

Time	Narration
00:00	Welcome to the spoken tutorial on vegetarian recipes for 12 to 18 month old babies.
00:07	In this tutorial, we learn to prepare a few nutrient rich vegetarian recipes.
00:14	Babies after 1 year of age grow steadily.
00:18	Their nutrient requirements increase with age.
00:22	To meet these requirements a variety of nutrient dense food should be given.
00:29	They require around 1,010 kilocalories per day.
00:34	The amount of food a baby needs depends on their activity and growth pattern.
00:41	More about complementary food has been explained in another tutorial.
00:46	Please visit our website for these tutorials.
00:51	Now, let us see the preparation of some vegetarian recipes.
00:56	Our first recipe is barnyard millet uttapam.
01:00	To make this recipe, you will need:
01:03	2 tablespoons of barnyard millet,
01:06	1 tablespoon of black gram,
01:09	2 tablespoons of grated carrot,
01:12	¼ chopped tomato,
01:14	and 3 teaspoons roasted sesame seeds.
01:18	I will use one and a half teaspoon of the seeds for one uttapam.
01:23	This recipe will make 2 uttapams.
01:26	You will also need: A pinch of salt
01:29	and 1 teaspoon ghee.
01:32	Procedure: Wash and soak barnyard millet and black gram together for 8 hours.
01:38	Later, grind them into a smooth thick paste.
01:42	Do not make the paste watery.
01:44	Transfer this into a bowl and leave to ferment for 7 to 8 hours in a warm place.
01:52	Once the batter is fermented, add carrot, tomato and salt.
01:57	Mix everything well.
02:00	Now, heat ghee in a pan
02:02	and pour a spoonful of the batter and spread it evenly.
02:07	Once the uttapam is partially cooked, add 1.5 teaspoon of sesame seeds over it.
02:14	Cover with a lid and cook again for 3 to 4 minutes.
02:19	Barnyard millet uttapam is ready.
02:22	If barnyard millet is not available, you can use finger millet or sorghum.
02:28	Kodo millet or little millet can also be used.
02:32	The second recipe is foxtail millet khichdi.
02:36	To make this recipe, you will need:

02:39	1 tablespoon green gram sprouts,
02:41	2 tablespoons of foxtail millet,
02:44	1 tablespoon of chopped onion,
02:47	1 tablespoon chopped tomato
02:50	and 2 to 3 finely chopped cauliflower florets.
	You will also need:
02:56	½ teaspoon crushed black pepper,
03:00	pinch of turmeric powder,
03:03	½ teaspoon carom seeds,
03:05	a pinch of salt,
03:07	and 1 teaspoon ghee.
03:10	First I will tell you the procedure for sprouting.
03:13	Soak green gram overnight.
03:16	Next day, strain and tie them in a muslin cloth.
03:20	Leave it in a warm place for 6 to 8 hours
03:23	or until sprouts appear.
03:25	Keep the sprouts aside for later use.
03:29	Simultaneously, wash and then soak foxtail millet for 8 to 10 hours.
03:36	Heat ghee in a pressure cooker.
03:38	Add carom seeds and saute for a few minutes.
03:42	To this add onions and saute until they turn light brown in color.
03:48	Next add cauliflower and chopped tomato.
03:52	Saute them for 2 to 3 minutes.
03:55	To this add the soaked foxtail millet and sprouted green gram.
	Mix well.
04:01	Add salt, spices and 1 cup water.
04:06	Pressure cook this for 3 to 4 whistles on a medium flame.
04:12	Allow the pressure to be released
04:14	and transfer the khichdi into a bowl.
04:17	Foxtail millet khichdi is ready.
04:20	If foxtail millet is not available you can use kodo millet or little millet.
04:27	Barnyard millet can also be used.
04:30	The next recipe is green peas and paneer (unsalted Indian cheese – Bracketed text is only for International languages) cutlet.
04:34	To make this recipe, you will need:
04:37	½ cup green peas,
04:39	½ cup crumbled paneer (unsalted Indian cheese – Bracketed text is only for International languages),
04:41	1 tablespoon roasted bengal gram flour,
04:45	2 tablespoons grated beetroot,

04:48	and 2 tablespoons grated carrot.
04:51	You will also need:
04:53	¼ teaspoon cumin powder,
04:56	¼ teaspoon coriander powder,
04:59	A pinch of salt and 1 teaspoon ghee.
05:03	Procedure: Steam the green peas in a steamer for 6 to 10 minutes.
05:08	Allow the peas to cool.
05:11	Grind the paneer (unsalted Indian cheese – Bracketed text is only for International languages) and peas into a coarse mixture.
05:15	Take out the mixture in a bowl.
05:17	To this add gram flour, beetroot, carrot, spices and salt.
05:24	Mix everything well.
05:26	Divide the mixture and make 4 cutlets out of it.
05:30	Heat ghee in a pan
05:32	and fry the cutlets on both sides until they turn light brown.
05:37	Green peas and paneer (unsalted Indian cheese – Bracketed text is only for International languages) cutlets are ready.
05:41	The fourth recipe that we will see is mixed sprouts stir fry.
05:46	To make this recipe, you will need:
05:49	2 tablespoon green gram sprouts,
05:52	2 tablespoons of moth bean sprouts,
05:56	2 tablespoons bengal gram sprouts,
06:00	1 tablespoon freshly grated coconut,
06:03	¼ chopped onion
06:05	and ¼ chopped tomato.
06:08	You will also need: ¼ teaspoon cumin seeds,
06:13	½ teaspoon turmeric powder,
06:16	¼ teaspoon cumin powder,
06:19	¼ teaspoon coriander seed powder,
06:23	a pinch of salt and 1 teaspoon ghee.
06:27	The procedure for sprouting has been explained earlier in this tutorial.
06:33	Please follow the same method.
06:35	Note that different ingredients take different time to sprout.

06:40	Hence, soak the three different beans separately.
06:44	Let us proceed.
06:46	Pressure cook the sprouts for 3 whistles.
06:49	Allow the steam to release and then open the lid of the cooker.
06:54	Heat ghee in a pan. Add cumin seeds
06:56	and saute them well.
06:59	Now add the onions and saute till they turn golden brown in color.
07:04	To this add tomato
07:06	and cook till it turns soft.
07:09	Add the cooked sprouts, salt and spices
07:12	and let it cook for 5 minutes.
07:15	Lastly add coconut
07:17	and mix well.
07:19	Mixed sprouts stir fry is ready.
07:23	All these recipes are rich in protein, magnesium, calcium and good fats.
07:30	Include these recipes in your baby's daily diet for good health.
07:35	This brings us to the end of this tutorial. Thanks for joining.