

INVALID COOKING

It is the cooking for the sick. The person who cook the food for the sick persons are called as diet chef. While you are cooking for the sick, you should be keeping this in mind that it should be easily digestible & more over it should be cooked in clean & hygiene condition.

The food cooked for them should be cooked in such way that does not losses its nutrients value & it should be eye appealing for them.

In invalid cookery, cleanliness and good appearance are of great importance. Food and medicine are under the physician's direction, but after the kinds and quantities of food have been designated, the nurse has still much for which she is personally responsible. She must select, prepare, and serve the food.

An educated woman is a thinking woman. The nurse who has a true knowledge of foods thinks when she goes to the market, and endeavors to decide what selection will best subserve the needs of her patient, restricted as she is in the kind of food which he can take. If the physician has ordered fish for his patient, she is careful to select a fish with bright eyes, firm flesh, and stiff fins, for she knows that all fish deteriorate very rapidly, and that unless properly cared for by the fisherman they are unfit for food when first placed on the market. A wise person avoids oysters which have an especially plump appearance, as they have, in all probability, been "floated," which in some cases affects their food value deleteriously, though they sell for a high price.

A piece of meat or a fowl which has been ripened to just the proper degree will not be long in passing beyond that stage, unless carefully protected. A cup of oysters or a piece of fish will spoil in a very short time if left in a warm kitchen. The carefully selected food must not be lost sight of until it is safe in a cool, well-ventilated place. Victuals are often unfit for use when not actually spoiled, and the sick person's taste will decide with great alacrity whether the article has the most perfect flavor. That such food is distasteful is not the only evil effect. Bacteria are constantly at work under favorable circumstances, and their products are often deleterious to health. A change, so slight as not to be noticed by a well person, might be sufficient to materially disturb the digestion of an invalid.

Diets are roughly divided into liquid, light, and dry; convalescent diet may be added also.

Liquid diet is used, of course, in cases in which solid food cannot be taken. Milk is important among the liquids so used. It is given in its pure state, or variously diluted. It is used hot or cold, and may be flavored with ginger, cinnamon, nutmeg, chocolate, coffee, lemon, etc.

Some ways in which milk may be used: (1) by diluting with mineral water; (2) by diluting with alkaline water; (3) by diluting with hot water; (4) acid preparations, as lobbered milk; (5) wheys, as wine whey, vinegar whey, rennet whey, etc.; (6) broths made with milk, as oyster broth and clam broth; (7) prepared milks, as condensed milk, sterilized milk, malted milk, etc.

If the physician orders a diet of milk, the nurse must serve milk alone, but it does not follow that it should always be served in the same cup or glass, or in the same form. Serve it in different dishes, in varied and attractive forms, and with different flavorings, if permitted. Extreme care is necessary to keep milk in such condition that it will be wholesome. The cleanest and purest of milk procurable contains many micro-organisms, and they multiply very rapidly. The vessels in which milk is kept must be thoroughly washed and scalded every time a fresh supply of milk is brought in. If the milk can is a tin one, see that the scalding water reaches every portion of the can, and that it is free from every trace of milk. Pour the boiling water out over the seam, for here is a chance for dirt to cling. Unless the milk has been chilled before it was brought to you, set it in cold water and stir until it is cold; then set where it will be very cold, but not freeze. Mild antiseptics, such as borax, boracic acid, and salicylic acid are sometimes used for preserving milk for domestic purposes, but these should never be used for either sick or well, because they prevent the digestive organs doing their work in the best manner. Disease is sometimes caused by their use.

Milk may be preserved for a time by sterilizing or pasteurizing, and is often so prepared for invalids. Such treatment changes the flavor somewhat, but the taste is not usually objectionable. Condensed milk, diluted with about two parts water, is sometimes substituted for fresh milk.

In some cases, the recovery of health depends, in a great degree, on the ability of the nurse to furnish delicate, delicious, attractive, and, above all, digestible and nourishing, food.

