



Milk and More RECIPE BOOK

Helping children eat for a healthy life

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Many thanks to the families who willingly shared photos of their babies with us.

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Introduction

Waiting until babies have the developmental skills to cope with solid foods – able to sit up with support; reaching out to grab food, taking it to their mouth and chewing on it; and able to swallow food, rather than always pushing it out with their tongue – makes starting on solids much easier for both your baby and you. These skills usually come when they are around 6 months old.

Babies can start with real solid food, with a variety of tastes and textures, rather than purées. They benefit from being part of family meals from the beginning, as long as the family food includes healthy and nutritious food from all the important food groups – fruit and vegetables, protein foods and starchy foods. It is important not to add salt or sugar during cooking or afterwards while the baby is less than 1 year old. Salt is bad for babies' kidneys and sugar can cause tooth decay.

Allowing babies to feed themselves develops their skills and independence. It also lets them decide how much to eat to meet their nutritional needs.

Serving sizes

Serving sizes are a rough guide, with an average size for adults and children 1–4 years old. Babies may well take less. It is good to offer children small portions and give more if they show they want more. Follow their cues for when they have had enough. The Eating Well recipe book (see link on page 4) shows suggested portion sizes for different ages.

Abbreviations

ml	millilitre
cm	centimetre
g	gram
tsp	teaspoon (5 ml)
tbsp	tablespoon (15 ml)

When babies eat with others they tend to eat better and enjoy it more, as well as learning social, language and other skills. Always stay with your baby when they are eating.

We hope you will enjoy preparing and eating this good food!

Introduction

This booklet provides recipes that can be relatively simply and quickly made and yet are both delicious and nutritious for the whole family. Many of the recipes are suitable for freezing. Freeze in individual portions for another time.

Many of the recipes are taken, with their kind permission, from two sources of tested and nutritionally balanced recipes:

- 'Eating well: the first year', 'Eating well recipe book' and other books from First Steps Nutrition Trust www.firststepsnutrition.org/eating-well-resources (freely downloadable and in some libraries)
- The Baby-led Weaning Cookbook: over 130 delicious recipes for the whole family to enjoy, by Gill Rapley & Tracey Murkett, obtainable online, from good bookshops and some libraries.

Further information can be found on:

- **Family Information Service, Islington, including information about workshops and starting on solids sessions** – www.islington.gov.uk/starting-solids
- **Start4Life – Department of Health website** – www.nhs.uk/start4life
- **Whittington Health Bright Start Health Visiting website** – www.whittington.nhs.uk/default.asp?c=41252
- **'Ready, steady...eat' A parents' guide to starting babies on solid food' video from Cornwall Healthy Weight** – <https://youtu.be/tuhNNA15310>
- **Child Feeding Guide – tips and tools to create happy mealtimes and healthy eaters** – www.childfeedingguide.co.uk

Baby's gag reflex

A baby's gag reflex is nature's way of stopping babies from swallowing food that has not been chewed enough. It brings food back to the front of the mouth. Your baby may turn red in the face and cough and splutter, but usually continues to eat and is less bothered by it than you are. Make sure that they are sitting upright so the food can fall forward out of their mouth. As they get older, they will gag less. Gagging is not the same as choking, when something blocks the airway. Choking is quiet so always stay with your baby when eating. Don't put pieces of food into your baby's mouth – it is safest to let them pick it up with their hands.

Ideas for different meals

Babies who are encouraged to feed themselves from the beginning are more likely to eat a variety of foods and be less fussy. You can make first finger foods from food you have at home (without salt or sugar), starting with vegetables. The shape and size of your own finger works well for babies to pick up and hold. The 'Eating well: the first year' book (see link on p4) has lots of photos of different finger foods, to give you ideas.

First finger foods to try

Vegetables: raw strips of sweet pepper, fingers of avocado, courgette, cucumber; Lightly cooked broccoli or cauliflower florets, green beans, sticks of potato, yam, carrot, parsnip, butternut squash

Fruit: finger-shaped pieces of fruit (eg banana, pear, watermelon, melon, mango, peach, pear), slices of tinned fruit in fruit juice (eg pear, apricot, mango), soft fruit (eg raspberries, strawberries), or harder fruit like apple or pear cooked slightly

Protein foods: Strips of cooked meat or chicken, fingers of fish without bones or hard-boiled egg

Dairy foods: sticks of cheese

Starchy foods: fingers of cooked potato, toast, thick porridge, polenta; cooked pasta (larger shapes are easier for babies to pick up), clumps of cooked rice

Most of these foods can also be mashed and eaten with a spoon

Breakfast

Porridge, scrambled eggs, kedgeree, pancakes, stewed fruit (with cereal, yogurt or on pancakes)

Snacks

Hummus (with vegetable sticks or toast), Irish potato cakes, pancakes, porridge fingers, vegetable sticks, pieces of fruit, bread or toast, plain yogurt, sticks of cheese

Meals

Fish pie, tuna or vegetables in white or cheese sauce (eg cauliflower, tuna), beef and broccoli stir-fry, spaghetti bolognese, spicy lamb patties, chicken stir-fry with noodles, chicken and vegetable stew, lentil and vegetable stew, African sweet potato stew, Masoor dahl with broccoli and potatoes, homemade pizza faces, savoury couscous salad (eg with tuna), fish fingers (with vegetables and potato), jacket potato with filling, white sauce with tuna or vegetables, kedgeree, sandwich or wrap with filling (eg hummus), scrambled egg (eg on toast with vegetable sticks)

Dessert

Custard (eg with fruit), stewed fruit, apple crumble, stuffed baked apples, homemade fruit jelly with mandarin oranges, tinned pear in juice with Greek yogurt, rice pudding, pancakes, banana mug cake, custard with fruit, plain unsweetened yogurt (eg with fruit)

Porridge

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

2
minutes



COOK TIME

Oven:
8 mins
Microwave:
2 mins



SERVES

1 child

Porridge is a really healthy breakfast for all the family – babies can pick up this extra-thick version easily in handfuls. If you want thinner porridge, just use more milk. Try adding fruit – some fresh blueberries or any stewed or pureed fruit (apricot, prunes, plums, apple, pear etc) after cooking.

