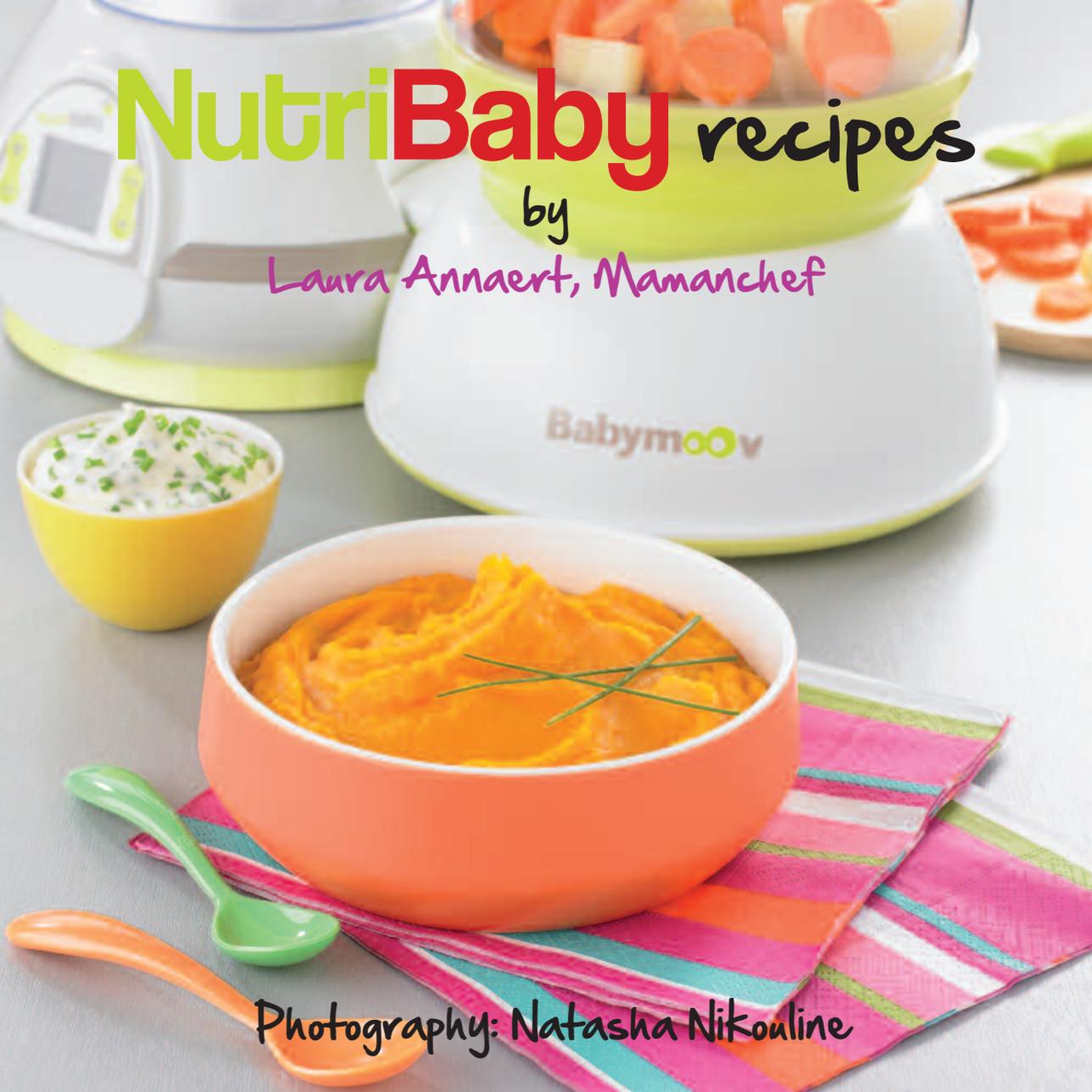


NutriBaby recipes

by

Laura Annaert, Mamanchef



Photography: Natasha Nikouline



My philosophy

Starting at four months of age, by providing a diversified diet, your Baby puts away every mouthful, or perhaps I should say every spoonful of food that we, as parents, give it to eat. Adapting to each new type of food requires respect to be shown towards the maturity and the pace at which the Baby develops. In this regard, parents seek advice from many books and the assistance of a paediatrician.