If the smoke on a broiled steak is distasteful to a patient, the difficulty may be removed by broiling the steak in paper, or cooking it in the upper part of a double boiler.

When a varied diet is allowed, the nurse should skillfully and tactfully ascertain the wishes of her patient; then prepare just such a meal as he wants, and serve it at the exact hour that it should be served. The life of a convalescent is not a very eventful one, and the nurse who can serve a well-cooked, dainty meal at just the right time aids in his improvement, both physically and mentally, by putting his mind at rest on this one point, at least. He no longer wonders whether he will have a satisfactory meal today.

There are at least two reasons why it is necessary that the nurse learn as early as possible the amount of food required by the patient: (1) He requires a sufficient amount of nourishment. A thoughtful woman knows practically how much nutritive material the food used contains. If the kinds of food are limited, and the patient cannot take a sufficient amount of food in one form, some means must be devised for preparing it in such form that it will be both palatable and digestible. A food becomes distasteful, no matter how palatable it may be at first, if it is offered too often in the same form. (2) If too large an amount is served, a delicate stomach will sometimes rebel, when the proper amount would be attractive. Better err by serving too little than too much. The practice of over serving is a very wasteful one, for an invalid does not care for made-over dishes, and they are not best for him. Food has its best flavor when fresh cooked and is in general more easily made use of in the body. If the patient insists that a certain tidbit is specially fine, and wishes it reserved, let it be so, but lay it away in a cool, clean place. Do not leave it in the room.

When preparing a meal for the patient, arrange the dishes on the tray before beginning the cooking, that there may be no delay in serving when the food is ready. See that the tray is large enough to admit all that is necessary without crowding, but do not have much vacant space. The perfectly clean tray should be covered with a clean, well-ironed tray cloth. The dishes should be the prettiest the house affords, and if colored, should be such as to present a peaceful, restful effect.

For instance, when you use some blue or yellow dishes, let the rest be white. Orange-colored pieces, if not vivid, are pretty with violet or pale gold dishes. The following, attributed to a famous artist, illustrates the effect of inharmonious combinations on a delicate organism: "I remember once being called upon to paint a portrait of quite a pretty girl. She was dark, and wore a blue waist of an unbecoming shade. I couldn't see that girl's face, for the detestable bodice seemed to shriek and scream at me." Similar emotions might be awakened in an invalid by giving him a tray covered with a red cloth, and furnished with yellow and pink dishes. The tray cloth should always be white, no matter what dishes are used. Green tea is very attractive when served in a Nile green cup, but blue china should not be used on the tray at the same time. Clear coffee is very attractive when served in a yellow cup of just the right shade, and the invalid finds it

easier to take beef juice when the unpleasant color is disguised by a red glass; but when both are used at once the one detracts from the other, so far as the person is affected by the colors.

Fashions change in the manner of serving food, the same as in other things, but there are a few things that must not be lost sight of whatever the fashion may be: Serve the coffee or tea in a clean hot metal or earthenware pot of small size. See that the cup is warm also. Serve soup or broth in a hot cup with a hot cover. See that there are warm dishes for the things that are to be served warm, and cold dishes for such as are to be served cold. See that toasts, steaks, etc., go directly from the broiler to the patient, and that cold dishes are served directly after removing from refrigerator. Set the tray before the invalid with the plate in front of him, the cup at the right hand and salt and pepper within reach, and all things in their proper places on the tray. When the patient has finished, remove everything used during the meal from the room. Both food and water absorb impurities very readily.

It is always well to have a few flowers on the tray. It is better to use only dainty blossoms, and very few at a time. Green is always restful, and the slender fern, when procurable, is almost invariably welcomed.

In filling a glass or cup for an invalid, be sure that you do not spill a drop, and do not fill the cup or glass too full. It is not only bad form, but it is hard to prevent spilling, especially in an unsteady hand.

When the patient has so far recovered as to be out of danger, and needs nourishing food to build up the system, care is often necessary still to avoid over serving, and the patient needs a variety of well-cooked food.

