tbsp fresh lemon juice
1 cup of arborio rice, cooked until soft
salt and pepper to taste

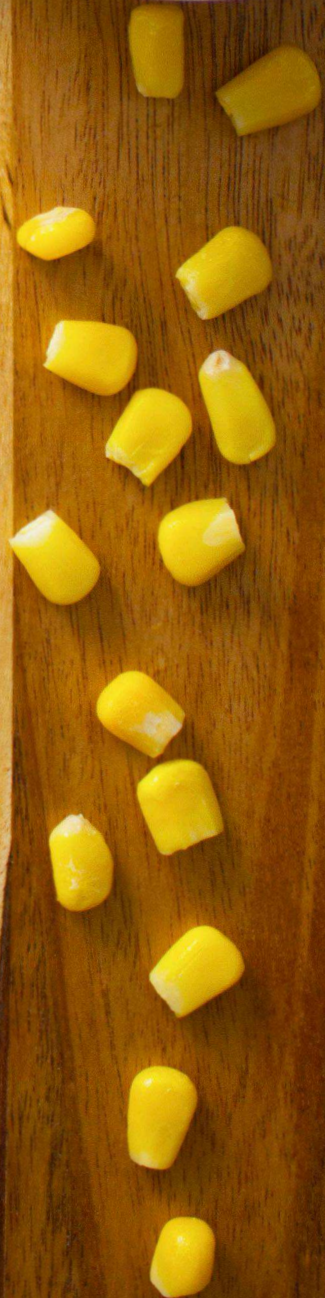
optional: ¼ cup plain yoghurt and ½ tsp of mint paste.

- 1.** Rinse lentils well. Bring lentils and water to the boil in a large saucepan. Scoop off any scum that floats to the top. Reduce heat to a simmer. Add turmeric and crushed vegetable stock cube. Put on lid and cook for 15 minutes or until lentils are soft. Stir occasionally. Remove from heat.
- 2.** Chop carrots to small cubes (less than 0.5x0.5cm). Steam for 10–15 minutes or until extremely soft. Remove from heat.
- 3.** Heat 1 tsp of butter in a large frying pan over a medium heat. Cook the onion for 2 minutes or until soft and translucent. Remove onions from heat and blend to a paste consistency.
- 4.** Dry fry cumin for 1 minute or until fragrant on low heat. Add 1 tbsp butter, garlic and chilli for 1 minute or until fragrant. Take off heat and stir in onion paste and lemon juice.
- 5.** Combine lentils, carrots and onion mixture. Season with salt. Cook for 3 minutes or until dahl is extremely soft. Serve dahl with rice.

OPTIONAL

- 6.** Combine yoghurt and mint paste with salt and pepper to taste and serve with dahl.





CHEESY CORN PIE (GF)



4–6 servings



Moderate



60 mins



Fridge or Freezer

INGREDIENTS

½ cup cooked
basmati rice

1 cup chopped parsley

½ cup grated cheese

1 onion, finely chopped

1 cup creamed corn

1 grated zucchini

50g mushrooms,
finely chopped

3 eggs

2 cups low-fat milk

1 egg white

¼ tsp nutmeg

1 tsp cumin

*optional: sour cream
or Greek yoghurt to
serve.*

- 1.** Grease pie dish/ramekins and preheat oven to 180°C.
- 2.** Combine the rice, parsley, cheese, onion, creamed corn, zucchini and mushrooms in a bowl and spoon into pie dish or ramekins.
- 3.** Whisk eggs, milk, spices and egg white. Pour evenly over rice mixture.
- 4.** Place pie dish/ramekins in a tray and surround in a water bath, filled to around half way up the dish.
- 5.** Place whole tray in the oven baking for approximately 30 minutes, until cooked through.
- 6.** Serve with a dollop of Greek yoghurt or sour cream and parsley.

