

The lubrication grid

works well: +

undecided: o

doesn't work: -

	mashed potato (example of food rich in starch)	vegetable puree (example of food rich in fibre and low in starch)	pasta (example of carbohydrate-rich food, engineered to be coated by sauce)	bread (example of carbohydrate-rich food, engineered to soak up sauce or other liquids)
water				
wobbly jelly				
pear juice				
beef stock				
gravy				
milk				
Greek yogurt				
double cream				
crème fraiche				
rapeseed oil				
olive oil				
melted butter				
mayonnaise				
custard				