

Time	Narration
00:01	Welcome to the spoken tutorial on vegetarian recipes for 19 to 24 month old babies.
00:09	In this tutorial, we will learn about:
00:12	Calorie requirements.
00:14	Preparation of some nutritious vegetarian recipes.
00:20	At this age, babies are ready to eat the same meal as the rest of the family.
00:27	Along with complementary food, babies should be breastfed until 2 years of age.
00:35	During this period, 550 calories of energy is required everyday.
00:43	Babies at this age should be given one cup of food.
00:48	A cup is about 250 millilitres or
00:53	16 tablespoons of food.
00:57	It should be given five times a day.
01:01	Let's begin with our recipes now.
01:04	The first recipe is stuffed khandvi .
01:08	To make this recipe, you will need:
01:12	1 tablespoon roasted bengal gram flour.
01:16	50 grams curd.
01:19	1 tablespoon crumbled paneer (unsalted Indian cheese – Bracketed text is only for International languages).
01:22	1 tablespoon steamed cauliflower.
01:25	2 teaspoons peanut powder.
01:28	You will also require:
01:30	¼ teaspoon turmeric powder.
01:33	¼ teaspoon cumin seeds powder.
01:37	¼ teaspoon chilli powder.
01:40	¼ teaspoon ginger garlic paste.
01:43	1 teaspoon of ghee.
01:46	2 pinches of salt.
01:48	I will first tell you how to make the stuffing for khandvi .
01:54	Mix crumbled paneer (unsalted Indian cheese – Bracketed text is only for International languages), steamed cauliflower and peanut powder together.
02:01	Heat ½ teaspoon ghee in a pan.
02:05	Saute the mixture on a pan for 5 to 7 minutes.
02:10	Add cumin seeds powder, chilli powder and a pinch of salt in it.
02:16	Mix it well and allow it to cook for 4 to 6 minutes on low flame.
02:24	Our stuffing is ready.
02:27	To make the rolls, take curd in a bowl.
02:31	Add turmeric powder, ginger garlic paste and a little amount of water in it.
02:39	Add a pinch of salt and mix it well.
02:42	Add roasted bengal gram flour in it
02:45	and mix again.
02:47	Make sure there are no lumps.

02:50	Now pour this batter in a vessel and cook it for 5 to 7 minutes.
02:59	Stir it continuously till it becomes a thick paste.
03:05	There should not be any lumps in the batter.
03:08	Next, apply ½ teaspoon ghee on the backside of a large plate.
03:15	Pour a thin and even layer of the batter across the plate.
03:21	We will call this khandvi .
03:24	Allow the khandvi to cool for some time.
03:28	Now spread a thin layer of the stuffing mixture on this khandvi .
03:34	Next, cut the khandvi into equal-sized strips.
03:38	Then gently roll each strip tightly.
03:43	Stuffed khandvi is ready.
03:46	Our second recipe is kodo millet dosa with sunflower seeds chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).
03:54	To make this we will need:
03:56	15 grams kodo millet.
03:59	15 grams black gram.
04:03	15 grams roasted sunflower seeds.
04:06	1 tablespoon grated coconut.
04:10	We will also need:
04:12	1 finely chopped tomato.
04:15	1 green chilli.
04:17	Juice of ½ a lemon.
04:20	½ teaspoon ghee.
04:22	2 pinches of salt.
04:25	Procedure: Wash and soak kodo millet and black gram in water for 7 to 8 hours.
04:34	After soaking, make a fine paste of it in a mixer or stone grinder.
04:40	Keep this batter aside for 8 to 9 hours for fermentation.
04:47	Once the batter is fermented, add a pinch of salt and mix well.
04:53	Next, heat ghee in a pan.
04:57	Pour a spoonful of batter on the pan.
05:01	Spread this batter in a circular shape.
05:04	Let it cook from both sides for 2 to 3 minutes.
05:10	Kodo millet dosa is ready.
05:13	I will now tell you the procedure to make the chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).
05:18	Take roasted sunflower seeds and grated coconut.
05:22	Add 1 green chill, tomato and a pinch of salt.
05:27	Grind it into a paste in a mixer or a stone grinder.
05:33	Take this out in a bowl.
05:35	Squeeze ½ lemon and mix it well.