It would be my role to free you, as new parents, from any complex you may have, and encourage you to start talking to your Baby about the food it eats. Over meals, the diversification of your Baby's diet is also primarily a matter of taste, exchange and love.

This change in diet is not only essential to the Baby's health, but in fact to the Baby's psychological and postural development too. When a Baby is no longer bottle fed, the little "gastro'bratist" is highly stimulated by the daily experience of watching you cut carrots into round pieces that roll about on the worktop, or manoeuvring a bread crouton with its baby teeth. Sitting atop a throne in the middle of the kitchen, the Baby smells the fragrance of strawberries softening by steam, watches daddy mashing the potatoes as he talks, and mummy mixing steamed beans. These countless little things all contribute to its sensory awakening every single day.

In other words, as the Baby grows, it benefits from the experience spent in the kitchen and at the table, which all contribute to its joie de vivre!

Cooking for your baby means much more than just feeding it. Cooking is about establishing a long lasting relationship and getting to know and understand each other. These exchanges are truly amazing and encourage you to take special care of your Baby's eating habits and health, and often of your own too.

Do not forget, the main ingredient is love and I am counting on your hunger to learn and love alongside your Baby.



Why NutriBaby?

During my cooking classes, I meet more and more couples who are completely unfamiliar with any culinary practice. They do not have a food or steam processor in their kitchen. Sadly, a microwave oven and a coffee maker are, instead, the undisputed rulers of their culinary domain. Shortly after the birth of the first child, however, an idea is conceived that its health, growth, taste bud development and even its posture development will be strongly affected by its diet. In short, the well-being of the baby largely depends on the contents of its diet. It's time to take the bull by the horns!

But why choose **NutriBaby**? Because its purpose surpasses that of cookware exclusively dedicated to Baby food, and it guides parents through a new philosophy of life instead. Its ingenious capabilities mean that food can be prepared for your Baby and that the whole family can be introduced to its pleasures. Below is a list of the advantages that convinced me to use it. In addition to serving your Baby, you can also place a fish fillet for brothers or sisters into one of the two steam baskets, or a handful of beans or a few potatoes for yourself. The generously-sized blender bowl allows you to mix summer fruit pulp and dairy products at will, or to blend your vegetable soup. **NutriBaby** also makes it possible to prepare a series of different baby food jars in advance.

The power of the blender and the full steam cooking capabilities invite you to delve into a new culinary adventure. It is ideal for people rushed off their feet... or even those of a lazy nature – as all parts can be disassembled in the blink of an eye and cleaned in the dishwasher. The small electronic control panel is so simple to use and is ideal for pin heads like me! It stops when you become absent-minded or distracted: if you forget that the cooking cycle has ended - it is important to remove the cooked food to prevent it from oxidising - it warns you with a "Beeeeep". If the steam water container is empty, it warns you with a "Beep-beep-beep". If you hear a short "Beep", you can rest assured that a cooking cycle has started and that everything is under control.

In addition to preparing meals for your Baby, it helps you to lead a new lifestyle, centred around the kitchen: the Baby babbles and makes a mess, Mum potters around, and Dad gets nervous. Then, Mum gradually returns to form, Dad calms down and the Baby develops quite nicely. Finally, everything comes together over a comfortable family meal!

As everyone knows, the way to somebody's heart is through their stomach, and food effectively helps constitute an unbreakable emotional bond with Babies. And finally, allow me to tease the Dads a little. Babymoov has just come to the rescue of men: despite the lack of any kind of "paternal" milk, thanks to **NutriBaby**, they will be able to prepare meals in complete autonomy!