EQUIPMENT

Measuring spoons,
measuring jug, saucepan,
wooden or plastic spoon
for mixing, microwave
safe bowl (for microwave
method)

INGREDIENTS

3 level tbsp porridge oats
(not 'instant' oat cereal;
use jumbo rolled oats for a
chunkier texture)

100ml milk

METHOD

On the hob of a cooker

1. Put the oats in a small saucepan and add the milk.
2. Bring to the boil and simmer for 5-6 minutes, stirring continuously.
3. Allow to 'sit' for a few minutes, then serve warm.

In a microwave

1. Put oats and milk/water into a microwave safe mixing bowl and stir.
2. Use the HIGH setting of microwave and cook for about 2 minutes, stirring and checking every 30-60 seconds.

Quick porridge fingers

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

5
minutes



COOK TIME

Oven:
15 mins

Microwave:
2 mins



SERVES

1 child

EQUIPMENT

Measuring spoons,
measuring jug, saucepan,
wooden or plastic spoon
for mixing, microwave
safe bowl (for microwave
method)

INGREDIENTS

3 level tbsp porridge oats
3 tbsp milk

METHOD

1. In a bowl, soak the oats in the milk until you have a mushy mixture.
2. Press the mixture into a small, flat-bottomed ovenproof (not metal) dish or bowl using the back of a spoon.
3. Cook in the microwave for 2 minutes on HIGH or cook for about 15 minutes at 190°C/Gas mark 5.
4. Cut into fingers while still hot and serve when cool.

OPTIONS

- Try pressing some raisins or sultanas into the top of the oat mixture before you cook it.

Scrambled eggs



PREP TIME

5
minutes



COOK TIME

5-10
minutes



SERVES

1 adult
and
1 child

EQUIPMENT

Measuring spoons, mixing bowl, whisk or fork, wooden or plastic spoon, saucepan

INGREDIENTS

3 eggs
1 tbsp milk (optional – it gives a softer consistency)
pinch of freshly ground black pepper (optional)
small knob of butter (preferably unsalted)

METHOD

1. In a bowl, beat the eggs, then add the milk and black pepper to taste.
2. Melt the butter in a small saucepan over a gentle heat.
3. Pour in the egg mixture and keep stirring as it thickens. Continue for 5-10 minutes until all the egg has set.
4. Serve immediately, or once cool enough for your baby, with toast, a bagel, an English muffin or a croissant.

OPTIONS

- You can add anything you like to the egg mixture provided it will cook (or heat through) in the time it takes the egg to cook. Try a little finely chopped ham, some grated cheese or a few thinly sliced mushrooms (tinned or pre-cooked).
- Adding some herbs, such as finely chopped fresh parsley, to the egg mixture or sprinkling paprika on top of the cooked egg will give it extra flavour.

White Sauce

and what you can do with it



PREP TIME

5
minutes



COOK TIME

5
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Measuring jug, weighing scales, saucepan, wooden or plastic mixing spoon, grater (if making cheese sauce)

INGREDIENTS

300ml milk
25g unsalted butter (or margarine)
25g plain flour

METHOD

1. Add the butter to a saucepan and melt over a low heat to medium heat.
2. Using a mixing spoon, stir in the flour. Stir continuously until you have a smooth paste (roux).
3. Remove from the heat and gradually stir in the milk. Keep stirring and adding the milk until you have a smooth sauce.
4. Return to the heat and while stirring, bring to the boil.
5. Reduce the heat and simmer for 4–5 minutes, stirring occasionally.
6. When thickened remove from the heat.

OPTIONS

- **To make a cheese sauce:** just add 50g grated cheese of your choice. Add more or less depending on how 'cheesy' you like your sauce.
- **Cauliflower or broccoli cheese or pasta with cheese sauce:** try pouring your white or cheese sauce over meat, vegetables or pasta, or vegetables like cooked cauliflower and/or broccoli. Suitable for freezing.
- **Tuna fish pie:** make white or cheese sauce and then add drained tin of tuna fish or salmon and cook for a few minutes until fish well heated. Serve with rice or mashed potato, and vegetables.

Fish pie

(adapted from 'Get Cooking')



PREP TIME

30-40
minutes



COOK TIME

30-40
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Measuring jug, weighing scales, peeler, chopping board, saucepan, sieve, masher, wooden spoon, ovenproof dish, oven gloves, pans

INGREDIENTS

For the mashed potato topping

4 medium-sized potatoes (Maris Piper is a good variety)

1 tbsp unsalted butter or margarine

4-5 tsp milk

For the fish

1 large skinless fish fillet such as salmon, haddock or pollock.

