

Beef Roll

Preparation method:

Blend the braised beef roll to a fine mass and bring to the boil with the GELEA instant, stirring continuously. Pour the mass into a casserole dish lined with foil (not deeper than 2-3 mm).

Finely blend the gherkins and the cucumber stock, strain through a sieve and bring to the boil with the GELEA instant. Spread the gherkin mass onto the beef roll mass and leave both to cool, then roll up the mass with the help of the foil. Wrap the finished roll in another layer of aluminium foil and twist the ends. The roll can be cut into portions as required.

Fry the diced shallots in a little butter until soft, add the slices of carrot and allow to sweat, then gently caramelize with a little sugar. Top up with the vegetable stock, season to taste and bring to the boil once. Blend all the ingredients thoroughly to a fine mass, stir in the GELEA instant and bring to the boil again. Pour into a dish lined with cling film and leave to cool. Cut into shape as required.



Ingredients for

4 persons:

For the roll:

120 g braised beef roll
180 g liquid beef stock
2.5 large measuring spoons of GELEA instant

For the filling:

40 g pickled gherkins
60 g cucumber stock
0.5 large measuring spoons of GELEA instant

Carrots:

160 g carrots
240 g vegetable stock
10 g butter
10 g shallots
Salt
Sugar
2 large measuring spoons of GELEA instant

The following values are for a 100 g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
214.0	51.0	2.7	2.3	1.9	3.5	1.9	3.1	223.0	11.2

Latte smoothie - A complete breakfast

seneoPro®

Preparation method:

Place all the ingredients except the SPUMA instant in a bowl and mix to a very fine puree. Pour into a 0.5 l siphon and mix with the SPUMA instant. **Insert a cartridge and shake thoroughly.** Ready to serve.

Our tip: Serve the latte smoothie in a glass and decorate to taste with strawberry puree and cream from the siphon.

Ingredients for 3-4 servings:

200 g milk 3.8%

200 g cream

100 g espresso, ready brewed

100 g apricot jam

75 g white bread without the crust

20 g sugar

2 large measuring spoons of SPUMA instant



(Photography © Katharina Jaeger 2011)

The following values are for a 100 g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
767.0	183.0	2.6	20.2	15.1	10.2	6.2	0.9	82.3	26.6

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im Alter und bei Krankheit

Berry Espuma

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Briefly bring to the boil the strawberries or other seasonal berries with the water and the sugar. Add the lemon juice according to taste, strain through a fine sieve and leave to cool, then stir in the cream and the SPUMA instant.

Pour the mass into a siphon (0.5 l), insert a cartridge, shake thoroughly and place in the refrigerator to chill.

Ingredients for about 4 servings:

80 g water

250 g strawberries, washed and cleaned

100 g sugar

70 g cream, 30%

Dash of lemon juice

1 large measuring spoon of SPUMA instant



Photo by Katharina Jaeger © 2011

The following values are for a 100 g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
585.0	140.0	0.8	23.0	23.0	4.6	2.6	1.3	5.6	11.6

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Vegetable Juice

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Preparation method:

Extract the juice from the vegetables and strain through a sieve. Put the VISCO instant in a glass and stir in 400 ml of juice.

Ready to serve.

Tip: Vary the thickness of the juice by adjusting the amount of VISCO instant.

Ingredients for

2 servings:

- 250 g red peppers
- 250 g cucumber, peeled
- 250 g tomatoes
- 8 small measuring spoons of VISCO instant
(more if necessary)



The following values are for a 100g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
92	22	0.9	3.6	3.5	0.3	0.7	2.5	3.6	0.0

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Roast Chicken

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Preparation method:

Put the chicken, vegetable stock and cream into a blender and whisk to a purée. Add salt and pepper. Bring the puree to the boil and add the GELEA instant, stirring constantly. Still stirring continuously, boil for another minute.

Sprinkle the moulds with paprika powder and divide the puree between the cases. Leave to cool for 1 hour. Remove from the moulds and heat to a maximum of 90°C (192°F).

Tip: Cover with cling film when reheating. The chicken can be stored in the freezer.

Ingredients:

200g roast chicken
200 ml vegetable stock
100 ml cream
Salt
Pepper
Paprika powder
3 large measuring spoons of GELEA instant

Serves 6



Nutrition per 100g:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
612.0	146.0	12.6	1.1	1.0	10.2	4.7	1	211.0	55.3

Roast Wild Boar

Preparing the meat:

Heat the vegetable oil and fry the wild boar. Put the meat and the meat juice into a blender and whisk to a puree. Bring the puree to the boil and add the GELEA instant, stirring constantly. Still stirring continuously, boil for another minute. Divide the puree between the moulds. Leave to cool for 1 hour. Remove from the moulds and heat to a maximum of 165°F.

Preparing the gravy:

Fry the onion in vegetable oil until soft. Add the sliced pear and some flour and fry until lightly browned. Pour in the stock and boil at a high temperature until it is reduced by two thirds. Add the garlic and cook for a few minutes. Pour the gravy into a blender and whisk. If necessary, sieve the gravy to remove any lumps.

