

Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on vegetarian recipes for 8 to 11 month old babies.
00:08	In this tutorial, we will learn to prepare some nutritious vegetarian recipes.
00:16	During 8 to 11 months, the baby requires upto 670 calories of energy in a day.
00:24	This energy is provided by complementary food.
00:28	Complementary food should be started after the baby completes 6 months of age.
00:35	Along with complementary food, babies should be breastfed until 2 years of age.
00:42	Once the baby completes 8 months, start giving her a half-cup of food.
00:49	A half-cup is about 125 millilitres
00:53	or 8 tablespoons of food.
00:56	Feed her half-cup of food four times a day.
01:01	At this age, we can start giving finger foods to babies.
01:06	Finger foods are foods that babies can eat by themselves using their hands.
01:12	Softly cooked, chopped vegetables and fruits are some examples.
01:18	Pancake pieces, lentil cake, idli and vegetable cutlets are other examples.
01:26	Do not add salt in any of the baby's food until they turn one.
01:32	Sugar and jaggery should not be added until the baby turns two.
01:37	Mother or the caregiver should ensure that the finger foods should not be hard.
01:43	For example, do not give carrots as finger food.
01:48	Hard finger food can choke the baby.
01:52	We will now start with preparing the vegetarian recipes.
01:56	Our first recipe is sorghum dhokli in red lentil curry ( <b>Sorghum noodles in red lentil curry –Bracketed text is only for International languages</b> ).
02:02	To make this recipe we will need:
02:04	15 grams or 1 tablespoon of <b>malted</b> sorghum powder.
02:09	15 grams or 1 tablespoon pressure cooked sprouted red lentil.
02:15	½ cup finely chopped tomato.
02:18	25 grams or ½ cup finely chopped and steamed pumpkin.
02:23	You will also need:
02:25	2 teaspoons of sesame seeds powder.
02:28	A pinch of turmeric powder.
02:31	A pinch of cumin seeds powder.
02:34	½ lemon.
02:36	1 teaspoon ghee or oil.
02:39	I will first explain the procedure for <b>malting</b> .
02:43	Wash and soak sorghum in water for 8 to 9 hours.
02:48	Later, put it in a strainer and rinse it thoroughly with water.
02:54	Let all the water drain out and then tie it in a clean cotton cloth.
02:59	Keep it aside until it sprouts.
03:02	This entire procedure is called sprouting.
03:06	Note that different ingredients take different time to sprout.
03:12	Dry this sprouted sorghum in the sunlight covered with a cloth for a day or two.
03:18	Later, roast it on a low flame for 8 to 10 minutes and then let it cool.

03:25	Then, grind and make a powder of it.
03:29	This entire process is known as <b>malting</b> .
03:33	With this, the <b>malted</b> sorghum powder is ready.
03:37	We will start making the dhokli now.
03:40	Take the <b>malted</b> Sorghum powder in a bowl.
03:44	Add sesame seeds and cumin seeds powder too.
03:48	Mix it well.
03:50	Add ¼ teaspoon ghee or oil in it.
03:54	Remember to make the dough hard.
03:57	Start kneading the dough by adding a little water at a time.
04:02	You can also add breastmilk or coconut milk instead of water.
04:07	Keep it aside for 15 minutes.
04:10	Now, make a ball of dough.
04:13	Place it on a dusted rolling board
04:16	and roll it into a circular disc.
04:19	Cut this into diamond shaped pieces using a knife.
04:23	Keep them aside for later use.
04:27	Now heat 1/4 teaspoon ghee in a vessel.
04:31	Add chopped tomato and saute it for 2 to 3 minutes.
04:36	To it, add turmeric powder and
04:39	pressure cooked sprouted red lentils.
04:43	Mix it well.
04:45	Bring this to boil and add the diamond shaped cut pieces one by one.
04:50	Mix everything well again.
04:53	Cook this mixture for 5 to 7 minutes.
04:57	Our sorghum dhokli with red lentil curry is ready ( <b>Sorghum noodles in red lentil curry – Bracketed text is only for International languages</b> ).
05:03	Squeeze half a lemon in the curry and serve.
05:06	Our next recipe is steamed lentil cake. (Steamed horse gram dhokla -Hindi)
05:11	Ingredients required are:
05:13	15 grams or 1 tablespoon sprouted horse gram.
05:18	15 grams or 1 tablespoon bengal gram flour.
05:23	A pinch of turmeric powder.
05:26	You will also need:
05:28	50 grams or ½ cup curd.
05:31	½ chopped tomato.
05:34	2 handful of coriander leaves.
05:38	Before we begin, please sprout the horse gram.
05:42	Follow the same method as explained earlier in this tutorial.
05:47	Procedure:
05:50	Make a thin paste of horse gram sprouts by adding a little water in a grinder.
05:56	Transfer this into a bowl.
05:59	To this add bengal gram flour,