1 bay leaf

250ml milk

For the white sauce

15g unsalted butter or margarine

15g flour

Reserved milk from fish

Serve with

2-3 large broccoli florets

handful of frozen peas

METHOD

1. Preheat the oven to 200°C/gas mark 6.
2. Peel and wash potatoes. Cut into small chunks. Place in a saucepan, cover with water and boil for about 15 minutes until soft all the way through.
3. Place the fish, bay leaf and milk in a saucepan and cook gently for 10 minutes. Remove the cooked fish and flake, making sure to remove all the bones. Strain the milk from the fish and keep for later.
4. In a saucepan, melt 15g of butter over a low to medium heat. Using a wooden spoon, stir in the flour. Stir continuously until you have a smooth paste (roux). Remove from the heat and gradually stir in the reserved milk from the fish. Keep stirring and adding the milk until you have a smooth sauce. Return to the heat and while stirring, bring to the boil. Reduce the heat and simmer for 3-4 minutes, stirring occasionally. When thickened remove from the heat.

Fish pie

(adapted from 'Get Cooking')

5. Wash broccoli , chop into small pieces and cook with the peas until tender – add to a saucepan of boiling water, steam, or microwave.
6. When the potatoes are soft, drain and mash with the butter and a little milk until smooth.
7. Place the fish in an ovenproof dish, cover with the broccoli and peas, pour over the sauce and top with the mashed potatoes.
8. Bake in the oven for 15-20 minutes.



OPTIONS

- Try adding alternative vegetables such as sweetcorn, carrots or leeks, mixing different types of fish together, or adding grated cheese to your white sauce.
- This recipe is suitable for freezing.

Fish fingers

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

15-20
minutes



COOK TIME

10-15
minutes



SERVES

2 adults
and
2 children

These fish fingers can be made into exactly the right size and shape for your baby and the coating is softer and less crunchy than a traditional breadcrumb coating.

EQUIPMENT

Weighing scales, sharp knife, chopping board, whisk, wooden or plastic mixing spoon, 2 shallow mixing dishes, frying pan, fish slice

INGREDIENTS

300g white fish fillet (e.g. pollock, cod, haddock)

1 egg

50g plain flour

50g polenta (sometimes labelled coarsely ground cornmeal or maize flour – not ready-made polenta)

oil for frying

METHOD

1. Slice the fish into chunky fingers, making sure there are no bones.
2. Beat the egg in a shallow dish and mix together the flour and polenta in another dish.
3. Dip each fish finger into the beaten egg so it is covered on all sides, then roll it in the flour and polenta mix so that it is evenly coated.
4. Heat the oil in a pan. Fry the fish fingers in the hot oil, turning as necessary, until they are brown and crispy on at least two sides, (or bake for about 20 minutes in a pre-heated oven at 190°C, turning over after 10 minutes).
5. Check that the fish is cooked through by checking with a knife or fork that it is flakey inside.
6. Serve warm, with new potatoes and steamed vegetables, or a salad.

OPTIONS

- Use chicken breast, rather than fish, to make chicken nuggets.

Kedgeree

(adapted from 'Get Cooking')



PREP TIME

15 minutes
plus 2 hours
marinating
time, if
possible



COOK TIME

20-25
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Sharp knife, chopping board, weighing scales, kettle, large glass bowl, clingfilm, sieve, large ovenproof dish, measuring spoon, fork, mixing spoon, oven gloves

INGREDIENTS

3 tbs fresh parsley
225g long grain white rice
450g smoked haddock fillets
3 tbs milk
50g butter
3 tbs crème fraîche
1 lemon
1 hard boiled egg
ground black pepper (optional)

METHOD

1. Wash and remove stalks of parsley and chop.
2. Put the rice into a large bowl, pour over enough boiling water to cover rice, then stir. Cover bowl with clingfilm. Microwave on high for 10-12 minutes or until tender.
3. Drain the rice using a sieve and return to the bowl.
4. Hard boil the egg (in shell) by cooking in a pan of boiling water for 10 minutes, then run under cold water to cool.
5. Put the haddock and the milk into a large shallow ovenproof dish, cover with clingfilm and cook on high for 4-5 minutes, until the fish flakes easily.
6. Remove the skin from the fish, then flake the fish using a fork.
7. Add the rice and the remaining ingredients, except the lemon, to the fish and season to taste.
8. Cook on HIGH for 3-4 minutes, stirring occasionally.
9. Remove the kedgeree from the microwave and leave to stand for 2-3 minutes.
10. Cut the lemon and hard boiled egg (with shell removed) into slices and serve with the kedgeree.

Beef and broccoli stir-fry

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

10 minutes
plus 2 hours
marinating
time, if
available



COOK TIME

2-3
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Knife, chopping board,
large bowl, wooden spoon,
saucepan with lid, large
frying pan or wok, fish
slice to stir-fry

INGREDIENTS

300g lean beef steak
2 garlic cloves, finely
chopped or crushed
3-4 cm piece root ginger,
peeled and finely diced
3-4 spring onions, finely
sliced
1 tbsp fresh coriander,
chopped (optional)
1 tbsp sesame oil
4-5 broccoli florets,
halved
oil for frying

METHOD

1. Cut the beef into thin strips and put them into a large bowl.
2. Add the garlic, ginger, spring onions and half of the coriander.
3. Add the sesame oil and stir well.
4. Cover and leave to marinate for a couple of hours.
5. Lightly steam the broccoli.
6. Heat a large pan (preferably a wok) until very hot and add a little oil.
7. Transfer the marinated ingredients to the wok and add the broccoli.
8. Stir-fry for 2-3 minutes, keeping the pan very hot all the time.
9. Sprinkle with the remaining coriander and serve immediately (cooled for your baby) with noodles or rice, accompanied by green vegetables.

