

Preparing A Soft Diet Meal After Alveolar Bone Graft

SAMPLE RECIPES



Cleft & Craniofacial Centre,
Department of Plastic, Reconstructive & Aesthetic Surgery

Nutrition & Dietetics Department

All recipes featured have been approved by the Nutrition and Dietetics Department, KKH.



SERVINGS: 1

80g Pasta

800ml Water

100g Tomato purée/sauce

1 teaspoon Salt

1 tablespoon Olive oil (optional)

NOTE

Recommended Pastas:

Spaghetti/linguine/small elbow macaroni/small shells

For long pastas:
Avoid thick, flat pastas
(e.g. fettucine)

For short pastas:
Avoid thick or large pastas
(e.g. penne/large elbow
macaroni/large shells/fusilli)

- Add water, salt, and olive oil into a big pot, and boil on medium to high heat.
- Add pasta into the pot while keeping the water on a rolling boil (i.e. the water is continuously bubbling).
- Cooking time for various types of pasta:
 - Spaghetti/linguine: 12 to 14 minutes
 - Small elbow macaroni/small shells: 17 to 20 minutes
- Drain the pasta, and set aside some of the water left behind from boiling the pasta.
- For long pasta (e.g. spaghetti/linguine), use scissors to cut it into shorter strands of approximately 2 cm.
 - Note: All pasta should be soft and easily mashed with a fork.
- Strain the tomato purée/sauce with a coarse sieve to get rid of any lumps.
- Thin down the tomato purée/sauce using water left behind from boiling the pasta.
 - Note: The tomato purée should be runny and pour easily from a tilted spoon.
- Pour the tomato purée/sauce over your pasta before serving.



SERVINGS: 1

1 Egg (~50g)

150ml Chicken stock

> (as a guideline, 1 portion of eggs to 3 portions of stock)

50g Shiitake mushrooms

> (~½ to 1 mushroom, adjust to preference)

½ teaspoon Light soy sauce

(optional; adjust to

taste)

1 teaspoon Sesame oil (optional)

- Crack the egg in a bowl.
- To ensure the steamed egg is silky smooth, do not beat the eggs vigorously as this creates air bubbles, and strain the egg mixture through a fine sieve.
- Add the chicken stock and mix gently with a pair of chopsticks.
- Cut and remove the stalk of the shiitake mushroom as it is tough to chew.
- Cut up the remaining mushroom into 0.5 to 1cm cubes and add it into the egg mixture.
- Add light soy sauce and mix gently with a pair of chopsticks.
- Steam on low heat for 7 to 9 minutes.
- Drizzle sesame oil over the steamed egg before serving.



SERVINGS: 3 – 4

80g Carrots (peeled) (~1/2 to

34 cup)

80g Melons (e.g. winter

melon, squash) (peeled,

remove as many seeds

as possible)

80g Cauliflower

80g Cabbage

1 teaspoon Cooking oil

3-4 cloves Garlic

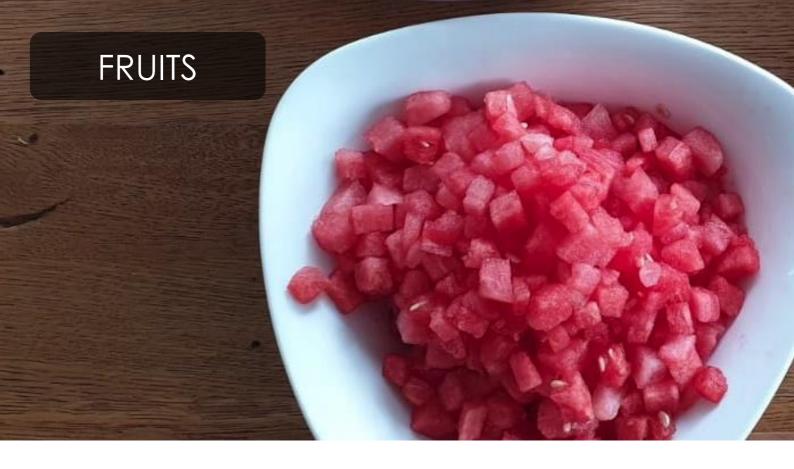
1 tablespoon Light soy sauce/Hoisin

sauce (optional; adjust

to taste)

1 cup Water

- 1 Remove melon seeds.
- Chop carrots, melon, and cauliflower florets into 0.5 to 1 cm cubes.
- 3 Slice the cabbage into thin strips of about 2cm. For thicker parts of the cabbage, chop into 0.5 to 1cm cubes.
- Heat up cooking oil in a wok/pan and stir-fry garlic till fragrant.
- Add the vegetables and stir-fry on medium to high heat for 1 to 2 minutes.
- Add some water, cover with a lid, and <u>simmer on low heat</u> for 7 minutes before serving. The vegetables should be soft and easily mashed with a fork.



SERVINGS: 1

130g (~1 cup) Soft fruits (e.g. mangoes, papayas, bananas, watermelon)

- 1 Remove the skin of the fruit
- 2 For fruits with seeds, remove as many seeds as possible.
- 3 Cut all the fruits into 0.5 to 1 cm cubes before serving.