

Operating instructions for Easy-Base+

Dysphagia Solutions

Food must be cooked. The cooking method only influences the amount of liquid still in the product after cooking, and can therefore vary the amount of liquid to be added by +/- 10 to 20%. The weight of the food is net after cooking. Water can be replaced with milk, cream, gravy or broth. The quality of the texture depends on the amount of water contained in the mixture. It should be noted that mixtures containing too much fat can form fragile and unstable gels.

Finger-food compatible.

Meat and Fish (hot)		Cold Fruits (apples, pineapple, red fruits...)	
Cooked food	500 gr	Fruits	800 gr
Liquid	500 gr	Cooking broth or juice	200 gr
Easy-Base+	70 gr	Easy-Base+	35 gr

Vegetables (hot)	Carrots, zucchinis	Celery, mushrooms	Broccoli, corn
Cooked veggies	700 gr	500 gr	600 gr
Liquid	300 gr	500 gr	400 gr
Easy-Base+	70 gr	70 gr	70 gr

Leguminous plants and fruits (hot)	Split peas, lentils, white beans	Peas
Food	500 gr	600 gr
Cooking broth or else	500 gr	400 gr
Easy-Base +	70 gr	70 gr

A savoir:

- The quality of the texture depends on the amount of liquid it contains. A prolonged heating will lead to the evaporation of the water, and will alter the final texture.
- Reheat at 85°C top.

- For fat and high-protein products, using some Xantacorn will homogenize the preparation and stabilize the emulsion.
- Granulometry :
 - Minced Texture > 0.5 cm
 - Ground Texture > 0.3 cm
 - Mixed Texture > 0.1 cm
- *Cold Textures*: for severe dysphagia, a very soft gel is obtained by putting 40 gr of Easy-Base+. This texture is not compatible with finger-food.
- *Grated Textures*: Easy-Base+ is usually dosed at 90gr for a hot preparation, 50gr for a cold one.
- *Finger-food*: you can increase your initial weight by 10%, but be careful that the texture might be too firm for severe dysphagia.
- *The strength of the gel is between 40 to 90 gr per kilograms.*
- *Freezing*: Easy-Base can be frozen alone. You can do mise en place in vacuum bags. When defrosting, you will have to heat once more to 95°C, then pour into the molds of your choice, cool down and possibly regenerate according to the usual hygiene rules.

Tips:

- Make sure that the binding texture agent has melted entirely and homogeneously. To do so, operate the spoon test: immerse a spoon into the texture while it is still liquid, turn it around and check that no particle of the binding texture agent still remains.
- Once the product is melted, put a few drops of the preparation on a inox work surface, wait a few seconds, and try to push the drop with your nail
- It is important to put some plastic wrap on your preparations before raising the temperature to about 85 ° C with 50% humidity (professional oven). Remember to pierce the plastic film to avoid crushing your preparation after regeneration. If you do not have a professional oven, you can place a bowl of water in your oven when the temperature rises.


FOOD COMPANY

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FOOD COMPANY

Product specifications

Gelling agents (preparation of texturizers)

Product Name: Easy-Base + Gelling Agents

Code: EB +

Lot: written on the packaging

DLC: written on the packaging

Description of the company and process:

Developed by Emotion Food Company SA, this gelling agent is obtained by a mixture of extracts of seaweeds and seeds.

Storage: Sterilized product. In a dry and cool place for a period up to 24 months.

This product, intended for collective kitchens, is used for the preparation of meals for people with dysphagia or with chewing and / or swallowing difficulties.

During the preparation of dishes, the gelling agent is melted and then incorporated into a boiling mixed mass. This mass must then be cooled down. The food thus obtained can be served cold or regenerated up to 85°C.

The ease of use of this mixture of gelling agents offers both speed of preparation and flexibility of use for cooks.

Production site: Switzerland

Packaging: 80g capsules. 30 capsules per carton. 182 cartons per pallet.

Use: for use in foodstuffs - maximum 90g / kg

Composition: Water, agar, Xanthan, caroub, guar, konjac.

Nutritional value: per 100g

• Energy value	68 kcal / 288KJ
• Protein content	0.3 g
• Carbohydrate content	14.5 g
• Of which sugar content	0.3 g
• Fat content	1 g
• Of which saturated fatty acid content	0.5 g
• Salt content	0.13 g

Organoleptic characteristics:

- **Appearance:** glossy translucent mass, smooth, homogeneous, without piece
- **Colour:** Beige
- **Colouring agents and aromas:** none
- **Conservative:** none

Microbiology:

- Total germs <1000 CFU / g
- Total coliforms <10 CFU / g
- Moulds <100 CFU / g
- Yeasts <1,000 CFU / g

Emotion Food Company®

Easy-Base+

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Technical characteristics of the binding texture agent

VERY EASY
TO USE

1. Gelling agent 100% **vegetal**, **ready to use** and **easy to use** product (made of seaweeds and beans)
2. Guarantee of modified textures always successful
3. Neutral taste (doesn't affect the taste of the original preparation)
4. May be used hot or cold
5. Suitable to salty or sweet recipes
6. High stability until 85°C
7. Responds to every types of preparation
8. Ideal for finger-food
9. Granulometry and viscosity in compliance with international nomenclatures (« Minced – Ground – Mixed »), IDDSI levels 3, 4 and 5.

Easy-Base+ & global approach

1. Offers a specific alternative to the persons dealing with multiple disorders
2. Respects cultures and religions (agent 100% vegetal)
3. Reintroduces forbidden foods
4. Facilitates independence during meal intake
5. Fights against every kind of discrimination around mealtime (equity, dignity) by serving colourful plates, with preserved flavours, neat presentation, to the guests
6. Fosters mealtime and thus, fights against undernourishment (*loss of muscle mass, or sarcopenia, fall, hospitalization, formation of pressure ulcers*) – malnutrition cycle
7. Favours adapted protein-energetic intakes (recipes, tools, enrichment possibilities)
8. Promotes pleasures around the table
9. Unifies the guests, teams and families around a benevolent project

*Modified texture
dried tomato created
with Easy-Base+*