Tip: Serve with mashed potatoes and smoothfood green beans



Ingredients:

Wild boar:

- 120 g wild boar
- 1 tbsp vegetable oil
- 180 ml meat juice/stock
- 2 large measuring spoons of GELEA instant

Gravy:

- 1 onion, sliced
- 200 ml meat juice/ stock
- 1 tbsp vegetable oil
- 1 pear, sliced
- 1 garlic clove, sliced

Serves 2

Nutrition per 100g:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
316.0	75.0	5.5	4.4	3.9	4.0	1.5	2.0	132.0	17.3

Exotic Fruit Pudding

Preparation method:

Use either freshly squeezed mango and orange juice or not-from-concentrate juice from these types of fruit. Puree the ingredients and leave to swell for 5-10 minutes. Put the VISCO instant in a glass and add the juice. Stir well. Ready to serve.

Tip: The juices can be varied according to taste and used in different proportions.

Ingredients for

2-3 servings:

- 300 ml mango juice
- 100 ml orange juice
- 1 banana
- 1 tbsp lemon juice
- 1 large measuring spoon of VISCO instant



The following values are for a 100g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
258.0	62.0	0.7	13.2	12.4	0.3	0.1	1.4	2.7	0.0

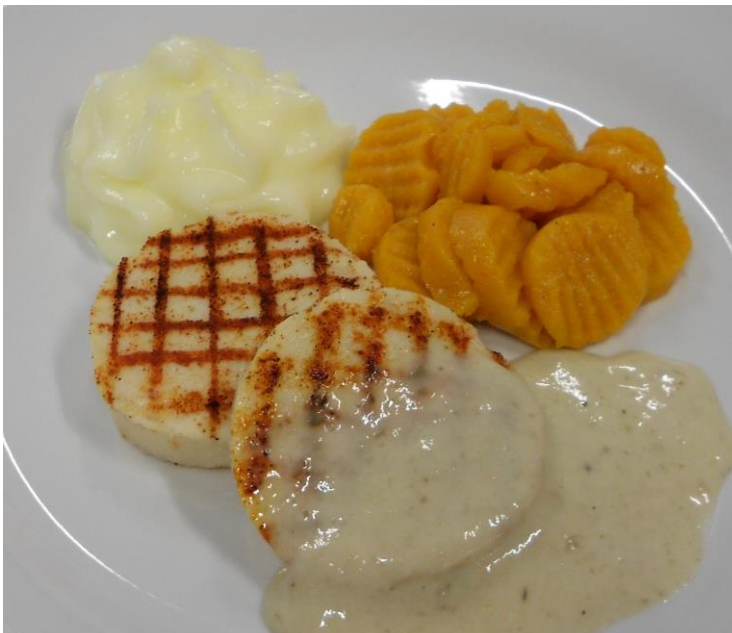
Turkey with Potato Foam

Preparing the turkey:

Season (salt, pepper) and fry the turkey. Put the turkey and the chicken stock in a blender and whisk to a puree. Bring the puree to the boil and add the GELEA instant, stirring constantly. Still stirring continuously, boil for another minute. Divide the puree between the moulds. Leave to cool for 1 hour. Remove from the moulds. Brush the turkey lightly with oil, sprinkle with paprika powder and flambé using a blowlamp. Heat to a maximum of 90°C (192°F) before serving.

Preparing the potato foam:

Put the mashed potatoes and the stock into a blender and whisk to a puree. Sieve the puree. Add the SPUMA instant and pour into a 0.5 l siphon. Shake thoroughly. Insert a cream cartridge and shake again. Ready to serve.



Ingredients:

Turkey:

200g turkey
300 ml chicken stock
Salt
Pepper
Paprika powder
Vegetable oil

3 large measuring spoons of GELEA instant

Potato foam:

300 g mashed potatoes
200 ml bacon stock
1.5 large measuring spoons of SPUMA instant

Serves 4

Nutrition per 100 g:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
316.0	76.0	5.8	4.4	1.7	3.8	1.4	1.6	149.0	19.0

Muesli Foam

Preparation method:

Blend all the ingredients together to a fine mixture. If necessary, strain through a fine sieve. Stir in 2 large measuring spoons of SPUMA instant and pour into a 0.5 l siphon. Serve cold.

Our tip:

The mixture can also be frozen in the Pacojet for a tasty ice cream on hot days!



Ingredients for

3-4 servings:

100 g fruit

100 g milk 3.5 %

100 g cream 30 %

100 g full-milk yoghurt

50 g honey

25 g oat flakes

2 large measuring spoons of SPUMA instant

The following values are for a 100 g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
614.0	147.0	3.0	17.8	12.4	6.9	4.0	2.0	21.3	16.7

Sausage in Curry Sauce

Preparation method:

Remove the skin from the sausage. Fry the sausage, then cut it into small pieces and puree it to a fine mix with 300 ml of curry sauce and 100 ml of stock. Stir the pureed sausage in a saucepan with 1.5 large measuring spoons of GELEA instant and keep at boiling point for about 1 minute, stirring continuously.

Spoon the mix into the moulds as preferred and leave in the refrigerator to cool for about 1 hour. Heat the sausage in the oven at a maximum temperature of 90°C (192° F) and serve with curry sauce.

Ingredients for

2 persons:

80 g fried sausage

30 g curry sauce

100 g stock

1.5 large level measuring spoons of GELEA instant



Image: Fried sausage mould

The following values are for a 100 g serving:

Energy kJ	Calories kcal	Protein g	Carbohydrates g	Sugar g	Fat g	Saturated fat g	Fibre mg	Sodium mg	Cholesterol mg
509.0	122.0	4.8	3.6	3.4	9.9	3.8	3.0	643.0	20.5