Points to be considered for the invalid cooking –

A) Consult with doctor – it is very necessary to consult with the doctor as because they know the best way in what they can none & is what way.

B) Should be nutritive – the food for the seek should be nourishing to them & therefore they should be cooked in such way that the loss is minimum.

C) A balance diet – the food served to them should be well balanced i.e. it should have protein, fat, carbohydrate, vitamins, minerals in correct quantity that should be given to them.

D) Mode of servicing – the food can be served in such a way that they can easily have it, without any problem & should be of his choice if possible.

E) Light & small quantity – the food served to them should be light of preferably in small quantity so they can easily have it.

Fresh – the raw ingredients used to cook the food for them should be fresh as because at that present of time it have high nutritive value.

MENU PLANNING TECHNIQUES –

1) Proper planning – while planning a menu, one should have a calm & cool mind. It should preferably do with a proper preplanning.

2) Referring to charts & records – while planning a menu, one should refer to record I. e. what is available to them & the chart that what the likeness of the customer is.

3) Refer to menu – while planning a menu one should always refer to the previous menu. It helps in formulating the menus.

4) Desirable – the menu should be such that it is desired by the all the class, sex & age of the people. It should have the different combination to meet the choice of the everyone.

5) Advance making – the menu should always be made in the advance. It helps them, to make records easily as they have enough time in their hand.

6) Rechecking the menu – the menu should be checked on the daily basis. Depending on the menu the next day menu can be planned.

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS -

✘ LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and 'scrupulously clean;' if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

✘ For invalids, never make a large quantity of one thing, as they seldom require much at a time; and it is desirable that variety be provided for them.

✘ Always have something in readiness; a little beef tea, nicely made and nicely skimmed, a few spoonfuls of jelly, &c. &c., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

✘ In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, &c., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

✘ As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

✘ If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small delicate pieces are served to him.

✘ Never leave food about a sick room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time.

✘ Never serve beef tea or broth with the smallest particle of fat or grease on the surface. It is better, after making either of these, to allow them to get perfectly cold, when *all the fat* may be easily removed; then warm up as much as may be required. Two or three pieces of clean whity-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

✘ Roast mutton, chickens, rabbits, calves' feet or head, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of, supposing the patient is recovering.

✘ A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served with all the fat at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the gravy in it, between two

very hot plates. Nothing is more disagreeable to an invalid than smoked food.

✘ In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared,—at least, the patient will be obliged to drink it warm, which is anything but agreeable.

✘ In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

Some good examples of Invalid foods are -

Koumiss :- One pint of skimmed milk, one-fourth cup of hot water, one-sixteenth of a yeast cake, one level tablespoonful of sugar, one level tablespoonful of water to mix the yeast with. Scald the milk before using. Mix the ingredients, put into clean beer bottles or magnesia bottles, close tight and let stand ten or twelve hours in about the same heat as for raising bread, then put in cold place six hours.

Milk Shake:- Put a cup of milk in a glass jar, sweeten to taste, and flavor with fruit or vanilla, or put in a little preserves or jelly, if liked. Pack in ice until very cold, then shake until it froths well on top.

Egg Nog:- One egg (beaten separately), one tablespoonful of sugar. Beat the yolk, and add to it three tablespoonfuls of cream or milk. May add more milk afterwards if desired. Mix the yolks and whites, and add more liquid, or add a little lemon juice, nutmeg, or ginger, or something of the kind, if the plain egg nog becomes unpalatable. May heat the milk to near the boiling point but do not boil. Egg nog usually has spirits of some kind added, but fruit juice is better.

Apple Water:- Slice a tart apple in very thin pieces, and cover with boiling water. Set on back of range, and cook gently until the apples are soft, strain and serve.

Tamarind Water:- Wash tamarinds, break into two-inch pieces, and cover with boiling water. Let cool, strain, and serve cold in the place of lemonade as a change.

Flaxseed Water - Home Rule:- Pour one pint of boiling water over one tablespoonful of flaxseed, and let steep two or three hours. Strain, and flavor with apricot water or lemon juice.

