

Crustless Chicken Pot Pie

For Soft and Bite-Sized Diets

4 - 1 cup servings

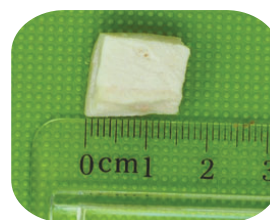
Ingredients



- 1 lb. Chicken thighs, boneless and skinless
- 2 Tbs. Butter
- 1/3 cup Celery, 1.5 cm dice
- 1/3 cup Onions, 1.5 cm. dice
- 3 Tbs. Flour
- 1 cup frozen Peas & diced Carrot mixture
- 1 1/4 cups Low Sodium Chicken Broth
- 3/4 cup Half and Half
- 1/8 tsp Black Pepper
- 1/4 tsp Poultry Seasoning

Directions

- 1 Dice your onions and celery. Pay careful attention to the size that they are a 1.5cm dice. Mince the garlic and set all these ingredients aside.
- 2 Place chicken in a pan with a lid and add the chicken and 1/2 cup of chicken broth. Simmer very gently on a low burner setting with the lid on until tender but fully cooked, turning chicken over halfway through. This should only take about 15 minutes. When done, remove chicken from pan to cool and reserve the liquid for later.
- 3 When chicken is cool, dice into 1.5cm pieces and set aside.
- 4 Microwave the frozen carrots and peas and set aside.
- 5 Melt the butter in a pot over medium heat and add the celery and onion. Cook for about 5-7 minutes until vegetables are tender. Then add the flour. Cook for 3 more minutes until the flour starts to turn light brown in color.
- 6 Slowly stir in 3/4 cup of the chicken broth (including the reserved cooking broth from the chicken pan), half and half, pepper, and poultry seasoning. Stir often until mixture becomes slightly thickened, for about 10 minutes. If sauce is still too thin, continue cooking until desired thickness of sauce is achieved.
- 7 Add carrots and peas and diced chicken. Stir.



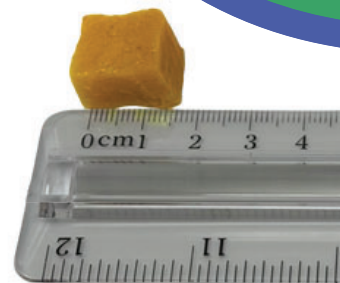
See Tip Sheet for Soft and Bite Sized Food. Do Fork Test for Softness.

Tips for Soft and Bite Sized Foods



Characteristics

- Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- Ability to 'bite off' a piece of food is not required
- Ability to chew 'bite-sized' pieces so that they are safe to swallow is required
- Bite-sized pieces no bigger than 1.5cm x 1.5cm in size
- Food can be mashed/broken down with pressure from fork
- A knife is not required to cut this food



Examples of Minced and Moist Foods

Meat



Cooked tender and chopped so pieces are no bigger than 1.5cmx1.5cm lump size. If cannot serve soft and tender, serve as Minced and Moist.

Fruit



Soft and chopped to pieces no bigger than 1.5cmx1.5cm pieces (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). *

Vegetables



Steamed or boiled with final cooked size no bigger than 1.5cmx1.5cm. (Stir fried vegetables are too firm and are not suitable).

Fish



Cooked soft enough to break and serve in pieces no bigger than 1.5cmx1.5cm.

Rice



Requires a sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together.

Cereal



Served with pieces no bigger than 1.5cmx1.5cm, with their texture fully softened. Drain excess liquid before serving.

*Be extra careful if you are eating fruit with a high-water content, where the juice separates from the solid in the mouth during chewing (for instance, fruits like watermelon or other melons).

NO REGULAR DRY BREAD due to high choking risk!

Foods to Avoid That Pose a Choking Hazard

Mixed thin and thick textures	→ Soup with pieces in it, cereal with milk
Hard or dry food	→ Nuts, dry cereal, bread, raw vegetables, bones
Tough or fibrous foods	→ Steak, pineapple
Chewy foods	→ Cheese, dried fruit, marshmallows
Crisp or crunchy foods	→ Crisp bacon, corn flakes, chips
Crumbly bits	→ Dry cake or biscuits
Seeds	→ Pumpkin seeds, white parts of orange
Foods with skins	→ Peas, grapes, sausage skin, salmon skin
Foods with husks	→ Corn, shredded wheat, or bran
Round long shaped foods	→ Grapes or sausage
Sticky or gummy foods	→ Nut butter, overcooked oatmeal, gelatin
Stringy foods	→ Bean, rhubarb
Floppy foods	→ Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking	→ Crust or skin that forms on food during cooking, for example cheese topping or roasting
Juicy foods	→ Where juice separates from the foods in the mouth as in watermelon
Large or hard lumps of food	→ Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm

Recommended Equipment



Pressure Cooker

This is the recommended method for cooking meat to achieve a tender texture. Always save and use the broth that is produced using this cooking method.



Braising Pot

For stovetop use, to achieve a tender texture when cooking meat. Use when a pressure cooker is not available.

How to Know if the Food is the Right Texture

To make sure the food is soft enough, press down on the food with a fork, then lift the fork to see that the food is completely squashed and does not regain its shape. Even meat should be able to squash down and not bounce back up completely.



This guide conforms to the dietary standards for Level 6 Soft and Bite Sized according to the International Dysphagia Diet Standardization Initiative. These are not official IDDSI resource and are not meant to replace materials and resources on www.iddsi.org.