CHOCOLATE RIPPLE CAKE



8–12 servings



Hard



Prep: 30 mins
Cook: 12 hrs



Fridge

INGREDIENTS

250g Arnott's
chocolate ripple
biscuits

1L thickened cream

2 tbsps

caster sugar

1 tbsp vanilla essence

1 tbsp cocoa powder

- 1.** Place cream, sugar, vanilla essence and cocoa powder into a large mixing bowl and beat with an electric beater until stiff peaks form.
- 2.** Spread a small amount of the cream mixture onto the base of a serving plate.
- 3.** Spread one biscuit with 1½ tps of cream then sandwich with another biscuit. Top with another 1½ tps of cream then place biscuits on their side onto the serving plate. Repeat until all the biscuits have been used.
- 4.** Spread the remaining cream over the biscuits and cover completely to form a log.
- 5.** Top with grated chocolate or raspberry mash/coulis as desired.
- 6.** Place in the refrigerator for a minimum of 12 hours to set.





PAVLOVA (GF)



6–8 servings



Easy



20 mins



Fridge

INGREDIENTS

250g mini meringues
(store bought)

200ml thickened
cream

handful of ripe
strawberries

1 kiwi fruit

1 banana

- 1.** Place meringues in a zip lock bag and seal. Use your fist to pound meringue into fine crumbs.
- 2.** Whip cream to thick consistency.
- 3.** Blend strawberries, kiwi and banana separately in a blender into a minced consistency no larger than 0.5cmx0.5cm.
- 4.** Stir crushed meringue into cream until well mixed.
- 5.** Spoon a dollop of cream mixture across serving plates.
- 6.** Layer fruits evenly over the top of cream mixture and serve.

RICE PUDDING (GF)



4 servings



Easy



45 mins



Fridge

INGREDIENTS

2 cups (500ml) full cream milk

165g can coconut milk

½ cup (100g) short grain rice

2 tsps finely grated orange rind

¼ cup (60ml) orange juice

½ tsp ground star anise

½ tsp ground cinnamon

⅓ cup (60g) brown sugar

optional: orange zest to serve.

1. Combine milk, coconut milk, rice, orange rind and juice, star anise, cinnamon and sugar in a medium saucepan over medium to high heat. Bring to the boil.

2. Reduce heat to low and cook, stirring occasionally, for 20–30 minutes or until rice is tender and liquid thickens.

3. Remove from heat and set aside for 5 minutes to cool slightly.

4. Serve warm or cover and chill until ready to serve.

5. Keep leftovers in an airtight container in the fridge for up to 3 days. When serving, top with orange zest and enjoy.



PUREE RECIPES







PUMPKIN CAULIFLOWER CURRY (GF,DF)



4 servings



Moderate



45 mins



Fridge or Freezer

INGREDIENTS

1 tbsp olive oil

250g cauliflower

250g pumpkin

1 cup water

1 tbsp curry powder

pinch, ground pepper

*optional: Greek
yoghurt.*

- 1.** Chop pumpkin and cauliflower into small cubes.
- 2.** In a wok add oil and allow to heat briefly before adding curry powder. Stir for 1 minute or until fragrant.
- 3.** Add pumpkin and stir for 2 minutes until coated with spices, then add water and bring to boil. Leave for 5 minutes, occasionally stirring.
- 4.** Add cauliflower and reduce to simmer for 10 minutes or until pieces tender. Add yoghurt and simmer for 2 more minutes.
- 5.** Place all mixture into food processor OR blender. (**Note: run container under hot water to prevent heat loss in this step*). Add ground pepper as desired then blend mixture until smooth and no lumps remain. Serve in a bowl.
- 6.** Swirl or shape yoghurt in dish centre to garnish.

DAHL (GF,DF)



4 servings



Easy



30 mins



Fridge

INGREDIENTS

1 cup red lentils
1 onion, finely chopped
1 tsp turmeric
1 tsp cumin
1 tsp garam marsala
½ tsp chilli powder
1 tbsp chicken stock
1 tsp oil
1 cup chicken stock

- 1.** Fry onion, then add cumin until brown and roasted.
- 2.** Add stock, lentils and remaining spices.
- 3.** Cook for approximately 20 minutes until the mixture is thick.
- 4.** Puree with stick blender or in food processor until smooth.