OPTIONS

- Adults may like to add some soy sauce after serving.

Spaghetti bolognese

(adapted from 'Eating well: the first year')



PREP TIME

10
minutes



COOK TIME

20
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Sharp knife, 2 saucepans with lids, fork

INGREDIENTS

1 onion, finely diced
1–2 tsp garlic puree
300g lean minced beef
1 tin chopped tomatoes (400g)
2 tbsp tomato puree
1 tsp dried mixed herbs
200g soup pasta or pasta shapes

METHOD

1. Place all the ingredients except the pasta in a saucepan. Bring to the boil and then place a lid on and simmer gently until the mince is cooked.
2. In a separate pan, boil the pasta till tender, and then drain.
3. Mix together the meat mixture and pasta and mash to the required consistency.

TIPS

- Extra meat sauce can be frozen.



Spicy lamb patties

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

5-10 minutes
plus 1 hour
in the fridge
to firm up, if
time allows



COOK TIME

20-25 minutes



SERVES

2 adults
and
2 children

These patties melt in the mouth – perfect for babies who are just starting out.

EQUIPMENT

Large bowl, wooden or plastic spoon, flour (for hands), frying pan, fish slice

INGREDIENTS

2 tsp ready-ground cardamom
1 tsp ground cloves
500g lean minced lamb
4-5cm piece of fresh ginger, peeled and grated or finely chopped
½ tsp turmeric
½ tsp ground cumin
30-50g breadcrumbs (1 slice of bread)
1 egg, beaten
2 tbsp thick (Greek-style) natural yoghurt
oil for frying (optional)

METHOD

1. Place all the ingredients, except the egg, yoghurt and oil, in a large bowl and mix well. Add the egg and yoghurt and mix thoroughly, so that everything is bound together.
2. Shape the mixture into small patties (flouring or wetting your hands will help to stop it sticking), making sure they are all roughly the same thickness. If you have time, cover them and put them in the fridge to firm up for an hour or so.
3. Heat a frying pan, and add a little oil, if needed. Fry the patties for 5-10 minutes on each side, until cooked through and browned.
4. Serve warm, with salad, couscous and roasted vegetables, or rice.

TIPS

- Suitable for freezing.

Chicken stir-fry with noodles

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

25-30
minutes



COOK TIME

7-10
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales, saucepan, colander, chopping board, sharp knife, non-stick frying pan, fish slice for stirring stir-fry

INGREDIENTS

150-200g noodles
2 tbsp oil
2 tsp sesame oil
2 medium carrots, peeled and cut into thin strips
4 whole baby sweetcorn, quartered lengthways
1 red pepper, deseeded and cut into thin strips
1 yellow pepper, deseeded and cut into thin strips
1 garlic clove, finely chopped or crushed
1 celery stalk, strings removed, cut into very thin strips
2 chicken breasts, cut into strips

METHOD

1. Cook the noodles according to the instructions on the packet, then drain and return to the pan. Add a little of the oil and toss the noodles in it, then cover and set aside.
2. Peel the carrots and cut into thin strips. Quarter the baby sweetcorn lengthways. Deseed the peppers and cut into thin strips. Remove the strings from the celery and cut into thin strips.
3. Heat a deep, non-stick frying pan (or wok) and add a little sesame oil. Stir-fry the carrots, baby sweetcorn and peppers for 30 seconds.
4. Add the garlic and celery and stir-fry for a further 30 seconds, then lift the vegetables out of the pan (draining off the oil) and set aside.
5. Heat some more of the sesame oil in the pan, if necessary, then add the chicken strips. Stir-fry for about 3 minutes, until the chicken is cooked through. Add the cooked vegetables and noodles and stir-fry for 1 minute.
6. Serve warm with, for the adults, a dash of soy sauce or tamari.

OPTIONS

- Add mushrooms, spring onions, pak choi, finely sliced broccoli, green beans, mangetout or fresh sliced ginger. Add toasted sesame seeds just before serving.
- Serve with rice, instead of noodles.

Chicken and vegetable stew

(from 'Eating well: the first year')



PREP TIME

10
minutes



COOK TIME

15-20
minutes



SERVES

4 baby
portions

EQUIPMENT

Sharp knife, saucepan with lid, fork, chopping board

INGREDIENTS

1 small onion, peeled and diced

½ green pepper, cored, de-seeded and diced

1 medium carrot, peeled and diced

1 large broccoli floret, finely chopped

120g chicken breast, diced

1 small can (200g) tomatoes

100ml water

METHOD

1. Place all the ingredients in a saucepan and bring to the boil. Simmer with the lid on until all the vegetables and chicken are cooked for about 15-20 minutes.
2. Mash well until desired texture is achieved.
3. Serve with boiled sweet potato, cut into fingers.



Lentil and vegetable stew



PREP TIME

10
minutes



COOK TIME

20-30
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Sharp knife, peeler,
saucepan with lid,
weighing scales, fish slice
or mixing spoon, oven
gloves

INGREDIENTS

1 onion
1 carrot
1 parsnip
1 potato or sweet potato
handful of fresh or frozen
peas
handful of fresh or frozen
sweetcorn
¼-½ a butternut squash –
depending on size
100g red lentils
dried rosemary, thyme or
Italian herbs
water
unsalted butter

METHOD

1. Peel wash and chop all the vegetables into similar size pieces.
2. Melt some butter in a large saucepan. Add the onions and sauté until softened.
3. Add the lentils and sauté for a couple of minutes.
4. Add the vegetables and a sprinkle of herbs.
5. Add enough water to cover.
6. Bring to the boil then cover and simmer for 20-30 minutes until the vegetables and lentils are tender. Do not allow to boil dry.