Contents

Recipes for 6-12 month-old babies

My first vegetable puree	page 6
Verdurette broth	page 6
My first beef, cauliflower and wheat semolina	page 8
My first fish, potato and flat beans	page 8

Recipes for 12-15 month-old babies

Mixed vegetable soup	page 10
Salmon, potato and beetroot	page 12
Chicken breast, potato and avocado	page 12
Rhubarb and strawberry compote	page 14
Apple, yoghurt and biscuit	page 16

Recipes for 15 month-old babies and above

My first egg puree	page 18
Ham velouté with white cheese and radish	page 20
Sweet corn soup	page 20
Steamed babyburger	page 22
Leg of lamb, artichoke, tomato and peas	page 24
My first dessert cream	page 26

Introductory guide to food	page 28
---	----------------

My first vegetable puree

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

- 1 courgette, green or yellow (softer)
 - 2 carrots
 - Several chervil or basil leaves
 - 1 knob of fresh butter
- Wash and dice the courgettes. Peel and cut the carrots into thin round pieces.
 - Place the carrots in the first cooking basket and start a 20-minute cooking cycle. 10 mins from the end, add the second basket with the courgettes. Wait until the cooking cycle ends.
 - Pour the contents of both baskets into the blender bowl, with the help of the spatula. Add some cooking juice. Blend everything together with the chopped fine herbs and the butter knob.



Verdurette broth

PREPARATION TIME: 5 MINS

COOKING TIME: 12 MINS

- 2 courgettes
 - 1 sprig of tarragon
 - 1 teaspoon of virgin olive oil
- Wash and cut the courgettes into round pieces. Clean the tarragon and only keep the leaves.
 - Place the courgettes in a steam basket and start a 12-minute cooking cycle.
 - Pour a little cooking juice retrieved from the container under the steam basket into the blender bowl. Add the courgettes, the oil and the tarragon. Blend everything together.



Dare! Diversify the taste by adding a previously boiled and peeled tomato, or replace the courgettes with chard stalks.

Dare! Depending on the age of your child, add a few flakes of "fleur de sel", if the puree is lacking in flavour



My first beef, cauliflower and wheat semolina

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

- 1 portion of beef fillet
 - 150 g of cauliflower
 - 30 g of fine wheat semolina
 - 1 knob of fresh butter
- Remove the leaves and the large sides of the cauliflower and cut it in small florets. Chop the meat into pieces of around 1 to 2 centimetres.
 - Pour the semolina in a small heat-resistant plastic bowl, and place it in the 1st basket. Add the cauliflower florets to the same basket. Start a 20-minute cooking cycle. 10 minutes from the end, add the second basket with the beef.
 - Blend all the ingredients together with a knob of butter and a few spoonfuls of the cooking juice.



Dare! Add a pinch of grated nutmeg.

My first fish, potato and flat beans

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

- 1 portion of white fish: halibut, plaice, sole or cod
 - 1 potato
 - 150 g of flat beans
 - 1 knob of fresh butter
- Rinse the flat beans with fresh water and remove the bottoms and the stalks. Peel the potato and dice it into pieces of 1 to 2 centimetres maximum.
 - Place the potatoes in the first cooking basket and start a 20-minute cooking cycle. 15 minutes from the end, add the 2nd basket with the beans and the fish.
 - Blend everything together with 1 knob of butter.



Dare! Replace the beans with the same amount of cucumber. Add several tarragon leaves.



Mixed vegetable soup

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

- 2 young leeks
- 1 small carrot
- A few cm of the white part of a celery stalk
- 1/2 garlic clove without the sprout
- 1 knob of butter



- Chop the leeks into halves and carefully wash them to completely remove the soil. Keep two thirds of them and cut them into chunks of about half a centimetre.
- Peel and cut the carrot into round pieces. Wash and thinly slice the celery. Peel the garlic clove and remove the sprout then cut it into small pieces.
- Place the carrots in the first basket and start a 20-minute cooking cycle. 10 minutes from the end, add the 2nd basket with the leeks.
- Blend everything together with a little cooking juice and butter. Thin the soup with milk, if necessary. If any stalks are still intact, sieve the soup.

Dare!

As the name would indicate, this recipe is suitable for all seasons: in summer, replace leeks with green beans or small garden courgettes, in winter replace them with white cauliflower leaves or cabbage leaves.