BEEF AND SWEET POTATO PUREE WITH THYME (GF,DF)



2 servings



Easy



45 mins



Fridge

INGREDIENTS

250g beef steak, cut into 2x2cm cubes (all fat removed)

2 medium sweet potatoes, peeled and cut into 2x2cm cubes

2 cups beef stock (reduced salt recommended)

1 tbsp thyme leaves, stalks removed and finely chopped

optional: sour cream or plain Greek yoghurt to serve.

- 1.** Cut beef and sweet potato to size, and place in medium saucepan. Pour over beef stock and add thyme leaves.
- 2.** Bring saucepan to the boil over medium heat, and then reduce to simmer for 25–35 minutes, until sweet potato is mashable and meat is tender.
- 3.** Remove from heat and allow to cool slightly. Transfer all ingredients to a blender or food processor and puree until completely smooth, adding small amounts of additional beef stock if needed.
- 4.** Transfer to bowls and top with dollop of sour cream or Greek yoghurt if desired.

THAI GREEN CURRY (GF)



4–6 servings



Hard



Prep: 30 mins
Cook: 2 hrs



Fridge or Freezer

INGREDIENTS:

1 tbsp extra virgin olive oil

500g chicken thigh fillets

½ jar GF thai green curry paste

4–6 small potatoes, peeled

3 small carrots, peeled, trimmed, and cut in half

2 medium zucchinis, trimmed and cut in half

1 400ml can of coconut cream or milk

½ cup water

2 tsp fish sauce

1 tsp brown sugar

cornflour and water for thickening

- 1.** Heat oil in a large cast iron pot or heavy based saucepan. Cook chicken for 1–2 minutes per side or until browned. Remove and set aside.
- 2.** Reduce heat and add ½ jar green curry paste, cook for 1 minute.
- 3.** Add coconut cream, water, fish sauce, and sugar. Stir until combined.
- 4.** Add chicken and vegetables. Bring to boil, then reduce heat and simmer for 2 hours.
- 5.** Carefully remove whole vegetables and whole pieces of chicken. Blend chicken meat with 2–3 tbsps of curry sauce and the blend vegetables with 2–3 tbsps of curry sauce.
- 6.** Shape chicken and vegetables into small balls. Blend 1 tbsp of cornflour with 2 tbsp of cold water, add to curry sauce and stir over low heat until thickened. Pour ½ cup of curry sauce over chicken and vegetable to serve.





LENTIL AND CAULIFLOWER CURRY (GF,DF)



4 servings



Easy



45 mins



Fridge or Freezer

INGREDIENTS:

2 tbsp olive oil

1 onion

2 garlic cloves

5 tbsp curry powder

3 tbsp cumin powder

2 tbsp coriander ground

½ cup water

230g brown lentils, drained

½ cauliflower, chopped coarsely

100ml coconut cream

salt and pepper

optional: Greek yoghurt or sour cream to serve.

1. Heat oil in frying pan. Fry the onions on medium heat until translucent in colour.

2. Add the garlic, cumin powder, coriander powder and curry powder. Add small amounts of water as required.

3. Once fragrant, add cauliflower and stir through.

4. Leave to simmer and soften for 20 minutes on a low heat or until cauliflower is soft.

5. Add lentils, salt and pepper and stir. Allow to simmer for 10 minutes on low heat.

6. Blend until smooth puree. Add coconut cream gradually to achieve desired texture.

7. If desired, stir in yoghurt or sour cream and serve.

LASAGNA



2 servings



Hard



1 hr 15 mins



Fridge or Freezer

INGREDIENTS

1 small red onion, finely chopped
1 tbsp olive oil
1 clove garlic, crushed
150g beef mince
300g of store bought pasta sauce
salt and pepper
3 chopped basil leaves
¼ cup polenta
1 cup boiling water
½ tsp of chicken stock powder

Bechamel Sauce:

50g butter, chopped
5 tsps plain flour
2 cups milk, warmed
⅔ cup of grated cheese

optional: for a vegetarian option, replace meat with pureed eggplant, zucchini, carrot and/or mushroom. These also may be added to the meat mixture if desired.

