

Time	Narration
00:00	Welcome to the spoken tutorial on non-vegetarian recipes for 19 to 24 month old babies.
00:09	In this tutorial, we will learn about:
00:12	Energy requirements for 19 to 24 month old babies.
00:18	Preparation of some non-vegetarian recipes.
00:23	Let us begin. During 19 to 24 months, the baby requires upto 550 calories of energy per day.
00:33	This energy should come from complementary food.
00:37	In this period, one cup of food should be given each time three to five times a day.
00:46	Make sure to use local and seasonal food items.
00:53	Various non-vegetarian foods like fish, eggs, chicken and meat can be given.
01:02	Along with complementary food breast milk is necessary too.
01:07	Breastfeeding is recommended upto 2 years of age.
01:12	Let's begin with our first recipe which is fish cutlet.
01:18	To prepare this recipe you can use 150 grams of any locally available fish.
01:27	For example: salmon, mackerel, pomfret, cod fish (rohu -Bracketed text is only for International languages), etc.
01:34	I will use 150 grams of cod fish (rohu -Bracketed text is only for International languages).
01:39	Other ingredients required to make this recipe are:
01:43	½ finely chopped onion.
01:47	1 egg. 2 tablespoons of chopped coriander leaves.
01:52	1 tablespoon of roasted bengal gram flour.
01:57	1 tablespoon lemon juice.
02:00	1 teaspoon ghee or oil.
02:03	¼ teaspoon salt.
02:06	The spices required are:
02:09	¼ teaspoon turmeric powder.
02:12	¼ teaspoon red chilli powder.
02:15	½ teaspoon cumin seeds powder.
02:18	½ teaspoon coriander powder.
02:22	Procedure: Take 150 grams of washed and cleaned pieces of fish.
02:29	Apply salt, turmeric and lemon juice on it.
02:34	Keep it aside for 25 to 30 minutes.
02:39	Pressure cook the fish pieces with 1 glass of water.

02:43	Cook until 3 to 4 whistles.
02:48	Let the pressure release on its own and then open the lid.
02:52	Take out the fish pieces and separate the bones and skin from the fish.
02:58	Slightly mash the fish using a spoon or clean hands.
03:04	Take the mashed fish in a bowl.
03:06	Add chopped onions and chopped coriander leaves to it.
03:11	Then add red chilli powder, cumin powder and coriander powder.
03:17	To bind the mixture, you can even add 1 tablespoon of roasted bengal gram flour.
03:24	Mix everything well and make round balls of this mixture.
03:29	Flatten the balls to make the cutlets.
03:32	Keep it aside in a cool place or refrigerate it for an hour.
03:39	Next, beat an egg thoroughly and add some salt.
03:44	Dip the cutlets in the beaten egg and coat on all sides.
03:49	Heat oil in a pan.
03:51	Fry the cutlets on both sides on medium flame.
03:56	Fish cutlets are ready.
03:58	The second recipe is egg amaranth leaves curry.
04:03	Ingredients required are:
04:05	2 hard boiled eggs.
04:08	30 grams or $\frac{3}{4}$ cup of washed amaranth leaves.
04:14	1 tablespoon white sesame seeds.
04:18	$\frac{1}{2}$ sliced onion.
04:20	$\frac{1}{2}$ chopped tomato.
04:23	2 teaspoon ghee or oil.
04:26	$\frac{1}{4}$ teaspoon salt.
04:29	The spices required are:
04:32	$\frac{1}{2}$ teaspoon red chilli powder.
04:35	$\frac{1}{2}$ teaspoon coriander powder.
04:38	$\frac{1}{4}$ teaspoon turmeric powder.
04:41	Procedure:
04:43	Heat oil or ghee in a pan.
04:46	Add sliced onions and saute them until they turn light golden.
04:52	Then add the chopped tomatoes.
04:55	Add salt, spices and sesame seeds in it.
05:00	Mix everything well and cook for 1 to 2 minutes.
05:07	Then add chopped amaranth leaves in it and saute it.
05:11	Add the pieces of hard boiled eggs in it.
05:15	Next, add $\frac{1}{2}$ cup of water
05:18	and cover it.
05:20	Cook for 3 to 5 minutes on low flame.
05:24	Egg and amaranth leaves curry is ready.
05:28	You can also use any locally available seasonal leafy vegetable.
05:34	For example: spinach,