Salmon, potato and beetroot

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS

- 1 portion of salmon
- 1 potato
- 1 medium-sized beetroot
- 1 teaspoon of hazelnut oil

- Peel the potato and dice it into small pieces of 1 to 2 centimetres maximum.
- Place the potatoes in the first cooking basket and start a 20-minute cooking cycle. 15 minutes from the end, add the second basket with the salmon.

- Peel and dice the beetroot. Add the diced pieces to the top basket for the last minute of the cooking cycle.
- Transfer all the ingredients to the blender bowl while they are hot and add the hazelnut oil. Finely blend everything together to obtain a beautiful pink puree.

+Tip

If your baby starts off with the fish, you may complete the adapted portion of fish with a Petit-Suisse cheese portion.

Dare! Enhance the taste with a few drops of lemon juice, giving the puree a strong and slightly sour taste.

Chicken breast, potato and avocado

PREPARATION TIME: 12 MINS
COOKING TIME: 20 MINS

- 1 portion of chicken breast
- 1 potato
- 100 g of green beans
- 1/2 well ripe avocado with tender meat

- Chop the chicken breast into small pieces. Rinse the green beans with fresh water and remove the bottoms and the stalks. Peel the potato and dice it in small pieces of 1 to 2 centimetres maximum.
- Place the potatoes and the green beans in the first basket. Place the chicken in the top basket. Start a 20-minute cooking cycle.
- Transfer the chicken and the vegetables to the blender bowl.
- Scoop the avocado meat using a knife and add the pieces to the blender bowl.
- Blend everything together. Thin with some cooking juice if necessary.

+Tip

You may use flat beans instead. They are easier to clean but are still tender.



Rhubarb and strawberry compote

Vanilla flavoured

PREPARATION TIME: 5 MINS

COOKING TIME: 10 MINS

- 2 rhubarb sticks, about 150 g
 - 150 g of strawberries
 - 1 teaspoon of cane sugar
 - 1 cm of vanilla pod
-
- Peel and cut the rhubarb sticks into chunks of about 1cm. Keep the red base as it adds flavour. Open the vanilla pod and grate the vanilla beans.
 - Place the rhubarb and the grated vanilla grains in the 1st cooking basket and start a 10-minute cooking cycle.
 - Wash and cut the strawberries, then add them to the second basket for just a few minutes at the end of the cooking cycle.
 - Blend everything together with the sugar.



Dare!

Make up your own fruit blend: blackberries and apple, quince and pear, peach and apricot, apple and banana.

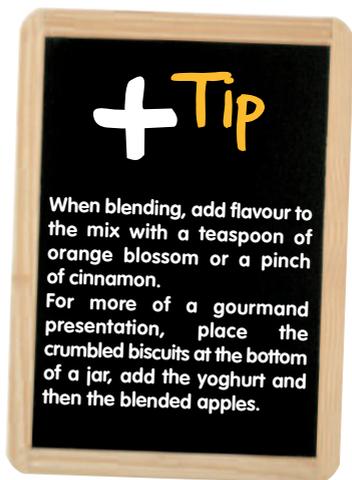


Apple, yoghurt and biscuit

PREPARATION TIME: 5 MINS

COOKING TIME: 12 MINS

- 2 cooking apples: Reinette, Gala, Boskoop
- 3 small plain biscuits
- Several spoonfuls of milk
- 1/2 creamy yoghurt



- Peel and cut the apples into pieces.
- Crumble the biscuits in the blender bowl with the milk.
- Steam the apple pieces for about 12 minutes.
- Allow the cooked apple pieces to cool. Mix the apple pieces with the yoghurt and crumbled biscuits in the blender bowl. Blend everything together.

Dare!

Depending on the season, replace the apples with pears, plums or apple-banana or peach-apricot mixtures, always making sure that the fruit is ripe and tasty.