MINCE

1. Heat the oil in a large frypan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 6–7 minutes.
2. Increase heat to high. Add the mince. Cook, stirring with a wooden spoon to break up any lumps, for 4–5 minutes until the mince browns.
3. Add the pasta sauce. Turn the heat to low. Simmer for 15 minutes or until thickens. Season with salt and pepper.
4. Transfer mince to blender/food processor and puree until smooth.

POLENTA

5. Meanwhile, bring 1 cup of water to the boil, then reduce heat to medium and add ½ tsp of chicken stock powder. Add the polenta to the water.
6. Stir continuously for 15 minutes. Reduce to low heat and cook for a further 5 minutes while stirring.

7. Remove from heat, cover and stand for 5 minutes.

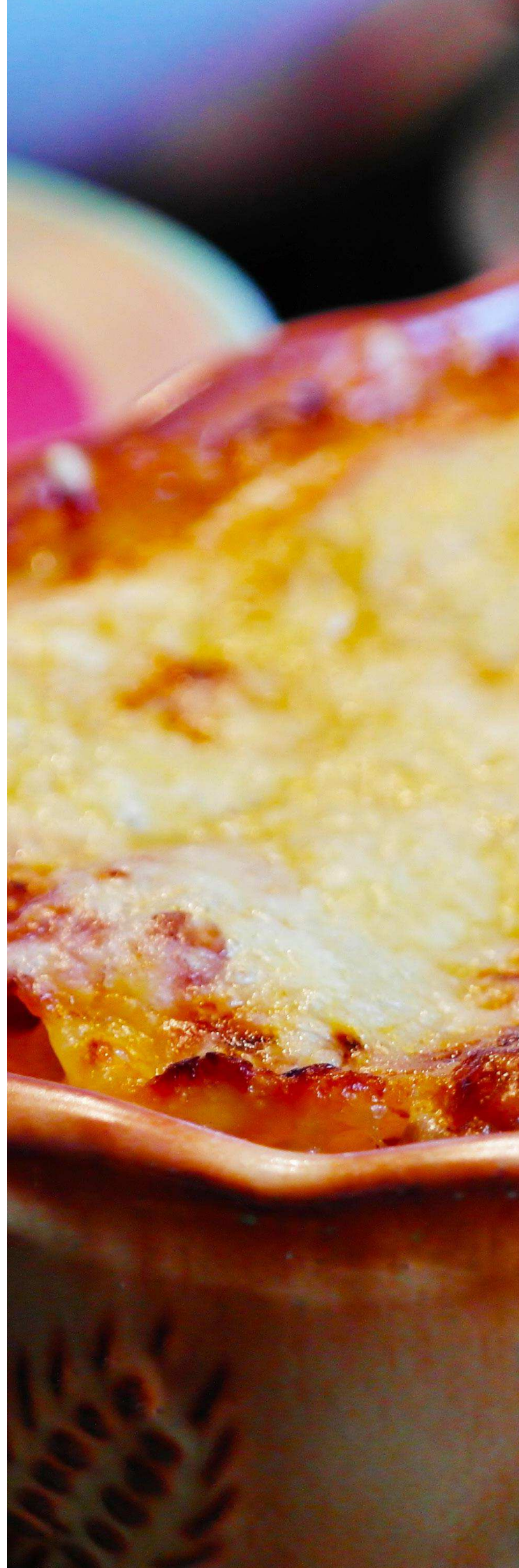
BECHAMEL

8. Melt the butter in a medium saucepan over medium heat. Remove pan from heat, and stir in the flour. Place the pan back over medium heat and cook, stirring, for 2 minutes. Remove again from heat.

9. Gradually add the milk, whisking constantly, until smooth. Place the milk mixture back over medium heat and cook, stirring constantly with a wooden spoon, until the sauce thickens. Remove from heat. Add the cheese. Stir well until combined.

