

# Pacojet **CARE Catering**

Reinventing special  
needs cooking in health  
care services

[www.pacojet-care.com](http://www.pacojet-care.com)



## Special care diets: a shift in thinking

The provision of nutritious, balanced meals to persons in need of special care (e.g. sick or elderly dependents) is increasingly recognized as vital to health and well-being. More than ever before, hospital- and nursing-care kitchens are being called upon to tailor their selection of meals and to implement innovative food preparation procedures.

In healthcare chefs have to master different challenges simultaneously:

- Create customized diets to meet individual needs in terms of nutrition, taste and consistency
- Enhance quality of life by serving delicious cuisine – rich in colour, flavour, and aroma
- Offer a variety of high-quality meals that are both appealing and easy to eat
- Manage budget restrictions through efficient food preparation and effective utilization of foodstuffs.

## Innovative solutions with Pacojet

Pacojet is a revolutionary cooking system that enables chefs to 'micro-puree' deep-frozen foods into an ultra-smooth mousse, cream or sauce without thawing. This unique food-preparation method is called '**pacotizing**'.



**Pacojet is ideally suited to health-care kitchens because it enables chefs to:**

- **Create premium-quality cuisine** within seconds that conforms to special care dietary requirements:
  - **Dysphagia diet**
  - **Bland diet**
  - **Whole food diet**
  - **Low in salt, cholesterol or sugar**
- **Prepare enticing meals** with natural colours, intense aromas and delicious flavours – to tempt the palate of even the smallest appetite
- **No pre-cooking necessary**, preserve the valuable vitamins and nutrients of fresh high-quality ingredients

**Working with the Pacojet cooking system offers further advantages:**

- **Time-saving, no food wastage:**

Prepare, deep-freeze and store. Pacotize as required:

- just add fresh ingredients directly to the Pacojet beaker - all you have to do is roughly chop them. No pre-cooking or straining necessary!
- Maintain optimal freshness and hygiene by freezing and storing in the sealed Pacojet beakers
- Pacotize portions as needed, the rest goes back into the freezer for later use.

- **Fast and versatile:**

- E.g. for preparation of purées, foams, finger food, soups, farces, mousses, and desserts
- Pacotize directly for service or for mise en place at the touch of a button.



## The ultimate food preparation tool for persons with difficulty swallowing

A major challenge for hospital or nursing home kitchens is providing a selection of high-quality meals for people with chewing or swallowing difficulties (dysphagia). An appropriate menu requires modifications to the consistency of the meal based on degree of swallowing difficulty, ranging from finely chopped to purees to foams.

Pacojet's unique technology of 'pacotizing' enables ultra-fine textures, making it the ideal tool for dysphagia diets:

- Smoothest consistency without pre-cooking; valuable nutrients retained
- Natural colours, intensive aromas and superb flavour; less need for added seasoning
- Recipe base can be easily adapted to produce desired meal variations
- Portions can be made as desired

## Recipes with Pacojet to produce a dysphagia diet

Created by renowned Swiss chef Rolf Caviezel, qualified in special care cooking

Theme	Basic ingredients	Served	Variations
Breakfast	White coffee, Honey, bread	hot or cold	Snack Dessert / coffee cream
Salad	Cucumber salad	cold	Appetizer / Cucumber mousse
Meat	Fried chicken	hot	Main course / Chicken salad
Starch side dish	Cooked rice	hot	Snack, main course / rice pudding
Vegetables	Carrots Red beets	hot hot	Main course / carrot mousse Main course / red beet mousse
Desserts	Apples	hot / cold	Snack / Apple tarte

- Recipes may be prepared using little salt and no flatulence-producing ingredients.
- Ingredients should provide sufficient caloric intake.
- Quantities are calculated for one Pacojet beaker.
- 100 g of recipe base = 1 portion

### IMPORTANT:

Please adhere to your country's and your company's food hygiene regulations. All ingredients must be fresh and in perfect condition.