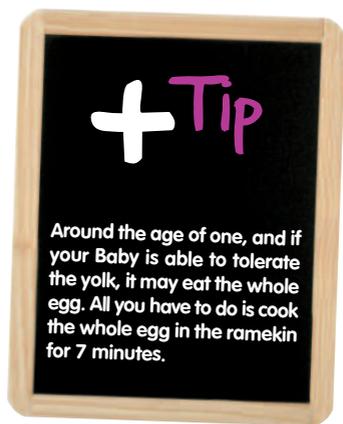
My first egg puree

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

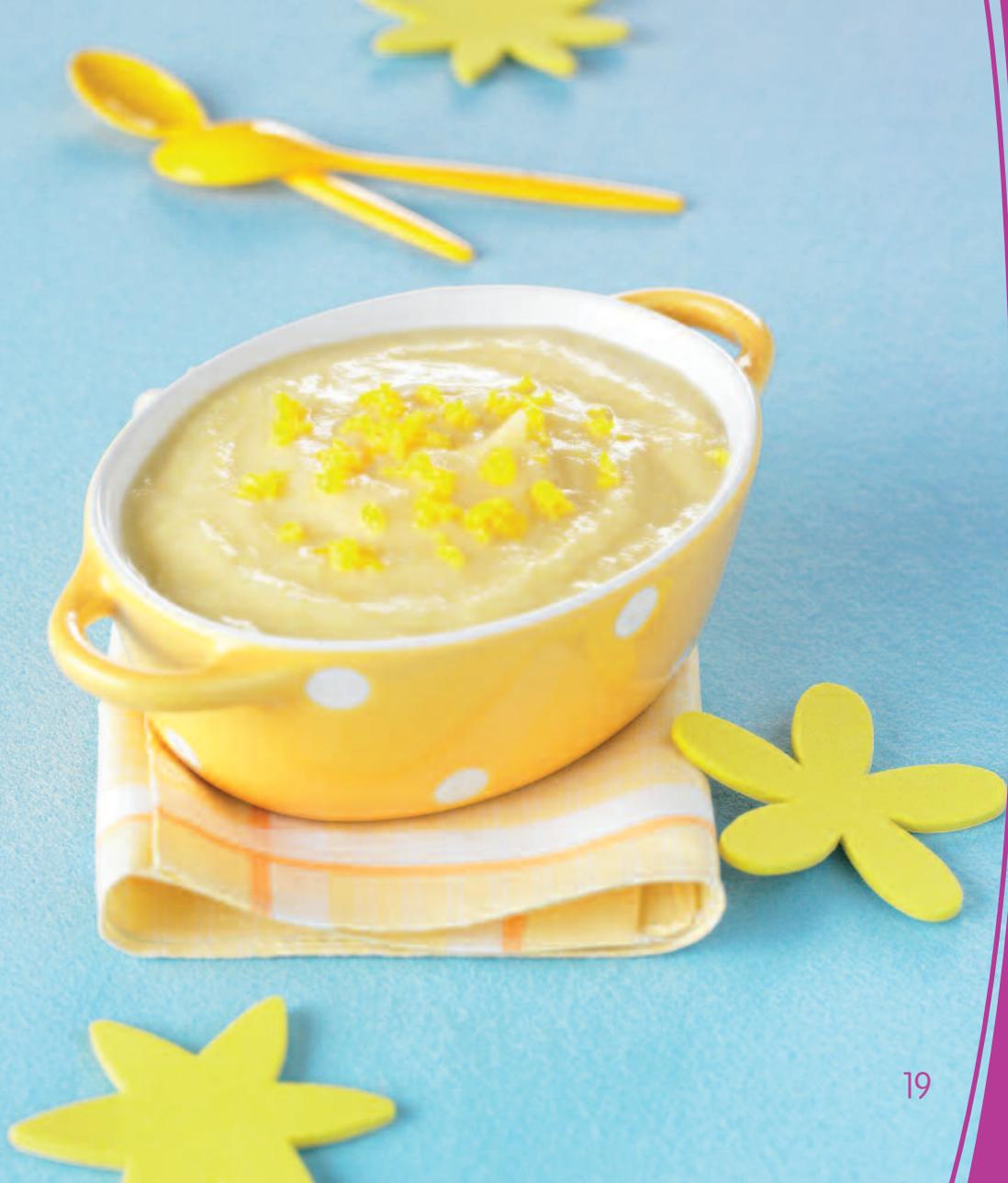
- 1 fresh chicken egg
- 1 potato
- 200 g of white asparagus*
- 1 knob of fresh butter

* Keep the lower ends aside for a separate broth as their fibre content is too high for your Baby.