OPTIONS

- Try adding grated cheese towards the end of cooking or some cooked lamb or chicken.
- Vary vegetables used depending on the season or what you have available. Try leeks, green or fine beans, pumpkin, swede, cauliflower or broccoli. Most vegetables work well in this dish.
- Suitable for freezing.

Starting on solid foods

When all 3 signs of readiness are seen, usually around 6 months

When

- Choose a time of day when your baby shows an interest in food (maybe when you are eating yourself) and are not too tired or hungry.
- Offer foods after or between milk feeds.

What to give?

Begin offering first tastes of solid foods

- Carry on breast or bottle feeding responsively as before – baby gets most of their nutrients from milk in the beginning.
- Offer a combination of finger foods and soft mashed foods (on a spoon or for babies to pick up with their fingers). Offer some sticks of soft raw or cooked vegetables for your baby to scoop up with their hand. At first they will only chew on what pokes out of the top of their fist.
- Starting with savoury vegetables (such as broccoli) rather than fruit helps your baby accept foods that are less sweet.
- After a few days, begin offering other foods from the 4 main food groups, such as starchy foods (eg potato, pasta, sticky rice), protein foods (eg lentils, fish, eggs, chicken, meat), dairy foods (eg mild cheese, plain full-fat yogurt), with vegetables and fruit. Finger-shaped pieces work best.
- Home-cooked food is usually cheaper, tastier, more varied and nutritious than shop-bought baby food. Avoid using pouches of baby food, baby snacks and drinks/juices.

How often and how much

- At first they may take only a few bites or a teaspoon or two once a day. After a week or two, you can offer twice a day.
- Follow your baby's signals for when they have had enough – like turning their head away, pushing food away, closing their mouth.

What else

- Your baby learns by touching food and exploring tastes and textures. Encourage them to be involved in feeding themselves from the start, even if it's messy!
- Babies may need to try a new food 10–20 times before accepting it. At first they may spit it out or make funny faces – it doesn't mean they don't like the food, it is just new to them. Try offering it with a familiar food.
- Sit them up to eat and always stay with them when eating. Include them in family mealtimes, as babies will learn from the social interaction and watching others eat.

Nights

It's normal for babies to breastfeed or formula feed at night. The frequency of night feeding should gradually reduce as the year goes on.

Starting on solid foods

Around 7-9 months

- Offer solids before milk feed so they are not too full with milk.

Increase tastes and textures

- Keep offering a variety of foods from all the food groups, even the ones they don't seem to like. Let them get used to it in their own time. Offer the same foods the family are eating (no added salt).
- Babies will still take breast or formula feeds responsively. As they take more solid foods, your baby will take less milk.
- Offer small amount of tap water in a free-flowing cup. No other drinks are necessary.
- By this time, babies can cope with lightly mashed or chopped food and firmer finger foods.
- Avoid whole nuts and cut up any round foods to reduce choking risk.
- Move towards offering food 3 times a day. Babies under 12 months do not need snacks.
- Don't worry about portion size – your baby will eat more on some days and less on others. Healthy babies know how much they need to eat.

- Your baby will start to pick up smaller pieces of food between their thumb and forefinger.
- Your baby may want to have a go with cutlery, like stabbing food with a fork or scooping it with a spoon. You can help them, but encourage them to feed themselves.
- Eat together as much as possible.

Around 10-12 months

- Eating more solids and starting to take less milk.

Healthy family foods

- Can manage healthy family foods of adult consistency (cut up into smaller pieces, if needed).
- Avoid adding salt and sugar when cooking – salt isn't good for their kidneys and sugar causes tooth decay. (You can add it for yourself afterwards, if desired.)
- Continue to offer tap water in a cup.
- Offer 3 meals a day in addition to their milk feeds.
- Start with smaller portions and let them ask for more, if they want.

- A main course is based on a starchy food, with vegetables/salad and either protein and/or dairy food.
- Lunch and afternoon meal can include a main course followed by fruit or yogurt.

By 12 months

- Begin to have set meal and snack times.

Enjoying full range of tastes and textures

- Breastmilk – for as long as you and your child wish.
- Formula, follow-on or toddler milks are not needed.
- As a drink, offer full-fat cow's milk or tap water in a free-flow cup. Avoid other drinks.
- Offer 3 meals and 2 healthy snacks spread over a day.
- Praise your child for eating, not for finishing their plate.

- A snack is a vegetable or fruit or a starchy food with/without protein (eg vegetable or fruit sticks, toast, bread).
- Avoid commercial baby snacks – high in salt and sugar.

It's normal for babies to breastfeed or formula feed at night. The frequency of night feeding should gradually reduce as the year goes on.

