



Dysphagia Friendly Country BBQ Sundae



INGREDIENTS

	6 SERVINGS	12 SERVINGS
Prepared Mashed Potatoes	3 cups	6 cups
Heavy Duty Mayonnaise	1/4 cup	1/2 cup
Yellow mustard	2 Tbsp	1/4 cup
Sweet pickle brine	2 Tbsp	1/4 cup
THICK & EASY® Level 5 Minced Pork , thawed Item 114403	3 cups (1 bag)	6 cups (2 bags)
Sweet BBQ Sauce of choice	12 oz	24 oz
THICK & EASY® Bulk Pureed Corn , thawed Item 18637	1/2 of a 2 lb bag ~5 1/2 cups	1 – 2 lb bag
Salted Butter	1 stick (8 Tbsp)	2 sticks (1 cup)



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IDDSI LEVELS   



NUTRITION

Serving Size:

1/2 cup BBQ pork,
1/3 cup corn, 1/2
cup whipped potato
salad

Calories: 640

Total Fat: 37g

Saturated Fat: 17g

Trans Fat: 0.5g

Cholesterol: 110mg

Sodium: 1300mg

Total Carbs: 62g

Dietary Fiber: 3g

Total Sugars: 5g

Added Sugars: 2g

Protein: 19g

Calcium: 2% DV

Vitamin D: 0% DV

Iron: 10% DV

Potassium: 6% DV

DIRECTIONS

WHIPPED POTATO SALAD

1. Combine mayonnaise, mustard and sweet pickle brine. Add to prepared mashed potatoes and blend well.
2. Cover and let rest in refrigerator.

BBQ PORK

1. Heat **THICK & EASY® Level 5 Minced Pork** per package instructions to 165°F.
2. Combine heated pork and BBQ sauce in a large bowl and stir until well blended. Set aside and keep warm.
NOTE: Before serving, always test for Level 5 using IDDSI guidelines. Add additional sauce if meat mixture is too dry or crumbly; or add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** if too wet or thin.

CORN

1. Heat the **THICK & EASY® Bulk Pureed Corn** per package instructions to 165°F. Pour into a bowl, cover and set aside.
2. While corn is resting, place butter in a saucepan and melt over medium high heat. It is important to watch the butter during this
3. process as it can burn quickly. Observe butter until it begins to brown and gives off a toasted nutty aroma, remove from heat immediately.
4. Add browned butter to corn and mix until completely blended.

ASSEMBLY

Choose a bowl or walled plate.

1. Portion 1/3 cup (#12 scoop) pureed corn into bowl.
2. Top with 1/2 cup (#8 scoop) of BBQ pork and finish with about 1/2 cup whipped potato salad.
3. To enhance the appearance, try placing whipped potato salad in a piping bag and piping in a swirled motion on top of BBQ pork.
4. Reheat to serving temperature and serve warm.