06:02	curd and turmeric powder.
06:06	Leave 1 teaspoon of curd from ½ cup for later use.
06:11	Mix it well and add water if required.
06:15	Keep this batter aside for 5 to 7 hours in a warm place to ferment.
06:21	Once the batter ferments, grease a plate with some ghee.
06:26	Pour the batter on the plate.
06:29	Steam it for 25 to 30 minutes on a medium flame.
06:34	Check if it is cooked by Inserting a knife.
06:38	If the knife has the batter on it, then you need to steam for some more time.
06:44	If it comes out clean, then lentil cake is ready.
06:48	Keep this aside to cool.
06:51	Cut it into small pieces and transfer them onto a plate.
06:56	Keep them aside and start making the chutney ( <b>sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ).
07:00	I will now show you how to make the tomato chutney ( <b>tomato dip – Bracketed text is only for International languages</b> ).
07:04	Put 1 chopped tomato, 2 handful of washed coriander leaves in a grinder.
07:10	Then, add 1 teaspoon curd
07:13	and grind to make a smooth paste.
07:17	Transfer this into a bowl.
07:20	Serve this chutney ( <b>tomato dip -Bracketed text is only for International languages</b> ) with lentil cake.
07:24	You can mash the cake or dip it in tomato chutney ( <b>tomato dip -Bracketed text is only for International languages</b> )
07:27	and feed it to babies.
07:30	Our next recipe is amaranth green gram pancake.
07:35	For this we need:
07:37	15 grams or 2 tablespoons <b>malted</b> amaranth powder.
07:42	You will also need:
07:44	15 grams or 1 tablespoon sprouted green gram.
07:49	2 teaspoons peanut powder.
07:52	A pinch of turmeric powder.
07:54	A pinch of cumin seeds powder.
07:58	½ teaspoon ghee.
08:00	The procedure for <b>malting</b> has already been explained earlier.
08:05	Please follow the same method for <b>malting</b> amaranth powder.
08:10	Now, we will make a paste of sprouted green gram.
08:14	Grind the green gram into a smooth paste using a mixer or a stone grinder.
08:20	Add a little water while making the paste.
08:23	Transfer the mixture into a bowl.
08:26	Add 2 tablespoons of <b>malted</b> amaranth powder and peanuts powder in it.

08:32	Next, add cumin seeds powder and turmeric.
08:36	Mix everything well.
08:39	Add ¼ cup of water to this and mix again.
08:43	Our batter is ready.
08:46	Heat ghee on a pan.
08:48	Pour the batter on the pan in a circular shape using a spoon.
08:53	Cover the pan with a lid and cook until both sides are cooked.
08:58	It will take 4 to 7 minutes to cook.
09:02	Amaranth green gram pancake is ready.
09:06	Once cooled you can feed the pancake with curd to the baby.
09:11	Our next recipe is little millet with curd and vegetables.
09:17	To make this recipe we will need:
09:20	15 grams or 1 tablespoon little millet.
09:24	15 grams or 1 tablespoon sprouted yellow peas.
09:29	Sprouting has been explained earlier in this tutorial.
09:33	Please follow the same method.
09:36	You will also need: 50 grams or ½ cup curd.
09:41	½ finely chopped tomato.
09:44	6 to 8 cauliflower florets.
09:47	2 handfuls of drumstick leaves.
09:50	¼ teaspoon turmeric powder.
09:53	½ teaspoon ghee.
09:56	Before making this recipe, wash and soak the little millet for 8 hours.
10:01	I will tell you the procedure now.
10:04	Heat ghee in a vessel.
10:07	Add chopped tomato and saute it for 5 to 7 minutes on a low flame.
10:13	And add turmeric powder.
10:15	Add sprouted yellow peas, drumstick leaves, cauliflower
10:19	and curd.
10:21	Mix well.
10:23	Cook this for some time.
10:26	Next add little millet and water.
10:29	Mix again.
10:31	Cook this on a medium flame until little millet, peas and cauliflower are cooked.
10:37	Transfer this into a bowl.
10:40	Little millet with curd and vegetables is ready.
10:44	Remember to use locally available ingredients while preparing the baby's food.
10:51	All these recipes are rich in <b>protein</b>
10:55	and <b>omega-3 fatty acids</b> .
10:58	They are rich in <b>vitamin D</b> ,

11:01	<b>vitamin A</b> and <b>B complex</b> .
11:05	They are also rich in <b>calcium</b> ,
11:08	<b>magnesium</b> ,
11:10	<b>potassium</b> ,
11:12	<b>sulphur</b> ,
	<b>iron</b>
11:15	and <b>zinc</b> .
11:17	Include these recipes daily in your baby's diet for good health.
11:23	This brings us to the end of this tutorial. Thanks for joining