African sweet potato stew

(from 'Eating well: the first year')



PREP TIME

10
minutes



COOK TIME

20
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales, sharp knife, peeler, chopping board, , large saucepan wooden or plastic spoon

INGREDIENTS

1 tbsp vegetable oil
1 onion, peeled and diced
2 medium sweet potatoes, peeled and cut into chunks
100g frozen green beans
1 large tin (400g) chopped tomatoes
1 small tin kidney beans (210g)
2 heaped tbsp smooth peanut butter (with no salt or sugar added)
300ml water
2 tsp tomato puree
1 tsp freshly chopped herbs such as coriander or parsley

METHOD

1. Heat the oil in a large pan and fry the onions until they start to soften.
2. Add all the other ingredients except for the herbs, and bring to the boil, stirring well.
3. Simmer for about 20 minutes until the vegetables are soft.
4. Sprinkle with the fresh herbs before serving.
5. Cool before serving to babies.

Masoor dahl (with broccoli and potatoes)

(adapted from a West Hertfordshire PCT recipe)



PREP TIME

20-25
minutes



COOK TIME

45
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales, knife, peeler, chopping board, measuring spoons, frying pan, small saucepan

INGREDIENTS

225g red lentils (Masoor dahl)

2 broccoli florets (chopped)

1 potato, peeled and chopped

1 tomato (skin removed)

1 onion (peeled and chopped)

1 tsp unsalted butter or vegetable oil

½ tsp cumin

1 tbsp fresh coriander leaves, chopped

½ tsp turmeric

plain yogurt (to taste)

METHOD

1. Rinse lentils in water and drain
2. Put about 250ml of water into saucepan, add lentils and cook until soft but not mushy (about 20-25 minutes).
3. Sauté broccoli and potatoes in small amount of butter or oil in frying pan.
4. Add chopped tomatoes, turmeric, cumin and coriander, to taste.
5. Add cooked lentils and cook together till hot.
6. Add coriander leaves.
7. Serve with plain yogurt and cooked rice.



Couscous salad with tuna

(from 'Eating well: the first year')



PREP TIME

10
minutes



COOK TIME

0
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales,
measuring jug, large bowl,
fork, mixing spoon

INGREDIENTS

300g couscous

Tin of sweetcorn (198g),
drained

380ml water

1 can tuna in brine
(drained)

100g cherry tomatoes
(½ punnet), washed and
chopped

1 large can (410g)
chickpeas, drained and
rinsed

1½ tbsp vegetable oil

1 tbsp chopped herbs
(parsley, mint or coriander
all work well)

METHOD

1. Put the couscous and sweetcorn in a large bowl. Pour the boiling water over it, stir and leave to absorb all the water for about 5 minutes. Fluff with a fork when cool.
2. Drain the tuna and flake the fish.
3. Chop the tomatoes into small pieces.
4. Add the flaked tuna and all the other ingredients to the couscous, stirring well.



Homemade pizza faces



PREP TIME

15
minutes



COOK TIME

10-15
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Sharp knife, knife, weighing scales, chopping board, tin opener, wooden or plastic spoon, grater, baking tray, oven gloves

INGREDIENTS

4 English muffins, cut in half
small tin tomato puree paste (with no added salt)
200g cheddar cheese, grated
pinch of mixed herbs
2 large tomatoes
4 small mushrooms
small tin pineapple chunks in their own juice or in natural fruit juice
1 sweet pepper (red, yellow, orange or yellow)
diced ham, tuna or cooked chicken
200g cheddar cheese, grated

METHOD

1. Preheat oven to gas mark 5/190°C.
2. Cut rolls in half and spread on tomato puree.
3. Sprinkle grated cheese over base.
4. Add preferred topping (e.g. sliced tomatoes, mushrooms and peppers, tuna) and lay on top of puree to make faces.
5. Add pineapple if desired.
6. Place on baking tray and cook for 10-15 minutes.
7. Can be frozen before or after cooking. One slice each – children. Two slices each – adults.



Hummus

(adapted from 'The Baby-led Weaning Cookbook')



PREP TIME

20-25
minutes
plus chilling
time



COOK TIME

0
minutes



SERVES

6-10
portions

Hummus is a really nutritious dip, and most babies love it. It can be eaten with warm pitta bread, cut into strips or wedges – or with raw vegetables sticks or breadsticks as dippers. It can also make a filling for baked potatoes, or be spread on toast, oatcakes or ciabatta bread rolls.

EQUIPMENT

Colander, mixing bowl, potato masher, serving spoon, lemon squeezer, measuring spoons

INGREDIENTS

400g tin chick peas (or cannellini or butter beans)

1-2 garlic cloves, finely chopped or crushed (or 1-2 tsp ready chopped garlic in jar, drained)

juice of 1 lemon (approx 4 tbsp)

2 tbsp tahini (sesame seed paste)

2-3 tbsp olive oil

pinch of paprika

METHOD

1. Rinse and drain the chickpeas and mash them with a potato masher (or with a stick blender or food processor).
2. Add a little of the garlic, lemon juice, tahini and olive oil and mix thoroughly.
3. Taste the hummus to see if it needs more garlic, lemon juice or tahini; add more oil if you want a smoother texture.
4. Transfer the hummus to a serving dish and sprinkle with paprika.
5. You may want to add a little water if it is very thick.
6. Chill in the fridge before serving.
7. Serve with sticks of raw or cooked vegetables.

OPTIONS

- You can add 1 tbsp natural yogurt or crème fraîche for a creamier dip.
- Blend in 1 cooked beetroot to give a red colour, or 1 cooked sweet potato to give yellow colour, or bunch of chopped coriander to give green colour.