10. Layer the mince and polenta in a ramekin/dish, before adding a generous layer of bechamel sauce on top.

11. Serve, season with salt and pepper as desired.





CHOCOLATE AVOCADO PUDDING (GF,DF)



2–4 servings



Easy



Prep: 5 mins

Cook: 30min–2hrs



Fridge

INGREDIENTS:

2 large ripe avocados,
peeled, pitted and cubed

½ cup cocoa powder

½ cup brown sugar

⅓ cup coconut milk

2 tsps vanilla extract

1 pinch ground cinnamon

1. Blend avocados, cocoa powder, brown sugar, coconut milk, vanilla extract, and cinnamon in a blender until smooth.

2. Refrigerate pudding until chilled, approximately 30 minutes.

MARS BAR CHEESECAKE (GF)



6 servings



Moderate



Prep: 90 mins
Set: 4hrs



Fridge

INGREDIENTS:

Chocolate Cheesecake Layer

90g caster sugar

120ml thickened cream

150g dark chocolate

2 tbsps cocoa powder mixed with a little hot water to form a thick paste

200g cream cheese, softened

Caramel Cheesecake Layer

90g caster sugar

120ml thickened cream

150g Nestle Caramel Top n Fill

2 tbsps cocoa powder mixed with a little hot water

200g cream cheese, softened

Chocolate Mousse Layer

200g chocolate mousse
(store bought)

CHOCOLATE CHEESECAKE LAYER

1. Grease 6 glasses/ramekins or a 9" spring form tin wrapped on the outside in alfoil.
2. Melt dark chocolate in the microwave, or in a heatproof bowl over simmering water on the stove. Leave to cool slightly.
3. Whip 120ml thickened cream until soft peaks form. Add melted chocolate then the cocoa paste. Blend well and set aside.
4. Beat 200g cream cheese and 90g caster sugar together. Fold in cream/chocolate mixture and mix thoroughly until smooth.
5. Divide chocolate cheesecake mixture into four to six glasses/ramekins or pour into spring form tin.
6. To achieve a layered look, allow chocolate cheesecake layer to set in the fridge for 30 minutes prior to adding caramel layer.

CARAMEL CHEESECAKE LAYER

7. Whip 120ml thickened cream until soft peaks form. Add 150g Nestle Caramel Top n Fill. Blend well and set aside.

8. Beat 200g cream cheese and 90g caster sugar together. Fold in cream/caramel mixture and mix thoroughly until smooth.

9. Spread caramel cheesecake mixture over chocolate cheesecake layer.

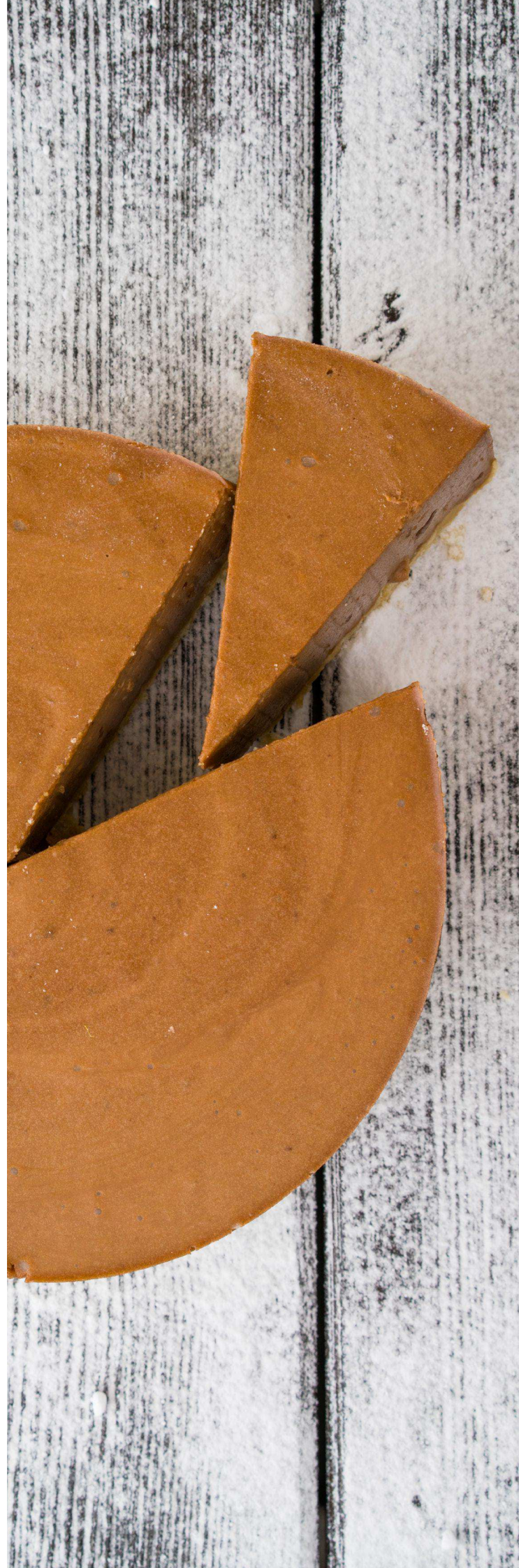
10. Allow cheesecake to set for 4 hours (or until firm).