Flaxseed Water - Class Rule:- Flaxseed, two teaspoonfuls to one cup of water, juice of one-half a lemon, sugar one tablespoonful. Strain and serve.

Apricot Water:- Wash the apricots, and soak in cold water until well swollen and soft, cook half an hour, pour the water off, sweeten to taste, and serve cold.

Toast Water:- Make dry toast, break into small pieces, put in a bowl, and cover with boiling water. Cover the bowl with a plate, and let stand a few minutes, then drain the water off, and serve hot or cold.

Hot Lemonade No.1:- One good-sized lemon to about four glasses of water, if not desired very strong, otherwise use one lemon to two glasses. Use two level tablespoonfuls of sugar to each glass. Squeeze the lemons, pour hot water over the juice, sweeten and serve.

Hot Lemonade No.2:- Bake a lemon until soft, and with a spoon remove the pulp. Pour over it boiling water (one cup), sweeten to taste, strain, and serve while still hot.

Cream of Tartare Tea:- Two teaspoonfuls of cream of tartar, one glass of water, sweeten to taste, and serve.

Cranberry Water:- One-quarter cup of cranberries, one-quarter cup of water. Cook together, then add two tablespoonfuls of sugar, strain, add one cup of water, cool and serve.

Currant Shrub:- Currant juice (canned) five teaspoonfuls, two level tea-spoonfuls of sugar and one glass of water. The juice from fresh currants may be used in the same way.

Mulled Buttermilk:- One pint of buttermilk, one cup of cream, one rounding tablespoonful of flour, one level tablespoonful of sugar, one egg, well beaten. Thicken the cream with the flour. Put the sugar into the milk, and beat with a dover beater while it attains a boiling heat. Then stir in the cream, let boil a few minutes, and add the egg, pouring the hot liquid over it.

Egg Gruel:- One egg yolk and one white, beaten separately, one tablespoonful of sugar, one cup of hot milk. Put the yolk and sugar into a bowl, add the white, then pour on the hot milk, and beat rapidly. Flavor with chocolate or whatever desired.

Cracker or Toast Gruel:- Two tablespoonfuls of powdered toast or plain crackers, one-half cup of boiling water, one-half cup of milk, one-eighth teaspoonful of salt. Put together, boil up once, and serve. A well-beaten egg may be added. May flavor with raisins.

Rice Gruel:- One tablespoonful of rice, three cups of boiling water. Cook until the rice is soft. Add one table-spoon-ful of flour mixed with two tablespoonfuls of water. Cook ten minutes, then add one cup of milk, make hot, salt to taste, and serve.

Rice & Tapioca Gruel:- One tablespoonful of rice and one of tapioca to one quart of water. Boil until dissolved, strain, season with salt, and serve.

Oatmeal Gruel:- To a quart of boiling water, add two heaping table-spoonfuls of coarse oatmeal, and half a level teaspoonful of salt. Set where it will cook, but not boil, and let cook one hour or more. When ready to serve, add half as much milk or cream (warm) as you can serve of the gruel.

Indian Meal Gruel:- Two tablespoonfuls of cornmeal, one teaspoonful of salt, one quart of boiling water. Have the water boiling, mix the cornmeal with a little cold water, stir it into the hot water, and let cook three hours. May make with milk instead of water, and, when made with water, add milk or cream when serving.

Barley Gruel:- One level tablespoonful of barley, cover with boiling water, and let boil a minute. Drain, and put in one quart of boiling water and cook two hours. Strain, season, and serve.

Arrowroot Gruel:- Mix one-half a tablespoonful of arrowroot with two tablespoonfuls of cold water, and stir it into one cup of milk which is boiling hot in the double boiler. Keep covered, and let cook half an hour. Salt to taste and serve.

Flour Gruel:- Make same as arrowroot gruel, except use twice the quantity of flour that there is of arrowroot in the above formula.

Farina Gruel:- Mix one tablespoonful of farina with three table-spoonfuls of cold water and stir it into one cup of boiling water and let cook slowly on the back of range or in a double boiler for half an hour, then add one cup of milk, and when hot serve.