## Recipes:



### Theme: White Coffee Dessert / Coffee Cream Custard

140 g Prepared coffee  
 10 g Sugar  
 200 g Cream  
 200 g Milk

Mix and place all ingredients in a pacotizing beaker and freeze to -22°C for at least 24 hours.  
 Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**

Heat 100 g of the recipe base and thicken with xanthan gum or maltodextrin as desired.

**Flan**

Add 50 g milk to the recipe base and heat, add 3 g of agar and bring to a boil. Pour into a cooking form. If preferred, gellan gum may be used instead of agar.

**Foam**

Mix 150 g of the recipe base with 40 g of egg white and 50 g of quark. Place ingredients in a siphon and foam using 2 cartridges.



### Theme: Breakfast Bread Snack

35 g Sandwich bread without the crust  
 50 g Quark  
 40 g Melted butter  
 230 g Milk  
 75 g Cream  
 30 g Honey

Cut the sandwich bread into cubes, mix all ingredients together, place in the pacotizing beaker and freeze to -22°C for 24 hours.  
 Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**

Heat 100 g of the recipe base and thicken with xanthan gum or maltodextrin as desired.

**Flan**

Mix 100 g of the recipe base with 50 g milk, heat and add 3 g of agar. Bring to a boil while stirring constantly. Pour into a cooking form. If preferred, gellan gum may be used instead of agar.

**Foam**

Heat 200 g of the recipe base, then fold under 50 g egg whites and 20 g mascarpone using whisk. Place ingredients in a siphon and foam using 2 cartridges.





## Recipes:



### Theme: Cucumbers Salad Snack

260 g Peeled cucumbers without cores  
 270 g Vegetable stock  
 10 g Olive oil  
 10 g Vinegar

Cut cucumbers into small cubes and mix the vegetable stock. Mix and place all ingredients in a pacotizing beaker and freeze to -22°C for at least 24 hours. Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**  
 Add 1 g xanthan gum or maltodextrin to 100 g of the recipe base to thicken. Other additives to modify texture can be used as well.

**Mousse**  
 Whip 200 g cream with the Coupe Set whipping disc. Gently heat 200 g of the recipe base. Soften 5 g gelatin in cold water, remove and add to the warm mixture. Refrigerate until set then fold in the whipped cream.

**Foam**  
 Mix 200 g recipe base, 100 g cream, 90 g mascarpone and 50 g egg whites. Place ingredients in a siphon and foam using 2 cartridges.

### Theme Chicken Main Course / Chicken Salad

250 g Chicken breast  
 100 g Vegetable stock  
 200 g Cream  
 20 g Egg whites  
 Salt and pepper to taste

Chop the chicken breast into cubes, place all ingredients in the pacotizing beaker and freeze to -22°C for at least 24 hours. Remove from freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**  
 50 g of recipe base, 160 g vegetable stock. Bring to a boil stirring constantly. Then thicken with xanthan gum or maltodextrin.

**Flan**  
 Pour 100 g of the mixture into a cooking form and poach in the oven at 80°C.

**Roulade**  
 100 g recipe base, season, add saffron for colour if desired. Spread mixture on plastic wrap then roll into a roulade using aluminum foil. Poach in the oven at 85° for approx. 30 min.

## Recipes:



### Theme: Rice Snack / Dinner / Dessert

360 g Cooked rice  
20 g Olive oil  
320 g Vegetable Stock

Mix and place all ingredients in a pacotizing beaker and freeze to -22°C for at least 24 hours.

Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

##### Cream

Heat 100 g recipe base and add cream to achieve desired consistency. Season with salt and pepper.

##### Sweet porridge

Heat 200 g of recipe base and add 6 g of sugar. Dust with a little cinnamon.

##### Foam

Heat 200 g of recipe base, add 10 g sugar, and combine with 100 g quark and 100 g milk. Place in a siphon and foam using one cartridge. Spray out.



### Theme: Carrots Side Dish / Snack

360 g Carrots  
375 g Vegetable stock

Cut carrots into cubes and place in the pacotizing beaker.

Pour vegetable stock over the carrots and freeze to -22°C for at least 24 hours.

Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

##### Cream

Place 100 g of the recipe base into a saucepan and heat while stirring constantly. Season and serve. Thicken with xanthan gum, maltodextrin or similar thickening agents as desired.

##### Flan

Mix 100 g of the recipe base with 50 g whole eggs and season to taste. Pour into a cooking form and poach in the oven at 80°C.

##### Sliced

Bring 100 g the recipe base, 50 g vegetable stock and 2 g agar to a boil and pour into a cooking form. If preferred, gellan gum may be used instead of agar.





## Recipes:



### Theme: Beetroot Side Dish / Salad

300 g Beetroot  
350 g Vegetable Stock

Chop beetroot into small cubes.  
Mix and place all ingredients in a pacotizing beaker and freeze to -22°C for at least 24 hours.

Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**

Place 100 g of the recipe base into a saucepan and heat while stirring constantly. Season to taste and serve.

**Flan**

Mix 100 g of the recipe base with 50 g whole eggs and season to taste.  
Pour into a glass casserole dish or small glass jars. Cover and poach in the oven at 80°C for 40 min.

**Beetroot salad**

Heat 100 g of the recipe base in a saucepan with 2 g gellan gum or agar.  
Pour into a cooking form and cut when set.



### Theme: Apple Snack / Dessert

200 g Golden Delicious apples  
1 Piece of vanilla pod  
20 g Butter  
140 g Milk  
280 g Cream  
10 g Sugar  
90 g Eggs

Chop apples into cubes, scrape out the pulp from the vanilla pod.  
Melt butter in a saucepan. Sauté apples in butter with vanilla pulp.

Whisk in milk, cream, sugar and eggs. Place in a saucepan.  
Heat liquid to 80°C while stirring constantly and add to apples.

Mix and place all ingredients in a pacotizing beaker and freeze to -22°C for at least 24 hours.  
Remove the beaker from the freezer and pacotize twice to create the recipe base.

#### Serving Variations

**Cream**

Briefly heat 100 g of the recipe base in a saucepan. Sweeten if desired.  
Fold in 30 g quark under the mixture. Place into serving dishes and serve.

**Sliced**

Briefly heat 100 g of the recipe base in a saucepan. Add 2 g gellan gum, bring to a boil and pour into the cooking form. If preferred, agar may be used instead of gellan gum.

**Refreshing Shaved Ice**

Pacotize contents of beaker once and spoon out portions to serve.



## Pacojet: An effective health care catering solution

- **Create delicious meals that conform to special care dietary requirements:**
  - ultra-fine consistency – ideal for special diets
  - no pre-cooking required – valuable nutrients retained
  - natural colors and intensive flavours – reduced need to add salt, sugar or fat
- **Save time, eliminate unnecessary food wastage**
  - Prepare, deep-freeze and store – Pacotize as required.
- **Fast and versatile** e.g. for preparation soups, farces, mousses, and desserts at the touch of a button



### The Pacojet System comes with all parts necessary to pacotize and to clean the machine:

- 1 Pacojet machine
- 1 standard pacotizing blade
- 1 spray guard
- 2 pacotizing beakers with lids
- 1 protective outer beaker
- 1 spatula
- 1 instruction manual
- 1 cleaning set: blue washing insert with rotating brushes, blue sealing ring and green rinsing ring



### Pacojet Coupe Set

Cut, chop, mince, mix, blend and whip fresh foods – the Coupe Set extends Pacojet's versatility from frozen to non-frozen.

- The blade cutters rotate gently and evenly once through the ingredients from the top, preserving freshness, flavour and color
- Closed process, doesn't generate heat - hygienic, comfortable removal of foods, easy to clean

### The Pacojet Coupe Set comes with:

- 2-blade cutter for finely chopped foods
- 4-blade cutter for fine stuffings, purées or mousses
- Whipping disc for creamy foods
- Cutter tongs for blade cutter removal

For further information on the Pacojet cooking system, visit [www.pacojet.com](http://www.pacojet.com)

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