- Separate the egg white from the yolk. Cover a ramekin with oil and place the yolk in it.
- Peel the potato and dice it into small pieces of 1 to 2 centimetres maximum. Peel the stringy part of the asparagus with a peeler. Cut it into chunks of about 2 centimetres.
- Place the asparagus in the 1st cooking basket and start a 20-minute cycle. After 5 minutes, add the 2nd basket with the potatoes. 4 minutes from the end, add the ramekin with the yolk.
- Finish off by checking that all the ingredients are tender.
- Blend all the ingredients together with the knob of butter and a few spoonfuls of the cooking juice.

Dare! Offer them the first pieces at the age of 1: take out some asparagus chunks and diced potatoes from the basket, and use them to garnish the puree.



Ham velouté with white cheese and radish

PREPARATION TIME: 5 MINS
COOKING TIME: 8 MINS

- 5 red radishes
 - 1 sprig of parsley
 - 1 slice of cooked ham without rind
 - 100 g of white creamy cheese
- Wash the radish and the parsley and remove the stalks. Keep the smallest radish tops. Cut the radish into chunks.
 - Steam the radish with the tops for 6 minutes and add the parsley leaves 2 minutes from the end of the cooking cycle.
 - Cut the ham into strips. Place them in the blender bowl with the white cheese.
 - Add the radish and the parsley and blend everything together.



Dare! Depending on the age of your child, during summer add radish or raw cucumber.

