

Time	Narration
00:01	Welcome to the <b>spoken tutorial</b> on non-vegetarian recipes for 7 month old babies.
00:09	In this tutorial, we will learn about:
00:13	Energy requirements for 7 month old babies.
00:18	Preparation of some non-vegetarian recipes.
00:23	Let us begin. A 7 month old baby requires 200 calories from complementary food in a day.
00:33	Half a cup of food should be given thrice a day.
00:38	A half-cup is about 125 milliliters or
00:43	8 tablespoons of food.
00:47	Only mashed and pureed form of food should be given.
00:53	The consistency of baby's food should be thick enough.
00:58	While making the baby's food, always use local and seasonal ingredients.
01:06	Make sure you are giving a combination of foods to your baby.
01:13	Also please make sure not to add salt in any of the baby's food until they turn 1.
01:22	Sugar and jaggery should not be added until the baby turns 2.
01:28	Non-vegetarian foods are rich in good fats, <b>protein</b> and other micronutrients.
01:36	These nutrients are essential for proper growth and development of the babies.
01:45	Foods like chicken, eggs, and meat can be given.
01:51	Now let us see some of the non-vegetarian recipes for 7 month old babies.
01:59	Our first recipe is dried fish powder.
02:04	We will need dried Bombay duck fish to make this powder.
02:09	Procedure:
02:11	Take 4 to 5 dried Bombay duck fish.
02:16	Clean it by cutting the head, tail and the fins using a knife or a scissor.
02:24	Then, cut the dried fish into medium-sized pieces.
02:30	Dry roast these pieces on a pan on low flame for 5 to 10 minutes.
02:39	Let it cool down and then grind it to make a fine powder.
02:44	Dry fish powder is ready.
02:48	It should be stored in the refrigerator in an airtight container.
02:53	One to two teaspoons of this powder can be added to baby's food.
03:00	Any local dried fish can be used to make this powder.
03:07	The second recipe is egg and green gram sprouts puree.
03:13	For this recipe, we need:
03:15	1 hard-boiled egg.
03:19	1 tablespoon of green gram.
03:22	Procedure: Wash and soak green gram in water for 6 to 8 hours.

03:30	Strain the water and keep the green gram in a cool and dry place.
03:37	Note that sprouting depends on the weather too.
03:41	It will take more time to sprout in winter than summer.
03:47	Once the sprouts appear, boil it in ½ cup of water for 5 to 10 minutes.
03:55	Let it cool and then mash it using a spoon or with clean hands.
04:02	Take a hard-boiled egg on a plate.
04:06	Remove the outer shell and mash the egg using a spoon or clean hands.
04:13	Now mix the mashed eggs with mashed sprouted green gram.
04:19	It is ready to be served.
04:22	Our next recipe is chicken liver and little millet porridge.
04:28	To make this recipe we need:
04:31	1 chicken liver.
04:34	1 tablespoon little millet.
04:37	½ lemon.
04:39	Pinch of turmeric powder.
04:42	Procedure: Take 1 tablespoon of little millet in a bowl.
04:48	Wash and soak it for 8 to 10 hours.
04:53	Next, take washed and cleaned chicken liver in a bowl.
04:59	Apply juice of half a lemon and a pinch of turmeric powder.
05:06	Keep it aside for 15 to 20 minutes.
05:12	Next, cook the chicken liver in a pan with half a cup of water.
05:19	Cook for 7 to 10 minutes.
05:22	Let it cool and then mash it with a spoon or with clean hands.
05:29	Then take the soaked little millet and rinse it well.
05:34	Put it in a vessel to cook with 1 cup of water.
05:39	Cook for 15 to 20 minutes on low flame until the water dries up.
05:47	Add the mashed chicken liver to it and mix well.
05:51	Chicken liver and little millet porridge is ready.
05:57	Moving further, let's look at the recipe for bone broth.
06:02	To make this recipe, we need:
06:05	200 grams of cleaned and washed goat bones.
06:11	2 chopped tomatoes.
06:13	½ teaspoon cumin seeds powder.
06:17	½ teaspoon turmeric powder.
06:21	½ teaspoon ghee.
06:24	Procedure: Heat ghee in a vessel
06:27	and add chopped tomatoes.
06:30	Add cumin seeds powder and turmeric powder.

06:35	Mix well and saute it for 2 to 3 minutes on a low flame.
06:41	Add cleaned goat bones and
06:44	1 litre of water in it.
06:48	Cook it on low flame for about 30 minutes.
06:53	Once it cools, strain the broth to separate the bones which can choke the baby.
07:00	This broth can be used as an alternative to water in the baby's food.
07:07	It can also be used as an alternative for coconut milk.
07:12	All these recipes are rich in <b>protein</b> ,
07:15	<b>omega-3 fatty acids</b>
07:17	and <b>choline</b> .
07:19	These recipes are sources of <b>vitamins</b> like <b>vitamin D</b> ,
07:25	<b>A</b> ,
	<b>B2</b> ,
07:28	<b>B9</b> and
07:30	<b>B12</b> .
07:32	<b>Calcium, magnesium, phosphorus, iron, zinc</b> and <b>selenium</b> are also present.
07:43	Include these recipes in the baby's diet for good health.
07:48	This brings us to the end of this tutorial.
	Thanks for joining.