CHOCOLATE MOUSSE LAYER

13. Scrape chocolate flakes from top of mousse and discard.

14. Spread chocolate mousse over cheesecake.

15. Refrigerate until ready to serve.





APPLE CRUMBLE (DF)



2 servings



Easy



20 mins



Fridge

INGREDIENTS:

2 110g tubs
unsweetened
apple puree
1 tsp cinnamon
1/3 cup quick oats
3/4 cup water
extra cinnamon and
brown sugar

- 1.** Preheat oven to 200°C.
- 2.** Place oats and water in microwave safe bowl. Microwave on high for 1 minute. Stir. Microwave again for 50 seconds. Remove from microwave and cool. Transfer to blender and blend for 1 minute on high or until smooth.
- 3.** Place apple puree into 2 ramekins. Mix 1/2 tsp cinnamon into each ramekin.
- 4.** Cover apple with 2 tbsp oat mixture. Sprinkle with desired amount of cinnamon and brown sugar.
- 5.** Bake for 8–10 minutes.
- 6.** Dust with cinnamon and brown sugar if desired then serve.

LEMON AND BLUEBERRY TART (GF,DF)



3 servings



Moderate



20 mins



Fridge

INGREDIENTS:

6 tbsp maple syrup

2 eggs

juice of 2 lemons

finely grated zest of
2 lemons

2 tbsp GF plain flour

4 tbsp frozen
blueberries

*optional: 2–4 tbsp
vanilla yoghurt*

- 1.** Preheat oven to 200°C.
- 2.** Place all ingredients in a bowl. Blend for 1 minute on high until lump free and frothy.
- 3.** Pour mixture into 3 ramekins. Place ramekins in deep baking dish. Fill baking dish with boiling water (water should come $\frac{1}{3}$ way up the ramekin).
- 4.** Place baking dish in oven and bake for 10–15 minutes or until tarts are firm to the touch in the centre.
- 5.** Remove from oven and cool.
- 6.** In the meantime, place blueberries in a microwave safe dish and cover with clingwrap. Microwave on high for 2 minutes or until they start to break down. Press blueberries through a strainer over a bowl using a rubber spatula.
- 7.** Top lemon tarts with yoghurt and drizzle with blueberry sauce.





BAKED CUSTARD (GF)



4 servings



Moderate



Prep: 15 mins
Cook: 30 mins



Fridge

INGREDIENTS:

3 eggs

2 tbsps sugar

1 tsp vanilla

2½ cups of milk

nutmeg or cinnamon

- 1.** Preheat oven to 160°C (140°C fan forced).
- 2.** Beat eggs, sugar and vanilla together lightly.
- 3.** Gently warm milk over the stove, before adding gradually to the egg mixture, stirring constantly.
- 4.** Pour mixture into a shallow ovenproof dish, and sprinkle with nutmeg and/or cinnamon.
- 5.** Place dish in a water bath, with enough water to come halfway up the sides of the dish.
- 6.** Bake in oven for 30 minutes, before reducing the heat to 140°C (120°C fan forced) for a further 20–30 minutes until set.