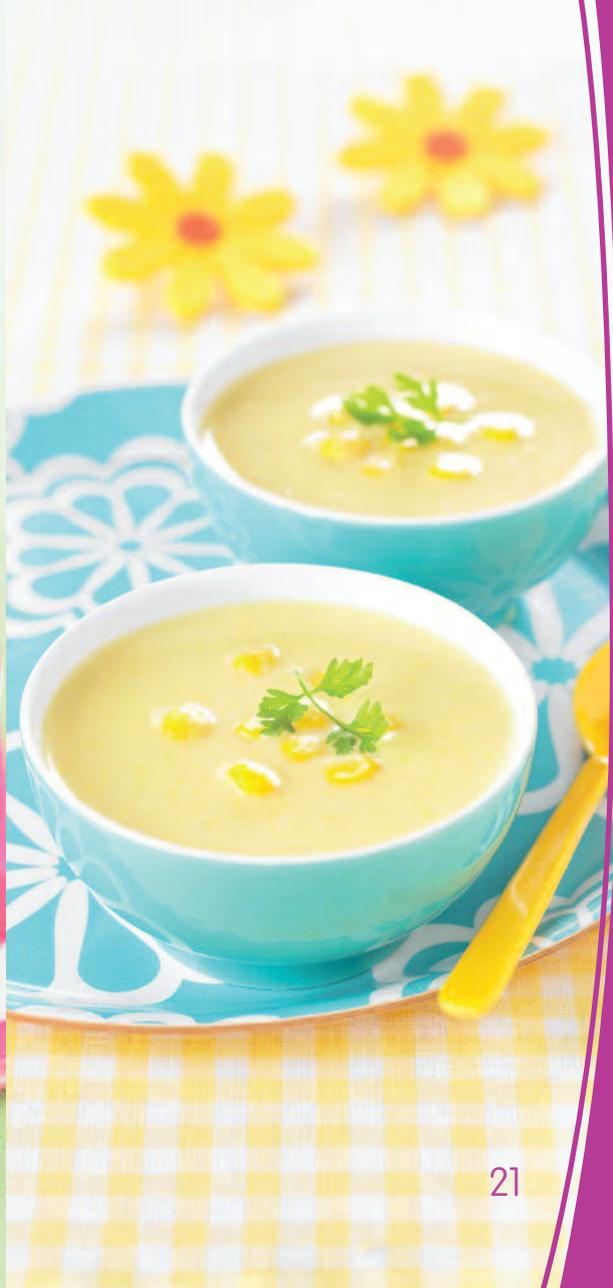
Sweet corn soup

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS

- 1 fresh corn on the cob or 150 g of dry corn
 - 100 ml of fresh pasteurized milk or the equivalent in baby milk
 - 1 small piece of a fresh garlic clove
- Peel the garlic and remove the sprout. Remove the leaves from the corn. Place the corn on the cob in the first cooking basket, with a small piece of garlic. Start a 15-minute cooking cycle.
 - 2 minutes from the end, add a glass baby food jar containing the milk. Wait until the cooking cycle ends.
 - Remove the corn grains from the cob with the help of a paring knife. Place them in the blender bowl. Remove the garlic.
 - Pour the milk into the blender bowl, on the corn grains.
 - Blend everything together.
 - Sieve the soup through a fine sieve or a fine colander to remove the corn skins.



Dare! Depending on the age of your child, add a teaspoon of single cream to make the soup smoother. Spice it up with a pinch of curry.



Steamed babyburger

PREPARATION TIME: 15 MINS

COOKING TIME: 12 MINS

- 1 little slice of bread without crust
 - 6 hazelnuts
 - 1/2 spring onion top or 1 small piece of white or red onion
 - 1 portion of minced beef
 - 1 portion of minced veal
 - 30 g of Comte or Gruyere cheese
 - 3 spoonfuls of milk
-
- Blend the bread slice with the hazelnuts. Place in a bowl and moisten with the milk.
 - Peel the onion and cut it very finely. Cut the cheese into small pieces.
 - Using your fingers, add and mix the cheese, the beef, veal meat and the onions together with the bread-hazelnuts-milk blend.
 - Shape two or three burgers.
 - Steam for 12 minutes.



Dare! Add a few chopped spinach leaves beforehand to this burger mixture. For more of a gourmand presentation, keep the bread slice and cut it into small round pieces to create genuine small burgers. Add several sliced cherry tomatoes.



Leg of lamb, artichoke, tomato and peas

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

- 1 portion of leg of lamb
- 3 to 4 (depending on their size) artichoke hearts, fresh or frozen
- 50 g of peas, frozen or to be shelled
- 1 small tomato
- 1 teaspoon of olive oil



- Cut the artichoke hearts in thin slices of about 1 centimetre. Shell the peas.
- Chop the leg of lamb into pieces of about 1 to 2 centimetres, Wash and chop up the tomato.
- Place the artichokes in the 1st cooking basket and start a 20-minute cooking cycle. 10 minutes from the end, add the second basket with the lamb. Add the tomatoes to the top basket for the last 3 minutes of the cooking cycle.
- Blend all the ingredients together with olive oil.

Dare!

Add a small piece of garlic or a pinch of ras el hanout (a mix of sweet spices) to the steamed vegetables. Blend all the ingredients together to enhance the flavour of the puree.



My first dessert cream

PREPARATION TIME: 5 MINS

COOKING TIME: 15 MINS

- 2 eggs
- 200 ml of milk
- 50 ml of single cream
- 30 g of cane sugar



- Remove one of the egg whites. Place the whole egg and the yolk of the other egg in the blender bowl, together with the milk, the single cream and the sugar. Blend everything together.
- Divide the mix into 4 ramekins and cover them.
- Steam for about 15 minutes.
- Let them cool briefly before serving.

Dare! Depending on the age of your child, for a chocolate flavoured cream, add half a spoonful of cocoa powder to the other ingredients when blending.





Introductory guide to food

A diversified diet generally starts at 6 months of age. However, each baby is different and, as paediatricians will confirm, it may well start earlier.

Vegetables are always the first food to be introduced. Once introduced, vegetables should initially be prepared as a soft puree*. Starting from 9 months of age, the puree may contain small crushed pieces, while at 12 months of age, raw vegetables may be introduced.

Once the diversification starts, it is recommended to introduce one food at a time to awaken your baby's sense of taste.

Tarragon, parsley and fine herbs may be introduced at 5 months of age. Oil should be introduced at 8 months of age.

It is recommended not to add salt to your baby's food.

