

Preparation Guide

Conservation tips

It is possible **to prepare several thickened food portions to freeze and consume later.**
It is sufficient to multiply the ingredient doses by the desired portions.

Freeze the prepared dishes in the appropriate ice moulds



Put the frozen food into a **clean freezer bag.** Do not fill the bag too much



Seal the freezer bags and label them one by one, indicating:

1. Content
2. Preparation date
3. Expiration date
(**no more than three months**).



In order to warm up the food

Put the frozen portion on a plate, cover and **let it unfreeze in the fridge for two or three hours**



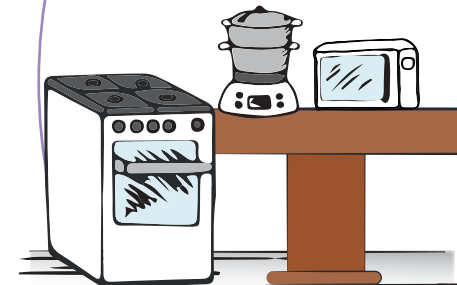
Should the food deteriorate, **throw it away.**



Check periodically that the bags are not damaged and throw away the expired food

Do not reuse the bags

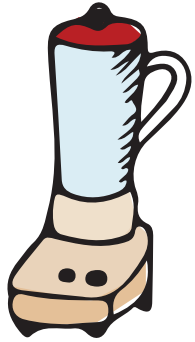
Reseal the bags after each use to avoid deterioration



Warm up **in the combined oven, steam cooker or microwave** (650w power for 1 minute / 1 minute and half)

Kitchen tools

To prepare and present the dishes of the section “recipes” it is convenient to **use the following tools**:



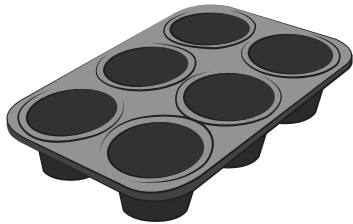
Liquidizer



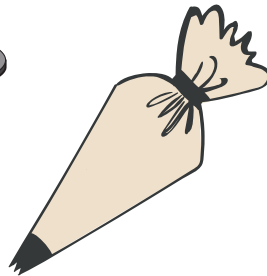
Graduated carafe



Bowls to mix the ingredients



Food moulds



Pastry bags



Ice cube trays



Measure



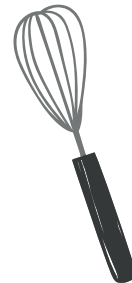
Shaker



Strainer



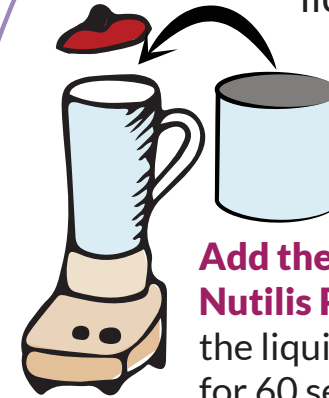
Measuring spoons



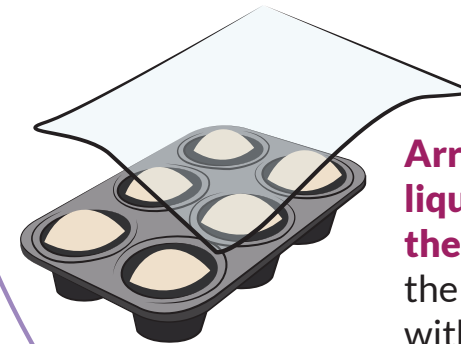
Whisk

Food moulds

Some suggestions about **how to use the food moulds** to prepare liquidized food



Add the indicated quantity of Nutilis Powder or Nutilis Clear to the liquidized food and let it stand for 60 seconds.



Arrange the liquidized food into the moulds, removing the excess quantity with a knife

Cover each mould tray with **cling film for food**.