



Introducing solids

Recipes for babies

Remember...

- Only use ingredients your baby has already tried.
- Babies and children do not need special foods. By 12 months, they can eat the same meals as the rest of the family.
- Use expressed breast milk or infant formula instead of cow's milk in recipes for younger babies.
- For most children, cow's milk may be used in recipes from nine months.

When preparing food for your baby, only use foods they have already been introduced to as ingredients. Avoid adding salt, sugar or honey to basic foods. Your baby's taste buds are more concentrated than ours and it is important to develop a taste for the natural flavour of foods.

Babies and children do not need special foods. By 12 months, your baby should be eating the same healthy meals as the rest of the family. At earlier stages, the easiest approach is to take part of your family meal made up of foods already introduced to your baby and change its texture to suit their developmental stage.

For example, from six months a roast for the rest of the family could become pureed potato, pumpkin and beans for baby with finely chopped and pureed meat blended with meat juices. Children like to watch and imitate people around them. This may be a time to reassess your own food choices.

Expressed breastmilk or infant formula may be used in recipes instead of cows milk for younger children. For most children, cows milk may be used in recipes from nine months of age. Recommended ages for introducing each recipe have been given as a guide only.

As you become more confident feeding your baby, you will be able to develop your own recipes. Here are some to get you started.

1. Blended vegetables (from 6 months)

Ingredients

(finely chopped)

- 1 small potato, peeled
- 1 small piece pumpkin (peeled)
- 1/2 cup 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. Offer the new food at the beginning of feeding time when your baby is hungry. This will increase acceptance of new flavours.

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.

3. Blended meat (from 6 months)

Ingredients

Small amount (1/2 cup) of 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.

4. 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 baking tray and bake in a slow oven for approximately one hour until dry.

Allow to cool, then store in an airtight container in the refrigerator. Use as required. Store for a maximum of one week.

5. Blended steamed fish* (from 8 months)

Ingredients

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 from 9 months.

* Caution should be taken when introducing allergen foods. See the fact sheet on food allergies for more information.



6. Baby rice pudding (from 9 months)

Ingredients

- 3/4 cup cooked rice
- 3/4 cup (180 ml) milk
- 1/2 teaspoon vanilla
- 1 tablespoon sugar

Method

Mix together the cooked rice, milk and sugar.

Heat in a saucepan over low heat until milk is absorbed, stirring frequently, then stir in vanilla.

Cool and serve warm or cold.

7. Blanc mange (from 9 months)

Ingredients

- 1 tablespoon cornflour
- 250ml milk
- 1 teaspoon sugar
- 1/2 teaspoon vanilla

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.

8. Blended chicken in white sauce (from 9 months)

Ingredients

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

Method

Over a gentle heat, blend flour and butter in a small saucepan until a paste is formed.

Add milk gradually and stir continuously so lumps don't form.

Bring to the boil and keep stirring until a thick sauce forms.

Add chicken and press through a strainer or puree in a blender.

9. Scrambled egg* (may be offered from 9 months)

Ingredients

- 1 egg yolk
- 150ml milk

Method

Whisk egg yolk and milk.

Pour mixture into a nonstick 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.

10. 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 halfway 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.

11. Mince stew (from 9 months)

Ingredients

- 1/4 finely chopped onion
- 1/2 diced carrot
- 1/2 stick of finely chopped celery
- 1/4 cup mince

Method

Saute onion in a little vegetable oil.

When onion is soft, add in carrot and celery and stir.

When these vegetables have slightly softened, add in mince and brown thoroughly.

Add a little water if needed. This will also help break up the mince and form a sauce.

Acknowledgements

This fact sheet is consistent with current Infant Feeding Guidelines and Dietary Guidelines for Children and Adolescents in Australia, as produced by the National Health and Medical Research Council.

It is also based on information drawn heavily from:

- Infant and Toddler Feeding Guide, Department of Nutrition and Dietetics, Royal Children's Hospital and Health Service District, 2004.
- Breastfeeding: A Simple Guide to Help You Establish Breastfeeding, Community Child Health Service, Royal Children's Hospital and Health Service District, 2004.
- Growing Strong: Feeding You and Your Baby, Public Health Services, Queensland Health, 2003.
- Optimal Infant Nutrition: Evidence Based Guidelines 2003-2008, Queensland Health, 2003.

This fact sheet is also the result of input and effort from many health professionals in Queensland. Their help with the content is greatly appreciated.

To access the full set of fact sheets, go to <http://www.health.qld.gov.au/child&youth/factsheets>.

* Caution should be taken when introducing allergen foods. See the fact sheet on food allergies for more information.