Jacket potato



PREP TIME



COOK TIME

Oven:
40 mins
Microwave:
6-8 mins



SERVES

2 adults
and
2 children

EQUIPMENT

Oven or microwave, fork,
sharp knife, spoon

INGREDIENTS

3 medium potatoes

Filling ideas:

baked beans (mashed for
baby)

cottage cheese with
chopped pineapple
soft cheese

grated cheese and
chopped fresh tomato

hummus

mashed tuna

chilli con carne or
bolognaise sauce

METHOD

1. Wash potatoes well and dry with piece of kitchen towel.
2. Prick potato with a fork.
3. Microwave for 6-8 minutes or until tender, turning over half way through the cooking time, or
4. Bake in a hot oven for 40 minutes or till tender.
5. Cut open baked potato with sharp knife.
6. Add filling, as desired.
7. For a baby, mash potato and filling together. Chop skin into small pieces. Allow to cool before serving.



Irish Potato Cakes

(adapted from 'Get Cooking')



PREP TIME

30-35
minutes



COOK TIME

5-10
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales, peeler, sharp knife, chopping board, measuring jug, 2 medium saucepans, colander, potato masher, measuring spoon, mixing spoon, non-stick frying pan, fish slice, oven gloves

INGREDIENTS

oil for greasing
250g potatoes
½ head of cabbage
500ml water
90ml milk
50g butter
125g plain or wholemeal flour
1 tsp mixed herbs
ground black pepper (optional)

METHOD

1. Peel and chop the potatoes, then wash and chop the cabbage.
2. Boil the potatoes in a saucepan until cooked. Drain, mash and leave to cool.
3. Cook the cabbage in a saucepan of boiling water for a few minutes. Drain and leave to cool.
4. Place the milk in a saucepan, add the butter and bring to the boil.
5. Add the cooked potato and cabbage and mix together while the mixture heats through.
6. Fold in the flour, a pinch of pepper and herbs until the mixture comes away from the side of the saucepan.
7. Put the mixture onto a clean surface and shape into cakes 5cm in diameter and 1 cm thick.
8. Heat a little butter or oil in a non-stick frying pan, add the cakes, turning them over so that both sides are slightly browned.

OPTIONS

- Use as a snack or serve as an accompaniment to main dishes.
- Add peas or other cooked vegetables (e.g. leftovers) to the mashed potato.
- Add cooked or tinned fish (e.g. salmon, tuna) to the mashed potato to make fish cakes.

Fluffy rainbow pancakes

(Adapted from Tom Hunt)



PREP TIME

10
minutes



COOK TIME

10
minutes



SERVES

6 pancakes

EQUIPMENT

Measuring jug, measuring scales, mixing bowl, fork to mash banana, measuring spoons, non-stick frying pan, fish slice

INGREDIENTS

150g wholemeal flour
2–4 tbsp mashed ripe banana (or 1 egg)
1 tsp baking powder
1 tsp cider vinegar
150ml milk
2–4 tbsp each of 3 different coloured pureed vegetables
olive oil for frying

METHOD

1. Pour 150g wholegrain flour into a bowl with the mashed brown banana (or an egg), baking powder, cider vinegar and milk.
2. Mix well until no lumps remain, then split the mixture between three different bowls and mix in a different coloured pureed vegetable into each bowl, or just enough to change the colour.
3. Add a touch more flour or liquid, to create a cake mix-like consistency.
4. Warm a nonstick pan over a medium heat, brush a touch of oil around the inside, then add dessert spoonfuls of batter to the pan, with space between them to allow them to spread out.
5. When the underside starts to brown, flip and cook on the other side for a few minutes, or until it puffs up and is cooked through.
6. Serve warm.

French thin pancakes

(adapted from 'Get cooking')



PREP TIME

15
minutes



COOK TIME

20
minutes



SERVES

6 pancakes

EQUIPMENT

Measuring jug, measuring spoons, weighing scales, wooden or plastic spoon for mixing, fork or whisk, non-stick frying pan, mixing bowl, fish slice, chopping board, sharp knife

INGREDIENTS

100g plain flour
2 eggs
150ml water
150ml milk
spray oil or 1–2 tsp
sunflower oil for frying

Suggested toppings or ingredients to add before cooking:

ham, cut into small pieces;
cheese or cream cheese;
mashed vegetables or
fruit (e.g. carrot, banana,
raspberries); grated apple
with raisins and a pinch of
cinnamon

METHOD

1. Put the flour in a large bowl, make a well in the flour and add the eggs.
2. Whisk the mixture, making sure all the flour is removed from the edge of the bowl.
3. Mix the water and milk together and gradually add to the flour mixture. Stir all the time. Ensure that there are no lumps or bits left on the edge of the bowl. Your mixture should be lump-free and be the same consistency as thin cream.
4. Add a few sprays/drops of oil to the frying pan and put on a high heat until really hot, then turn down the heat to medium.
5. Spoon (3 tbsp for an 18cm pan) the mixture into the pan. As soon as the batter hits the pan, tip it from side to side to make an even and fairly thin covering on the base.
6. After about 60 seconds lift one edge to check it if is cooked (golden). Once cooked flip over and cook the other side.
7. Repeat the process using a few sprays/few drops of oil in between each pancake.
8. You can add other ingredients to the mixture before cooking, or top the pancake after cooking.
9. Serve the pancake rolled up with any topping you like

Banana mug cake



PREP TIME

5
minutes



COOK TIME

90
seconds



SERVES

Makes 1
mug cake

EQUIPMENT

Bowl, fork, teaspoon, mug, plate, microwave

INGREDIENTS

2 eggs
1 ripe banana

METHOD

1. Mash banana in a bowl until lumps are mostly gone.
2. Add egg and mix well.
3. Add flavouring (if desired).
4. Mix very well, making sure the flavouring is completely mixed in.
5. Pour into a mug and microwave for about 1 minute, 30 seconds until well risen.
6. Tip out onto a plate and divide into portions.
7. Allow to cool before serving to baby.
8. Serve with unsweetened yogurt, if desired.

