

Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on non-vegetarian recipes for 12 to 18 month old babies.
00:11	In this tutorial, we will learn about:
00:13	Energy requirements for 12 to 18 month old babies.
00:19	Preparation of some recipes.
00:23	Babies after 1 year of age grow steadily.
00:28	Their nutrient requirements increase with age.
00:32	To meet these requirements a variety of nutrient dense food should be given.
00:40	They require around 1,010 kilocalories from complementary food in a day.
00:50	1 cup of food should be given five times a day.
00:55	This can be given as 3 main meals and 2 snacks.
01:02	Note that 1 cup is about 250 millilitres or 16 tablespoons of food.
01:12	Always remember that freshly cooked homemade food is the best for the baby.
01:20	If baby food is to be stored, please watch our tutorial on safe storage.
01:26	Please visit our website for more details.
01:30	More about complementary food has been explained in another tutorial.
01:36	Please visit our website for these tutorials.
01:40	Let us start with the recipes.
01:43	Our first recipe is butter garlic prawns.
01:49	Ingredients needed to make this recipe are:

01:53	80 grams prawns.
01:55	1 tablespoon chopped garlic.
01:58	2 tablespoon of chopped coriander leaves.
02:03	½ a lemon.
02:05	¼ teaspoon black pepper powder.
02:08	1 tablespoon butter.
02:11	Salt to taste.
02:14	First clean and wash the prawns properly.
02:18	Remove the head and tail of the prawns.
02:22	Use a knife to carefully make a small slit along the back of the prawns.
02:29	Then pull out the vein with the tip of the knife or your fingers and discard it.
02:37	Do this on the other side as well.
02:40	Heat some butter in a pan.
02:43	Add chopped garlic and saute it for a minute.
02:47	Then add the cleaned prawns in it
02:50	and cook it on a low flame.
02:53	Add salt, black pepper powder and mix well.
02:58	Sprinkle lemon juice on top and garnish with coriander leaves.
03:03	Butter garlic prawns are ready.
03:06	The next recipe is stuffed eggs.
03:10	To make this recipe you will need:
03:13	2 boiled eggs.
03:15	1 tablespoon thick curd.

03:18	1 tablespoon chopped capsicum.
03:22	1 tablespoon chopped carrot.
03:26	½ teaspoon black pepper powder.
03:29	Salt to taste.
03:32	Procedure:  Cut the boiled eggs into half.
03:35	Separate out the egg yolks and transfer them in a bowl.
03:40	Add thick curd, vegetables, salt and black pepper powder to it.
03:47	You can also add any other spices based on the child's preferences.
03:54	Mix everything well and mash the egg yolks with a spoon or clean hands.
04:01	Add the mixture back on the boiled egg whites.
04:04	Decorate it in unique ways and serve the baby.
04:09	Our third recipe is dried sardines masala.
04:14	To make this recipe, you can use any locally available dried fish.
04:21	I will be using dried sardines.
04:24	Ingredients required are:
04:26	20 grams of dried sardines.
04:30	½ onion.  ½ tomato.
04:33	2 to 3 cloves of garlic.
04:36	4 to 5 curry leaves.
04:38	1 <b>kokum</b> or tamarind without seeds.
04:43	Spices required are:

04:45	¼ teaspoon turmeric powder.
04:49	¼ teaspoon red chilli powder.
04:52	¼ teaspoon coriander powder.
04:56	Procedure:  Clean the dried fish by removing its head and tip of the tail.
05:03	Soak them in water for 30 minutes.
05:07	Wash them well to remove excess salt and dirt.
05:12	Then drain out the excess water.
05:15	Heat oil in a pan and add chopped garlic and curry leaves.
05:21	Add the chopped onions and saute until it is light pink.
05:27	Then add the tomatoes, <b>kokum</b> and spices.
05:31	Mix well and saute it for 1 to 2 minutes.
05:37	To this add the cleaned sardines.
05:40	You can add 1 to 2 tablespoons of water
05:44	and cook on low flame for a few minutes.
05:49	Dried sardines masala is ready.
05:53	Our last recipe is Mutton porridge.
05:58	Ingredients required to make this recipe are:
06:01	100 grams boneless meat.
06:04	1 tablespoon of little millet.
06:08	½ cup of mix pulses.
06:12	1 sliced onion.
06:14	1 teaspoon ginger garlic paste.
06:18	Handful of coriander leaves.

06:20	Half a lemon.
06:23	Spices needed are:
06:25	½ teaspoon turmeric powder.
06:28	½ teaspoon cumin powder.
06:31	½ teaspoon coriander powder.
06:35	¼ teaspoon garam masala.
06:38	Take salt according to taste and 1 tablespoon of oil or ghee.
06:44	Procedure:  Wash and soak the pulses for 6 to 8 hours.
06:51	Similarly in a separate bowl soak little millet.
06:56	Wash and clean the mutton pieces.
07:00	Apply ginger garlic paste to it.
07:03	Keep it aside for 20 to 30 minutes.
07:09	Heat oil or ghee in the pressure cooker.
07:12	To this add sliced onions
07:15	and saute it until they turn light golden.
07:19	Add the pulses and little millet to it.
07:23	Add mutton pieces and all the spices.
07:27	Mix everything well.
07:29	Add 1 glass of water and pressure cook it for 15 to 20 minutes.
07:36	Cook on high flame until you hear one whistle.
07:41	After 1 whistle, turn the heat to low and cook for 10 to 15 minutes.
07:49	Let the pressure release on its own
07:52	and then open the lid.

07:55	Transfer the porridge in a bowl.
07:58	Using a spoon remove the mutton pieces from it.
08:03	After the pieces cool down, shred them with clean hands.
08:09	Then put it back in the porridge.
08:12	Sprinkle lemon juice and Garnish with coriander leaves.
08:17	Mutton porridge is ready.
08:20	All these recipes are excellent sources of <b>protein</b> ,
08:24	<b>iron</b> ,
	<b>choline</b> and
08:26	<b>Zinc</b> .
08:28	It is also rich in <b>Vitamin B12</b> ,
08:31	<b>vitamin D</b> ,
08:33	<b>folate</b> ,
	<b>potassium</b> and
08:36	<b>Magnesium</b> .
08:38	Include all these recipes in the baby's diet for good health.
08:44	This brings us to the end of the tutorial.
	Thanks for joining.