Lemon Whey:- One cup of hot milk, one-half tablespoonful of lemon juice, or enough to cause curd to separate. Heat until the clear whey is seen, then strain, and add sugar to taste.

Vinegar Whey:- Make in the same manner as lemon whey, using vinegar instead of lemon juice.

Lamb Broth:- Make as directed on page 263, and see that every particle of grease is removed before serving. May use rice, cooked in plenty of water, in the broth.

Chicken Broth:- Cut up a hen as for stewing, put the bony pieces in the bottom of the kettle, and the breast on top. Cover with cold water, and cook slowly four or five hours. Pour the broth off Rice may be served with it. See that the fat is all removed from the broth.

Beef Broth:- Select the round of beef, cut in small pieces, and cook two hours, or if there is time, select the shank or shin, remove the outer skin, make perfectly clean, and cook four or five hours. In any case, simply cover an inch deep with cold water, and cook slowly. Remove every trace of fat, and salt to taste.

Beef Tea:- Prepare lean beef by removing the fat and cutting into small pieces. Put a pound of the meat in a jar with a cup of cold water, cook, and finish as before directed for beef extract.

Beef Powder:- Use the same kind of meat, and prepare as for tea, but, instead of cooking, put to dry at once in cool oven or on the range shelf. When dry, pulverize it.

Cracker or Crushed Coffee:- Toast bread crusts, either white or graham, or toast crackers by laying in the oven and allowing them to stay until of a rich brown, but do not burn. Then break in small pieces into a saucepan, cover with cold water, let come to a boil, and strain. Serve the coffee either hot or cold. Clear, or with cream or milk as desired.

Cereal Tea :- Brown corn, rice, wheat, or barley same as coffee, and pound or grind. To make the drink, use two table-spoonfuls of either cereal desired in a cup of cold water, let boil five minutes. Serve either hot or cold, with or without sugar or cream.

Sea Moss Jelly:- One-half cup of moss. Irish moss and Iceland moss are both often used for invalids. To prepare either of these, wash well, free from objectionable parts, and put to soak in cold water. After half an hour, put to cook, using the water in which it was soaked, and enough more to make three cups of boiling water, or milk may be used. Cook until the moss is mostly dissolved, and a little of the liquid cooled will thicken like jelly. Serve with lemon juice or cream to relieve the taste a little and make more palatable.

Raw Beef Sandwich:- Use round beef steak, scraped with a knife, seasoned or not, as desired. Spread between very thin slices of stale bread.

Wild Bird:- Cook in any manner desired. Usually only the breasts are used, as there is little meat on the other parts.

Beef Toast:- Toast bread as for milk toast, lay on a warm plate, and moisten with beef broth or beef juice seasoned with salt.

Milk Toast:- Toast carefully slices of bread cut one-half inch thick. Lay on a warm plate, and turn over it the hot whole milk, seasoned with a little salt. Or make a white sauce of one and one-half teaspoonfuls of flour, one teaspoonful of butter, and one-half cup of milk, and pour this over the toast instead of milk.

Water Toast:- Toast bread as for milk toast, and moisten with boiling water, seasoned with a little butter and salt.

Beef Custard:- Beat an egg until light, pour over it one cup of beef broth, salt to taste, stir well, turn into a buttered mold, set in a pan of water, and bake slowly. When a knife thrust into the center comes out clear, the custard is done. Serve hot or cold.

Arrowroot Custard:- One cup milk, one egg, one generous tablespoonful of sugar, one-fourth teaspoonful of arrowroot. Mix the arrowroot with one tablespoonful of cold milk. Put the remainder of the milk on the stove; when it boils, add the arrowroot and cook five minutes, then pour into the beaten egg and sugar and cook very little. Flavor with a teaspoonful of chocolate in a tablespoonful of hot milk, or use a few drops of extract of lemon. If the arrow-root is left out, use two eggs.



INVALID TRAY