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MANUAL

THICKENING LIQUIDS (IDDSI)

MIXING TIPS FOR BEST RESULTS

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## Mixing Tips for Best Results (applicable to any liquids)

### Step ONE (1)

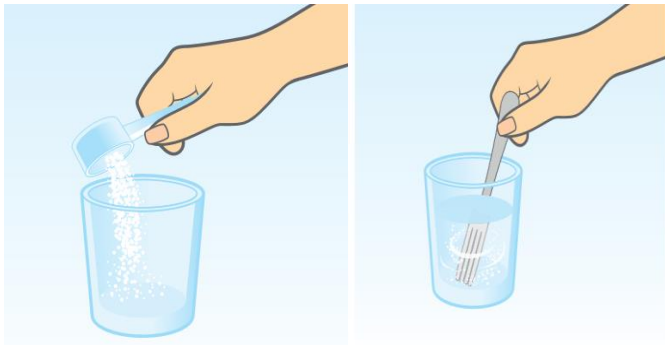
ALWAYS measure and add Dry Thickener into ANY DRY Mixing container

### STEP TWO (2)

ADD liquid to the container with the thickener in it and stir for the recommended time based on mixing container and volume being prepared

### STEP THREE (3) MIXING CONTAINER OPTIONS

#### Mixing by HAND / Single Serve / 118ml (4 fl oz)



#### **FORK/ SPOON**

Stir and allow up to 5 minutes to thicken

#### **SUPPLEMENTS**

Mix the thickened liquid for a minimum of 5 minutes (**room temperature**)

**1T = 15 ml, 1 tsp = 5 ml, 3 tsp = 1T**

#### BLENDER/Table-top Mixer with whip attachment

#### LARGE VOLUME PREP / 946 ml (32 fl oz)

**Step ONE 1** – In a smaller container, begin by making a Slurry – pre-measure all of the thickener needed for the batch and add approximately ¼-1/3 of the liquid (supplement) being thickened. Mix (whisk) slurry for 15 seconds to avoid lumping in the batch being made.

**Step TWO 2** – Transfer this supplement Slurry to the Blender/Table Mixer while it is working at the slowest speed setting, use a plastic spatula to transfer ALL of the Slurry into the batch.

**Step THREE 3** – Mix on the slowest speed for a minimum of 5 minutes / Pulse periodically if using a Blender.

**HOLDING TIME: 24 hours / ALWAYS cover Pre-Mixed Bulk Supplements tightly before holding in fridge**

- For best results before use, remove cover and whisk when stored for a period of time
- Table-top Mixer – Mix at LOW Speed / Blender – Pulse periodically to avoid bubbles

## Storage and Usage TIPS

- Always store thickened supplements covered tightly in refrigerator (<4 C or 32 F)
- For best results, remove the cover and whisk thickened supplements for a short period of time when stored (over 24 hours)
- If lumps persist, pass through a fine sieve or colander; perform the syringe test before returning to a storage container
- Before portioning, ensure that your thickness is consistent throughout the batch, otherwise whisk until consistent
- \*\* Never add thickeners to liquids, otherwise lumping may occur
- SUPPLEMENTS – always shake containers before opening to recombine flavours/colours (I.e. Chocolate)
- For Supplements – conduct an initial syringe test to determine the IDDSI level prior to thickening
- Read and confirm the recipe for the desired thickness level and supplement amount

## Frequently Asked Questions

### **1. What can I do if my thickened supplement is lumpy?**

- a. Use a hand whisk and try to combine/return to a smooth consistency (do not serve with lumps)
- b. Pour through a fine screen mesh/colander and redo the syringe test (do not serve with lumps)

### **2. What if my thickened supplement is too thin after syringe testing?**

- a) Re-adjust recipe for the next preparation by slightly increasing the thickener in the recipe
- b) Document any recipe concentration changes for future recipe standardization
- c) Verify that the correct length of mixing time was used in the process of preparing the thickened supplement

### **3. What if my thickened supplement is too thick after syringe testing?**

- a) Re-adjust recipe for the next preparation by slightly decreasing the thickener in the recipe
- b) Document any recipe concentration changes for future recipe standardization
- c) Verify that the correct length of mixing time was used in the process of preparing the thickened supplement

### **4. How can I convert volume of thickener types to weight (if I would rather use an accurate scale)?**

- a) 15 ml or 1T of T & E (starch) = 4.5 g
- b) 5 ml or 1 tsp of T & E Clear = 1.85 g (the can's scoop measure equals 1.35 g)

## Thickening over Time

- Always prepare thickened liquids at safe temperatures, i.e. Milk always < 4 °C (< 40 °F)
- Different liquids may require different amounts of thickeners, check mixing guides
- Other factors such as time and temperature of liquids can affect the thickness of a liquid
- Test and adjust recipes for consistent outcomes, adjust as needed due to your onsite conditions

## **Best Practice for Thickening Time consistency**

- Always agitate (stir) a thickened liquid before serving if stored for any time period in an open or sealed container – to ensure thickness consistency and no alternate layering within the liquid
- Thicken and test liquids in a similar time frame each time a mixing recipe is used
- Thicken liquids at the same temperature each time; room temperature or cold starting points
- Always avoid creating bubbles in thickened liquids
- A thickened liquid may become thicker if placed into refrigerated holding
- If serving within 2 hours of thickening process, more thickener may be needed (see ranges)
- If serving after 2 hours of thickening process, less thickener is likely needed (see ranges)
- If final outcome of thickened liquid is thicker than desired, adjust recipe for future preparation
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- If any syringe tests are not in the desired IDDSI Level range, discard and do not serve to a client

## **Keep Thickened Liquids Safe**

- Always follow the manufacturers safety directions for: holding, serving and retention once opened
- Always keep liquids at safe serving temperatures
- Discard liquids if any conditions pose a risk to clients
- Always check “Best Before” dates on product packaging

## **EQUIPMENT/ prep MIXING OPTION TIPS - (larger volumes)**

### **Whisked by Hand**

For best results, add measured thickener to a dry container and add liquid as you mix. Always make sure that all the thickener has been fully combined with liquid. Avoid leaving small amounts on the sides of the bottom of your mixing container (use a plastic spoon or spatula to remove from the sides of the container). Whisk liquid and thickener vigorously by hand for several minutes as directed and for best results avoid frothing/foaming (creating bubbles). Store refrigerated as directed and always conduct the IDDSI syringe test before serving.

### **Electric Hand-Mixer**

Use a slower speed setting and always make sure that all the thickener has been fully combined with liquid. Avoid leaving small amounts on the sides of the bottom of your mixing container (use a plastic spoon or spatula to remove from the sides of the container). Stir liquid and thickener for several minutes as directed and for best results use a slower speed setting to help avoid frothing/foaming (creating bubbles). Store refrigerated as directed and always conduct the IDDSI syringe test before serving. If a slow speed cannot be achieved, consider using other equipment to mix.

### **Electric Table-top Mixer (KitchenAid-type)**

Use a slower speed setting and always make sure that all the thickener has been fully combined with liquid. Avoid leaving small amounts on the sides of the bottom of your mixing container (use a plastic spoon or spatula to remove from the sides of the container). Mix liquid and thickener for several minutes as directed, using continuous slowest speeds, and for best results use a slower speed setting to help avoid frothing/foaming (creating bubbles). Store refrigerated as directed and always conduct the IDDSI syringe test before serving.

**Always IDDSI syringe test before service**



Require more information or technical support? Contact [support@intogreat.ca](mailto:support@intogreat.ca)