

Time	Narration
00:01	Welcome to the spoken tutorial on non-vegetarian recipes for 8 to 11 month old babies.
00:11	In this tutorial, we will learn:
00:15	Calorie requirements and finger foods for 8 to 11 month old babies.
00:23	Preparation of some nutritious non-vegetarian recipes.
00:30	Until now you were feeding the baby with half a cup of food, thrice a day.
00:38	When the baby completes 8 months, the frequency of feeding must be increased.
00:46	During 8 to 11 months, the baby requires up to 300 calories of energy per day.
00:55	Along with complementary feeding, breastfeeding upto 2 years is necessary.
01:03	Half a cup of food should be given four times a day.
01:09	A half-cup is about 125 millilitres or 8 tablespoons of food.
01:18	The baby's food consistency should also be changed.
01:24	Earlier you were feeding pureed or mashed foods to the baby.
01:30	At this age, soft and chunky food can be given to the baby.
01:37	You can also introduce finger foods to the babies at this age.
01:44	Foods that babies can eat by hand themselves are called finger foods.
01:51	For example: omelette, boiled egg, cooked pieces of fish, mutton or chicken.
02:00	Pieces or slices of fruits, vegetables and
02:05	paneer (unsalted Indian cheese – Bracketed text is only for International languages) are other examples.
02:08	A few precautions should be taken while feeding non-vegetarian food to the baby.
02:16	All non-vegetarian food should be thoroughly washed and cooked.
02:22	Care should be taken to completely remove the bones of fish, chicken or meat.
02:30	Bones can choke the baby.
02:34	Also, please make sure not to add salt in any of the baby's food until they turn one.
02:43	Sugar and jaggery should not be added until the baby turns two.
02:49	Let us now proceed with the preparation of some non-vegetarian recipes.
02:56	Our first recipe is steamed chicken balls.
03:02	Ingredients required to make this recipe are:
03:06	2 ½ tablespoons or 80 grams of minced chicken.
03:12	½ lemon.
03:14	½ finely chopped onion.
03:16	½ beaten egg.
03:19	1 tablespoon roasted bengal gram flour.
03:23	Procedure:
03:25	Take washed and minced chicken in a bowl.
03:29	Squeeze half a lemon on top of it.
03:33	Mix it well and keep it aside for 20 to 30 minutes.
03:40	In the same bowl of minced chicken, add chopped onions
03:45	and beaten egg.
03:47	Then add roasted bengal gram flour
03:50	and mix well.

03:53	Divide the mixture into 4 equal portions and make round balls of it.
04:00	To steam the chicken balls, fill $\frac{1}{4}$ of a vessel with water.
04:06	Place a stand in the centre of the vessel.
04:10	Take the chicken balls in a steel plate and place it on the stand.
04:16	Cover the vessel with a lid and cook on medium flame for 10 minutes.
04:24	Take the balls out on a plate.
04:27	Our steamed chicken balls are ready.
04:31	The second recipe is Omelette.
04:35	To prepare this recipe, you will require:
04:39	2 eggs.
04:41	$\frac{1}{4}$ teaspoon turmeric powder.
04:44	$\frac{1}{4}$ teaspoon cumin seeds powder.
04:48	1 teaspoon ghee or oil.
04:52	Procedure:
04:54	Beat the eggs thoroughly until it becomes frothy.
04:58	Add turmeric powder and cumin seeds powder.
05:03	Mix it well.
05:05	Heat ghee or oil in a pan.
05:09	Pour the beaten eggs on it.
05:12	Let it cook on a low flame for 3 to 4 minutes both the sides.
05:20	Omelette is ready.
05:23	The next recipe is goat liver curry.
05:27	You will need the following ingredients:
05:31	75 grams of goat liver.
05:35	$\frac{1}{2}$ onion.
05:37	$\frac{1}{2}$ tomato.
05:39	$\frac{1}{2}$ teaspoon turmeric powder.
05:42	$\frac{1}{2}$ teaspoon cumin powder.
05:45	$\frac{1}{2}$ lemon.
05:48	1 tablespoon of coconut.
05:52	You will also need 1 teaspoon ghee or oil.
05:57	Procedure: Take cleaned and washed goat liver on a plate.
06:03	Cut it into small pieces and add juice of half a lemon on it.
06:11	Keep it aside for 15 to 20 minutes.
06:17	Then, pressure cook the liver pieces with $\frac{1}{2}$ cup of water until 4 whistles.
06:26	Let the pressure release by itself and then open the pressure cooker.
06:32	Side by side, grind onion, tomato and coconut to make a smooth paste.
06:41	Now, heat ghee or oil in a pan.

06:46	Add the prepared paste in it.
06:50	Add turmeric powder and cumin powder.
06:55	Saute it for 3 to 4 minutes.
06:59	Add cooked goat liver and
07:02	½ cup of water in it.
07:05	Cook this curry for 5 to 7 minutes on a low flame.
07:11	Goat liver curry is ready.
07:15	The last recipe is steamed fish.
07:20	To make this recipe, you will need:
07:23	1 cleaned and washed pomfret.
07:28	1 banana leaf.
07:30	1 tablespoon of curd.
07:33	¼ teaspoon turmeric powder.
07:36	¼ teaspoon cumin powder.
07:41	Procedure: Take curd in a bowl.
07:45	Add turmeric powder and cumin powder in it
07:50	and mix well.
07:53	Apply this on a cleaned and washed piece of pomfret.
07:58	Keep it aside for 15 to 20 minutes.
08:04	Meanwhile, wash the banana leaf thoroughly.
08:09	Place it on a clean cloth and wipe it with the cloth to dry the leaf.
08:15	Next, heat the banana leaf on a medium flame for few seconds.
08:22	Do it on the other side of the leaf as well.
08:27	This will make the banana leaf soft for wrapping the fish
08:33	Now wrap the fish pieces in the banana leaf.
08:37	Steam it for 18 to 20 minutes on a low flame.
08:43	The procedure for steaming has been explained in the tutorial earlier.
08:49	Remove the wrapped fish from heat and let it cool down.
08:54	Once it cools down, unwrap the fish from the banana leaf.
09:00	Steamed fish is ready.
09:03	Make sure to separate the fish from the bones and then serve it to the baby.
09:11	Instead of pomfret you can also use any locally available fish in your area.
09:19	All these recipes are rich in protein ,
09:23	omega-3 fatty acids and
09:26	choline .
09:28	These recipes are sources of vitamins like Vitamin D ,
09:35	A ,
	B2 ,
09:37	B3 ,

09:39	B6,
09:41	B9, B12.
09:45	Iron, zinc and phosphorus are also present in all these recipes.
09:54	Include these recipes in the baby's diet for good health.
09:59	This brings us to the end of this tutorial. Thanks for joining.