

FORTIFICATION OF COOK CHILL FOODS WITH ENPROCAL

Enprocal is a high protein, high energy, unflavoured food supplement designed to address malnutrition and frailty.

Following many months of testing, Prime Nutrition has developed several Cook Chill applications for Short Shelf Life (5-day) products. These fortified foods have significantly improved levels of macro and micro nutrients, making them ideal for many hospital patients and residents of aged care facilities where enhanced nutrition intake is required.

The 3 following recipes are cost effective because Enprocal can be substituted for a part of the 'host' food with virtually no detectable change in taste, texture or colour.

Using Enprocal in porridge, mashed potato and scrambled eggs in meals during one day delivers net gains of*:

Nutrient	Net increase	% RDI
Protein g	9	16.0
Calcium mg	305	24.5
Vitamin C mg	16.8	39.2
Vitamin A ug	160	21.0
Zinc mg	2.6	21.8
Folate ug	54	26.0
Fibre g	2.7	8.8

This costs just 27 cents per day, as outlined in the attached recipe and preparation information.

Following are 3 recipes for:

- 1. mashed potatoes**
- 2. scrambled eggs**
- 3. porridge**

* Based on average Australian foodservice portion costings and nutrition data from Foodworks and FSANZ. E&OE

Note:

Some variability in individual results can be expected, depending on normal variations among cooking and re-therming facilities from site to site. Some trial and error is likely as facilities identify ideal end-product outcomes.

1. Mashed potatoes with Enprocal

Ingredients:

2500g boiled potato
226g margarine
410ml water
500g Enprocal

Procedure

- Mash boiled potatoes together with margarine
- Sprinkle in Enprocal while mashing continues
- Add water as mashing continues
- Pour mash into full size bulk pan (1/1, 65ml deep) enclosed with lid.
- Cooking: 100°C / full steam / 20 min in Combi-Oven



This makes approximately 45 x 80g serves.
Store at 3 – 5 degrees C for up to 5 days.

Re-therm instructions

1. Using a conduction method re-therm trolley (eg Electro Calorique)

Covered and plated single serve meals

Long re-therm cycle: 42 mins with 6 mins soak.

2. Convection / Steam oven (eg. Leventi Combi Oven)

Covered and plated single serve meals

140°C / 60% steam for 16 mins.

3. Bulk re-therm (2 – 3kg product)

Convection / Steam combi oven

95°C / 100% steam / 40 mins (oven pre-heat preferred)

2. Scrambled eggs with Enprocal

Ingredients:

1650g eggs (30 x 55g eggs)
2440ml water
560g Enprocal

Procedure

- Mix Enprocal into egg-water mixture.
- If using a rotary blender, may require short manual whisk to finish the dissolution of any lumps.
- Pour mixture into full size bulk pan (1/1, 65ml deep) enclosed with lid.
- Cooking: 100°C / full steam / 20 min in Combi-Oven.



This makes approximately 46 x 100g serves.
Store at 3 – 5 degrees C for up to 5 days.

Re-therm instructions

1. Using a conduction method re-therm trolley.
Covered and plated single serve meals.
Long re-therm cycle: 42 mins with 6 mins soak.
2. Convection / Steam eg. Leventi Combi Oven
Covered and plated single serve meals
140°C / 60% steam for 16 mins.
3. Bulk re-therm (2 – 3kg)
Convection / Steam combi oven
95°C / 100% steam / 40 mins. (oven pre-heat preferred)

3. Porridge fortified with Enprocal

Ingredients:

675g rolled oats (regular, unflavoured)
2440 ml water
1000 ml regular milk
385g Enprocal

Procedure

- Sprinkle Enprocal on top of dry oats and mix in.
- Add water and milk to dry blend and mix in thoroughly
- Pour mixture into full size bulk pan (1/1, 65ml deep) enclosed with lid.
- Cooking: 100°C / full steam / 20 min in Combi-Oven

This makes approximately 33 x 150g serves.
Store at 3 – 5 degrees C for up to 5 days.

Re-therm instructions

1. Using a conduction method re-therm trolley
Covered and plated single serve meals.
Short re-therm cycle: 26 mins with 4 mins soak.

2. Convection / Steam eg. Leventi Combi Oven
Covered and plated single serve meals
140°C / 60% steam for 16 mins.

3. Bulk re-therm (2 – 3kg)
Convection / Steam combi oven
95°C / 100% steam / 40 mins. (oven pre-heat preferred)