HELPFUL WEBLINKS

DINING WITH DYSPHAGIA COOKBOOK

<https://speech.steinhardt.nyu.edu/dysphagia-cookbook/>

DINING 4 DYSPHAGIA AWARENESS COOKBOOK

<http://swallowingdisorderfoundation.com/d4da-cookbook/>

NUTRITIOUS SMOOTHIE RECIPE

<http://www.swallowstudy.com/wp-content/uploads/2016/05/High-Calorie-Nutritious-Smoothie.pdf>

DYSPHAGIA RECIPES

<http://dysphagiarecipes.com/recipes/>

SPEECH PATHOLOGY AUSTRALIA

<https://www.speechpathologyaustralia.org.au/>

ACKNOWLEDGEMENTS

**** Cookbook Captains.**

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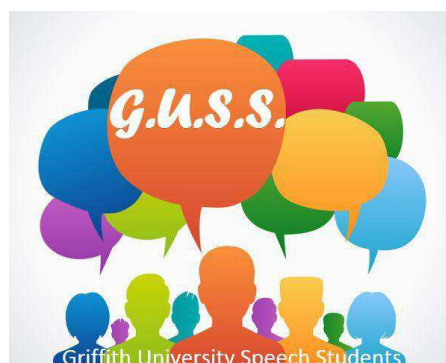
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Hannah Rovere
Kelly Shaw
Rosabel Singhe
Brianna Spencer
Rachel Stewart
Rebecca Tumino
Alexandra Varela
Stephanie Vierboom
Ellen Watson
Sophie Whitton

Our warmest thanks goes to Kirsty Gordon for her amazing photography skills and cookbook design.

This cookbook would not have been possible without the financial support of the Griffith University Speech Students (GUSS) association.





LIVEWORM

CREATIVE CONCEPTS | GRAPHIC DESIGN PHOTOGRAPHY | ILLUSTRATION IMAGE RETOUCHING | PRINT & WEB SOCIAL MEDIA | BRANDING

Liveworm Gold Coast is staffed with a collection of skilled multidisciplinary design students, guided by a highly experienced team of industry professionals. The studio is also a creative incubator for student industry concepts, supporting the local business and cultural community.

The studio opened its doors in 2008 after being converted from a grungy fine art and sculpture workshop into a creative studio and incubator space — under the wing of the 130 year old Queensland College of Art.

Liveworm Gold Coast designers are the future experts of their field. They know what's current, enjoy predicting future trends and utilising classic design strategies.

In the midst of a new studio image and direction — **Liveworm Gold Coast** is working towards a stronger position within the evolving creative Gold Coast culture. The team of students and staff embrace the changes that are occurring locally and globally and enjoy creating design outcomes that reflect this unique approach.

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BEYOND THE BLENDER

DYSPHAGIA MADE EASY

'Beyond The Blender: Dysphagia made easy' is all about making meals that are fresh, delicious and easy to cater to the dietary needs of people with swallowing difficulties, known as dysphagia. No longer is it necessary to blend bland and tasteless meals; with these recipes anyone can create fantastic food full of flavour that will impress people with dysphagia, their friends and family alike.

In this recipe book, you will find recipes across 3 categories: 1) foods that are soft; 2) foods that can be minced (or mashed) and are moist and; 3) foods that are pureed with no lumps. There are a variety of sweet and savoury options that can be enjoyed for breakfast, lunch or dinner, and all are aligned with current Australian texture modification recommendations.

'Beyond the Blender: Dysphagia made easy' is a passion project for Simone Howells, lecturer in speech pathology at Griffith University, and the Griffith University Master of Speech Pathology students who have worked hard since 2014 to develop easy to follow recipes for anyone with, and anyone cooking for someone with, swallowing difficulties. This recipe book is all about bringing the joy of eating back into the lives of people with dysphagia – happy cooking!