

# Fact Sheet

**FACT SHEET 10.**  
(CHS\_FS\_GNA\_023)

## RECIPES

Following are some recommended recipes for your child.

The fruit based recipes contain natural sweetness, so they do not require added sugar. Some of the recipes in this fact sheet contain a small amount of added sugar.

Expressed breast milk or infant formula may be used in recipes instead of cow's milk for younger children. For most children, cow's milk may be used in recipes from six months of age.

**Recommended ages for introducing each recipe have been given as a guide only.**

### 1. Blended Vegetables

(from 6 months)

#### **Ingredients (finely chopped):**

1 small potato, peeled

1 small piece pumpkin

½ small carrot, grated

**1 small piece green leafy vegetable (broccoli, zucchini, lettuce)**

#### **Method:**

Using a steamer or saucepan, bring a small amount of water to the boil.

Add the vegetables, cover with a tight fitting lid and cook quickly until vegetables are soft.

**Press vegetables through a strainer or puree in a blender or food processor.**

### 2. Fruit Pulp

(from 6 months)

#### **Ingredients:**

Fresh apple, pear, peach, apricot or dried prunes (stones removed).

#### **Method:**

If using fresh fruit, wash, peel, core and dice.

If using dried fruit, wash, dice and soak in just enough water to cover fruit for at least 15 minutes before cooking.

Place fresh fruit or soaked, dried fruit and any remaining liquid in a saucepan. Add just enough water to cover the bottom of the saucepan and cook quickly until fruit is soft.

Press pulp through a strainer or puree in a blender.

Source: Infant and Toddler Feeding Guideline: Compiled by Royal Children's Hospital Department of Nutrition and Dietetics:

Last Updated: November 2004

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# Fact Sheet

## 3. Blanc Mange

(from 9 months)

### Ingredients:

1 tablespoon cornflour  
250ml milk  
½ teaspoon sugar

### Method:

Place cornflour in a saucepan and mix to a smooth paste with a little milk. Stir in the remaining milk and sugar. Over medium heat, slowly bring to the boil, stirring continuously. Remove from heat, stir and pour into bowl. Allow to cool slightly, then refrigerate.

## 4. Blended Steamed Fish

(from 8 months)

### Ingredients (finely chopped):

1 fillet of fish

### Method:

Place fish in a steamer or saucepan with a small amount of water. Cover and steam until fish is well cooked. Carefully remove all bones and skin and press through a strainer and puree in a blender. The fish may be served with white sauce.

## 5. Blended Chicken in White Sauce

(from about 9 months)

### Ingredients:

1 teaspoon cornflour  
100ml milk  
1 tablespoon finely chopped cooked chicken (no skin)

### Method:

Blend flour and milk in a small saucepan and simmer for a few minutes. Add chicken and press through a strainer or puree in a blender.

Source: Infant and Toddler Feeding Guideline: Compiled by Royal Children's Hospital Department of Nutrition and Dietetics:  
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# Fact Sheet

## 6. Scrambled Egg

(from 9 months)

### Ingredients:

1 egg yolk  
150ml milk

### Method:

Whisk egg yolk and milk together.

Pour mixture into a non-stick frypan and cook over a low heat, stirring occasionally with a fork.  
When cooked, cool slightly and serve.

**Note:** A whole egg may be used for children from 12 months of age.

## 7. Baked Custard

(from 9 months)

### Ingredients:

1 egg yolk  
150ml milk  
1 teaspoon sugar  
several drops of vanilla essence

### Method:

Beat all ingredients together. Pour into an ovenproof dish and stand in a baking dish containing enough water to come half way up the side of the ovenproof dish.

Bake in a moderate oven until set.

**Note:** A whole egg may be used for children from 12 months of age.

## 8. Blended Meat

(from 6 months)

### Ingredients:

Small amount (½ cup) chicken, lean beef, veal or lamb - finely chopped or minced.

### Method:

Place meat in a saucepan with enough water to cover. Simmer gently until meat is tender and well cooked.

Press meat through a strainer or blend it.

Source: Infant and Toddler Feeding Guideline: Compiled by Royal Children's Hospital Department of Nutrition and Dietetics:

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# Fact Sheet

## 9. Rusks

(from 8 months)

### Ingredients:

1 loaf unsliced wholemeal bread.

### Method:

Cut about 4cm of crust from all sides of bread. Cut crusts into fingers. Spread crusts over a backing tray and bake in a slow oven for approximately one-hour or until dry. Allow to cool. Store in an airtight container in the refrigerator. Use as required.

## 10. Chicken in White Sauce

(may be offered from about 9 months)

### Ingredients:

1 tablespoon finely chopped cooked chicken (no skin)  
2 teaspoons flour or cornflour  
100ml milk

### Method:

Blend flour and milk in a saucepan and simmer for a few minutes. Add chicken and heat through before serving.

## 11. Steamed Fish

(may be offered from about 9 months)

### Ingredients:

1 fillet of fish

### Method:

Place the fillet of fish in a steamer or saucepan with a small amount of water. Steam until the fish is well cooked. Carefully remove bones and skin. Serve plain or with white sauce.

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