05:37	fenugreek leaves, colocasia leaves, etc.
05:41	The next recipe is chicken balls curry.
05:45	Ingredients required to make this recipe are:
05:49	100 grams minced chicken.
05:52	1 cup or handful of washed coriander leaves.
05:57	1 tablespoon curd.
05:59	$\frac{3}{4}$ tablespoon roasted flax seeds.
06:04	$\frac{1}{2}$ small onion.
06:06	$\frac{1}{2}$ inch of ginger.
06:09	2 to 3 cloves of garlic.
06:12	You will need the following spices:
06:14	$\frac{1}{2}$ teaspoon cumin seeds powder.
06:17	$\frac{1}{2}$ teaspoon coriander powder.
06:20	$\frac{1}{2}$ teaspoon garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
06:23	$\frac{1}{2}$ teaspoon cumin seeds.
06:26	$\frac{1}{4}$ teaspoon turmeric powder.
06:30	You will also need 1 teaspoon of oil or ghee.
06:34	Take salt according to your taste.
06:37	Procedure: Take minced chicken in a bowl
06:41	and add salt and turmeric.
06:44	Keep it aside for 20 to 30 minutes.
06:48	Next, divide this chicken into 4 parts and make round balls.
06:55	To steam the chicken balls, fill one fourth of the vessel with water.
07:01	Place a stand in the vessel.
07:04	Then keep the plate of chicken balls on the stand.
07:08	Cover the vessel and cook on medium flame for 10 minutes.
07:14	Let us also prepare the paste for the gravy.
07:18	Take onion, coriander leaves, ginger, garlic, roasted flax seeds in a mixer.
07:26	Add curd and grind it to make a smooth paste.
07:30	Next, heat oil or ghee in a pan
07:33	and add cumin seeds.
07:36	Once it starts to crackle, add the prepared paste into it.
07:41	Add cumin powder, coriander powder, garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages) and salt.
07:48	Mix it well and let it cook for 2 to 3 minutes.
07:53	Then add $\frac{1}{2}$ cup of water and
07:56	steamed chicken balls into the pan.

07:59	Cover and cook on low flame for 5 to 7 minutes.
08:05	Switch off the flame and garnish with chopped coriander leaves.
08:11	Chicken balls curry is ready.
08:14	The next recipe is barnyard millet idli stuffed with chicken liver.
08:21	For this, we need:
08:23	4 tablespoons or 60 grams of barnyard millet.
08:29	2 tablespoons or 30 grams split black gram.
08:35	60 grams or 1 chicken liver.
08:39	½ finely chopped onion.
08:43	1 teaspoon lemon juice.
08:46	½ teaspoon ginger garlic paste.
08:50	½ teaspoon fenugreek seeds.
08:53	The spices required are:
08:55	½ teaspoon turmeric powder.
08:58	½ teaspoon garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
09:02	¼ teaspoon coriander powder.
09:05	You will also require 1 tablespoon of oil or ghee
09:10	and ¼ teaspoon salt.
09:14	Procedure: In a bowl wash and then soak the barnyard millet overnight.
09:21	Likewise, wash and soak split black gram and fenugreek seeds together overnight.
09:30	Next morning, rinse and drain the water from both the bowls.
09:36	Grind them together to make a smooth batter by adding a little water in it.
09:43	Add some salt and keep the batter aside to ferment for 7 to 8 hours.
09:50	Next, take the chicken liver on a plate.
09:54	Apply lemon juice, turmeric powder and ginger garlic paste on it.
10:01	Keep it aside for 20 to 30 minutes.
10:06	Then, heat oil in a pan and saute the chopped onions.
10:11	Once it turns light golden, add the chicken liver into it.
10:17	Add salt, coriander powder and garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
10:22	Mix everything well.
10:25	Add ½ cup water and cover the pan.
10:29	Let it cook on low flame for 5 minutes until the water dries up.
10:36	The stuffing is ready.
10:38	Once it cools down, chop the chicken liver into very small pieces.
10:44	Next, grease the idli plates using ghee or oil.
10:49	Pour some fermented batter on the idli plates.
10:53	Add 1 teaspoon of the chicken liver stuffing in it.
10:57	Then pour some more idli batter on top of it.
11:02	Repeat this step to make the rest of the idlis.

11:07	Place the idli stand in a pressure cooker and cook without a whistle.
11:12	Cook for 10 to 12 minutes on low flame.
11:17	Our barnyard millet idlis stuffed with chicken liver are ready.
11:23	All these recipes are rich in protein ,
11:27	omega-3 fatty acids
11:29	and choline .
11:32	These recipes are sources of vitamins like Vitamin D ,
11:38	A ,
	B2 ,
11:40	B3 ,
	B6 ,
11:42	B9 ,
11:44	B12 .
11:46	Iron, zinc, calcium and phosphorus are also present in all these recipes.
11:54	Include these recipes in the baby's diet for good health.
12:00	This brings us to the end of this tutorial. Thanks for joining