

Time	Narration
00:00	Welcome to the <b>Spoken tutorial</b> on Vegetarian recipes for 6 month old babies.
00:07	In this tutorial, we will learn-
00:10	Introduction to complementary feeding
00:13	and How to prepare vegetarian recipes such as-
00:17	Black-eyed beans puree
00:19	Pumpkin puree
00:21	Ragi porridge
	Sorghum porridge
00:24	and Spinach leaves puree
00:27	Before we begin, it is important to remember that
00:31	exclusive breastfeeding is recommended for the first six months.
00:36	After completion of 6 months, breast milk is not enough for the baby.
00:42	Therefore, along with breastfeeding the baby should be fed home cooked food too.
00:48	It is known as complementary feeding.
00:51	While introducing a Complementary food to the baby, start one food at a time.
00:58	It will help to find if the baby is allergic to any food.
01:02	Once the baby gets comfortable, start giving the combination of ingredients.
01:09	Initially, start with one tablespoon twice a day
01:13	then, gradually, go up to 4 tablespoons twice a day.
01:18	Apart from these, while preparing the baby's food always use local, regional and seasonal ingredients.
01:29	Please, do not add salt and honey in baby's food till she turns one.
01:36	Also, do not add sugar and jaggery until the baby is 2 years of age.
01:43	After completion of 6 months,
01:45	the baby requires up to 200 calories of energy from complementary foods.
01:51	Only well cooked and pureed form of the food should be given.
01:56	Let's begin with our recipes but, before that keep in mind-
02:01	One can use breastmilk
02:04	coconut milk or
02:06	boiled and cooled water to make the following recipes.
02:10	The first recipe is Black-eyed beans puree.
02:14	To make it, we will need Black-eyed beans or Cowpeas
02:21	Firstly, soak the Black-eyed beans for around 9-12 hours
02:25	Remove it in a strainer and rinse it thoroughly using water.
02:30	Let all the water drain out.
02:33	Then tie it in a clean cotton cloth.
02:36	Keep it aside till it sprouts
02:39	This process is called germination.
02:43	Take out these beans in a steel container
02:47	and soak it for an hour or two.

02:50	Then, gently remove the outer cover by rubbing between fingers.
02:55	Separate the outer covers and take out these beans in a steel pot.
03:00	Add water until the beans get covered.
03:04	Keep this steel pot in a pressure cooker.
03:07	Cook it until 4-5 whistles.
03:11	Remove it from the flame and allow it to cool for some time.
03:15	Now, gently separate cooked outer covers if there are any
03:21	and make a puree of boiled beans using a mixer or a stone grinder.
03:27	Add a little amount of boiled water
03:31	or the remaining pressure cooked water
03:34	and the Black-eyed beans puree is ready.
03:37	This Black-eyed beans puree is rich in <b>Protein</b>
03:41	<b>Phosphorus</b>
03:43	<b>Iron</b>
	Zinc
03:45	and <b>Magnesium</b>
03:47	To make such purees, you can also use any locally available alternatives such as-
03:54	Moth beans
	Bengal gram
03:57	Yellow peas
	Red lentils
03:59	Green peas
04:01	Kidney beans
	Chickpeas
04:03	Horse gram, etc.
04:05	The second recipe is Pumpkin puree.
04:09	For that we require 250 grams of Yellow Pumpkin
04:13	and for the preparation take cleaned and washed Pumpkin.
04:18	Remove the seeds.
04:20	Dice it in small pieces.
04:22	Then, cook it in a steamer for around 15 minutes.
04:26	Remove it from the flame
04:28	and let it cool for some time.
04:30	Now make a puree of this cooked Pumpkin using a mixer or a stone grinder.
04:37	The Pumpkin puree is ready.
04:40	This Pumpkin puree is a source of <b>Vitamin A</b>
04:44	<b>Folate</b>