05:39	Sunflower seeds chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.
05:42	Serve it with the dosa.
05:45	Our third recipe is sesame seeds and drumstick leaves cutlet in curd curry.
05:53	Ingredients required are:
05:56	1 tablespoon sesame seeds powder.
06:00	1 tablespoon roasted bengal gram flour.
06:04	20 grams washed drumstick leaves.
06:08	100 grams curd.
06:11	¼ teaspoon turmeric powder.
06:14	You will also require:
06:16	¼ teaspoon cumin seeds.
06:19	¼ teaspoon mustard seeds.
06:23	7 to 8 curry leaves.
06:25	A pinch of salt.
06:27	1 teaspoon ghee.
06:29	Procedure:
06:31	Heat a pan and dry roast sesame seeds until they turn golden in color.
06:38	Allow them to cool and later make a fine powder of it using a grinder.
06:44	Next, heat a pan and add drumstick leaves
06:48	and saute for 5 minutes.
06:51	Take this out on a plate.
06:55	Add the sesame seeds powder to the sauteed leaves.
06:59	Add roasted bengal gram flour,
07:03	turmeric powder and a pinch of salt.
07:07	Mix it well.
07:09	With clean hands knead a dough by adding a little amount of water at a time.
07:15	Then divide the dough into 2 balls and flatten it into cutlets.
07:21	Next heat ½ teaspoon ghee in a pan.
07:25	Now roast the cutlets in this pan until both sides are cooked.
07:32	Keep them aside for later use.
07:35	We will now make the curry.
07:37	Heat ½ teaspoon ghee in a steel pot.
07:41	Add cumin seeds, mustard seeds and curry leaves to it.
07:47	Once the seeds splutter, add whisked curd and turmeric powder.
07:53	Cook this for 5 minutes.
07:56	Once the gravy is cooked add sesame seeds cutlets.
08:02	Let it cook for 3 to 5 minutes on a low flame.
08:06	Sesame seeds and drumstick leaves cutlet in curd curry is ready.
08:12	Next recipe is foxtail millet pulao.
08:16	Let us look at the ingredients required:

08:20	1 tablespoon soaked foxtail millet.
08:24	1 tablespoon sprouted black-eyed beans.
08:28	50 grams curd.
08:30	2 teaspoons peanut powder.
08:33	4 teaspoons grated carrot.
08:35	1 small chopped onion.
08:39	The spices needed are:
08:41	¼ teaspoon turmeric powder.
08:44	¼ teaspoon chilli powder.
08:47	¼ teaspoon cumin powder.
08:51	Other ingredients required are:
08:53	7 to 8 curry leaves.
08:56	A pinch of salt and
08:58	1 teaspoon ghee.
09:01	Before we begin, I will tell you the procedure for sprouting.
09:07	Wash and soak black-eyed beans in water for 8 to 9 hours.
09:13	Later, put it in a strainer and rinse it thoroughly with water.
09:19	Let all the water drain out and then tie it in a clean cotton cloth.
09:26	Keep it aside until it sprouts.
09:29	We will start making the recipe now.
09:32	Heat ghee in a pressure cooker.
09:35	Add onion and curry leaves.
09:38	Saute it for 4 to 5 minutes on a low flame.
09:42	Next, add sprouted black eyed beans, foxtail millet, carrot and curd.
09:50	Now, add all the spices and salt in it.
09:54	Mix it well.
09:56	Add 1 cup of water and mix again.
10:00	Pressure cook this for 4 to 5 whistles.
10:04	Our foxtail millet pulao is ready.
10:08	All these recipes are rich in protein
10:11	and omega-3 fatty acids .
10:14	These recipes are a source of vitamin B complex ,
10:19	phosphorus ,
	potassium and
10:21	zinc .
10:23	They are also a rich source of calcium ,
10:26	magnesium ,
10:28	iron and
10:30	sulphur .
10:31	Include these recipes in your baby's daily diet for good health.
10:38	This brings us to the end of this tutorial.

	Thanks for joining.
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