		6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month and above	
VEGETABLES	Broccoli / Green beans / Spinach	[Bar]							
	Carrots	[Bar]							Raw vegetables
	Courgettes	Mixed without seeds or skin							
	Fennel / Chicory / Sweet potato / Pumpkin	[Bar]							
	Leek	White part of a leek							
	Cauliflower	[Bar]							
	Artichokes	Only artichoke hearts							
	Celery / Cultivated mushrooms	[Bar]							
	Garlic / Beetroot	[Bar]							
	Asparagus	[Bar]							15 th month
	Peas	[Bar]							15 th month if blended, otherwise 3 years
Radish	[Bar]							28 th month	

Meat should be consumed once a day, starting from the 7th month. Finely minced meat may be consumed at the age of about 9 months. Pieces of meat may be consumed as of 11 months of age.

		6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month and above
MEAT AND FISH	Meat		Lean meat: chicken, turkey, white ham, beef 10gr/day blended				Fat meat: lamb, pork, mutton, rabbit 20gr/day - Do not mince the meat as finely	
	Fish*		Hake, whiting, cod, sea bass, sole 10gr/day blended				Tuna, sardine, salmon 20gr/day minced	
	Eggs*			1/4 of hard boiled yolk		1/3 of hard boiled yolk		Whole hard boiled egg The egg white may be introduced once the baby can tolerate the yolk.

Table validated by a qualified paediatric nurse.



Introductory guide to food (suite)

	6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month and above	
STARCHY	Potatoes		Mixed, steamed and blended	Alone				
	Tapioca / Wheat semolina							
	Pasta		Thin pasta – Vermicelli					
	Sponge biscuit		Other kinds of chocolate biscuits					
	Corn							2 years, or 15 months if blended

Fruit may only be introduced 15 days after the first consumption of vegetables. Once introduced, fully ripe fruit should initially be cooked and blended as a soft puree. Starting from 9 months of age, the puree may contain small crushed pieces.

	6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month and above	
FRUIT	Bananas / Pears / Apples / Quince							
	Crushed ripe apricot / Peach / Plums							
	Tomatoes							Raw vegetables
	Strawberries / Raspberry* / Rhubarb							
	Hazelnut							2 years if blended

	6 th month	7 th month	8 th month	9 th month	10 th month	11 th month	12 th month and above
DAIRY PRODUCTS	Butter						
	Yoghurt						
	Cheese			In cooked pastry and with fermented cheese			

* The paediatrician may put back the introduction of certain foods (red fruits, eggs, fish, etc.) if there is a history of allergies in the family. In which case, this food may be introduced at 1 year of age.

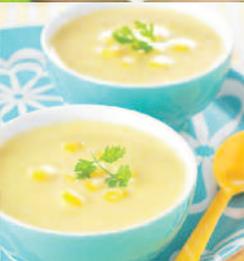






"The well-being of the baby largely depends on the contents of its diet. It's time to take the bull by the horns!"

But why choose NutriBaby? Because its purpose surpasses that of cookware exclusively dedicated to Baby food, and it guides parents through a new philosophy of life instead. Its ingenious capabilities mean that food can be prepared for your Baby and that the whole family can be introduced to its pleasures. In addition to serving your Baby, you can also place a fish fillet for brothers or sisters into one of the two steam baskets, or a handful of beans or a few potatoes for yourself. The generously-sized blender bowl allows you to mix summer fruit pulp and dairy products at will, or to blend your vegetable soup. NutriBaby also makes it possible to prepare a series of different baby food jars in advance.



In addition to preparing meals for your Baby, it helps you to lead a new lifestyle, centred around the kitchen: the Baby babbles and makes a mess, Mum potters around, and Dad gets nervous. Then, Mum gradually returns to form, Dad calms down and the Baby develops quite nicely. Finally, everything comes together over a comfortable family meal!



And... *Bon appétit!*
Laura Annaert, Mamanchef



16, rue Jacqueline Auriol
 Parc Industriel des Gravanches
 63051 Clermont-Ferrand Cedex 2 - France
 Tel.: +33 (0)4 73 28 60 00
 Fax: +33 (0)4 73 28 60 41

Baby *moov*
 Your babies moov our ideas!