	<b>Choline</b>
04:46	<b>Potassium</b> and <b>Sulphur</b>
04:49	If Pumpkin is not available then other vegetables used are-
04:54	Green Pumpkin White Pumpkin, etc.
04:58	Now we will see the third recipe, which is Ragi porridge.
05:02	For that, we will require one tablespoon of Ragi powder
05:08	Please note that: Ragi powder is different from Ragi flour.
05:12	For this recipe, we need Ragi powder.
05:16	Therefore, we will first see how to make Ragi powder.
05:21	To prepare it- Firstly, soak the Ragi for around 9 to 12 hours.
05:26	Remove it in a strainer and rinse it thoroughly using water.
05:32	Let all the water drain out.
05:34	Then, tie it in a clean cotton cloth.
05:37	Keep it aside till it sprouts.
05:40	This process is called Germination.
05:43	After that, dry it in the sunlight for a day or two.
05:48	Then, roast it on a low flame for about 10 to 12 minutes.
05:52	Remember, continuous stirring is required.
05:56	This entire process will reduce the phytic acid from the food.
06:01	Now, make a powder of it using a mixer or a stone grinder.
06:07	We can store this powder for a week in an airtight container in a dry, cool place.
06:15	Next, to make Ragi porridge, take one tablespoon of this Ragi powder.
06:20	Add boiled and cooled water
06:22	or other alternatives as explained earlier.
06:26	Mix it well to avoid lumps.
06:29	Cook this mixture for about 7 to 10 minutes on a low flame.
06:34	Add little amount of water during cooking if required.
06:38	It will bring down the consistency of the porridge.
06:42	But make sure the consistency of the porridge should not be thin or watery.
06:49	The Ragi porridge is now ready.
06:51	This Ragi porridge provides various nutrients such as <b>Protein</b>
06:56	<b>Calcium</b>

	<b>Iron</b>
06:59	<b>Potassium</b> and <b>Sulphur</b>
07:02	The fourth recipe is Sorghum porridge.
07:06	For that, we will require two tablespoons of Sorghum powder
07:10	and to make the powder, soak the Sorghum in water for 7 to 8 hours.
07:16	After which put it in a strainer and rinse it thoroughly with water.
07:21	Let all the water drain out.
07:24	Now tie it in a clean cotton cloth and keep it aside till it sprouts.
07:30	Dry this sprouted Sorghum under the sunlight for a day or two.
07:36	Roast it on a low flame for 10 to 12 minutes.
07:40	Then grind it and make a powder of it.
07:43	We can store this powder for a week in an airtight container in a dry, cool place.
07:50	Take two tablespoons of this Sorghum powder in a bowl.
07:54	Add 4 to 5 teaspoons of boiled and cooled water
07:58	or other alternatives as mentioned earlier.
08:01	Mix well to avoid lump formation.
08:04	Now cook this mixture on a low flame for 4 to 6 minutes.
08:10	And the Sorghum porridge is ready.
08:13	Note that, the Sorghum porridge is rich in <b>Protein</b>
08:17	<b>Phosphorus</b> <b>Potassium</b>
08:20	<b>Magnesium</b> <b>Selenium</b>
08:23	<b>Sulphur</b> and <b>Iron</b>
08:25	The fifth recipe is Spinach leaves puree.
08:30	To make Spinach leaves puree we require,
08:33	2 cups of washed and trimmed Spinach leaves
08:37	and one teaspoon of ghee.
08:40	Procedure: Heat 1 teaspoon of ghee in a pan.
08:44	Add washed and trimmed Spinach leaves.
08:47	Saute it for 5-7 minutes on a low flame.

08:52	Now, take out these sauted leaves on a plate
08:56	and make a puree of it using a stone grinder or a mixer.
09:01	Now our Spinach leaves puree is ready.
09:05	Spinach leaves are a source of <b>Vitamin A</b>
09:08	<b>Folate</b>
09:10	<b>Vitamin C</b>
09:10	<b>Iron</b>
09:12	<b>Magnesium</b>
09:12	and <b>Calcium</b>
09:16	One can use any locally available leafy vegetables to make such kind of puree.
09:22	For example; Red Amaranth leaves
09:25	Drumstick leaves
09:27	Radish leaves
09:29	Fenugreek leaves and Mustard leaves
09:32	This brings us to the end of this tutorial. Thanks for joining