OPTIONS

Optional flavourings:

- Cinnamon ($\frac{1}{4}$ tsp)
- few drops of vanilla essence
- 2 tsp unsweetened cocoa
- fresh fruit such as blueberries

Carrot and banana muffins

(From 'Family Kitchen Recipe Book')



PREP TIME

15
minutes



COOK TIME

25
minutes



SERVES

8 muffins

EQUIPMENT

8 muffin cases, muffin tin, peeler, grater, small plate, masher, small bowl, fork, weighing scales, large mixing bowl, fork, weighing spoons, sieve, tablespoon, measuring jug, oven gloves, cooling rack

INGREDIENTS

2 carrots
1 ripe banana
1 medium egg
150g self-raising flour
1 tsp baking powder
1 tsp ground cinnamon
50g sultanas or raisins
75ml vegetable oil

METHOD

1. Pre-heat the oven to 170°C/gas mark 4.
2. Place 8 muffin cases into the muffin tin.
3. Peel and grate the carrots, then peel and mash the banana.
4. Crack the egg in to the small bowl and beat with a fork.
5. Sift the flour together with the baking powder and cinnamon into the mixing bowl, and then stir in the beaten egg.
6. Add all the remaining ingredients to the bowl and stir.
7. Spoon the mixture into the muffin cases, filling them half full.
8. Bake for 20–25 minutes until firm to touch.
9. Remove from the oven and leave to cool for 5 minutes before removing them from the tin.

OPTIONS

- Replace the carrots with the same quantity of grated apple and the banana with 50g sultanas.

Custard

(adapted from 'Get Cooking')



PREP TIME

5
minutes



COOK TIME

4
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Measuring spoons,
medium mixing bowl
(microwaveable), mixing
spoon, measuring jug

INGREDIENTS

1 tbsp custard powder
1 tbsp sugar
300ml milk

METHOD

1. Blend the custard powder and sugar with a little of the milk in a medium bowl. Stir in the remaining milk.
2. Cook on HIGH for 1½–2 minutes. Then open the microwave and stir.
3. Put bowl again in the microwave and cook on HIGH for further 1½–2 minutes or until the sauce has thickened.
4. Stir well .
5. Serve hot or cold with fruit or puddings.



Rice pudding with raisins

(adapted from 'Eating well recipe book')



PREP TIME

5
minutes



COOK TIME

20
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales,
measuring jug, saucepan,
wooden spoon

INGREDIENTS

50g pudding rice
560ml full fat milk
50g raisins

METHOD

1. Place the rice and milk in a saucepan and heat gently, stirring all the time, until the mixture just comes to the boil.
2. Turn the heat down and, stirring, regularly, allow to simmer gently for about 20 minutes while the rice absorbs the milk.
3. Stir in the raisins and heat through.

OPTIONS

- Make with other cereals, such as sago, semolina or tapioca.
- Add other dried fruit such as chopped apricots, dates or figs, or fresh fruit.
- If you have the oven on for another dish, you can cook the rice pudding in the oven by placing the same ingredients in a greased heatproof dish and baking for about an hour and a half on a bottom shelf.

Stewed fruit



PREP TIME

10–15
minutes



COOK TIME

Hob:
20 mins
Microwave:
5–10 mins
Cooking time
depends on
fruit



SERVES

Depends
on
quantity
of fruit
cooked

EQUIPMENT

Vegetable peeler, sharp
knife, saucepan with lid or
microwavable dish

INGREDIENTS

fruit of your choice
(e.g. eating apples, pears,
plums, apricots, peaches)
water

pinch of cinnamon or
nutmeg (optional), or
few drops of vanilla
essence (optional)

METHOD

Hob

1. Wash, then peel or scrub and chop chosen fruit, e.g. apples, pears, plums, apricots or peaches.
2. Place chosen fruit in a saucepan and add just enough water to cover the base of the pan. Simmer with the lid on until soft. There should be very little water left.

Microwave

1. Follow step 1 above.
2. Place chosen fruit with about 3 tablespoons of water in microwavable dish and cook until soft.

OPTIONS

- You can add stewed fruit to breakfast cereal, porridge, yogurt, custard and use it to make the base for a crumble.
- Only add sugar if using a very tart fruit such as rhubarb. Alternatively try cooking in unsweetened apple juice rather than water.
- Dried fruit such as raisins and apricots can also be cooked. Some dried fruits require soaking first.
- You can freeze stewed fruit in flexible ice cube trays. When frozen, press out and store in your freezer in labelled sandwich/freezer bags.

Stuffed baked apples



PREP TIME

15
minutes



COOK TIME

30-40
minutes



SERVES

2 adults
and
4 children

EQUIPMENT

Small sharp knife, apple corer (or use small knife carefully), small mixing bowl, aluminium foil

INGREDIENTS

4 eating apples (like Cox, Gala, Braeburn, Granny Smith)

1 tsp ground cinnamon
50g raisins

METHOD

Hob

1. Heat the oven to 200°/gas mark 6.
2. Wash and core the apples, then make a shallow cut through the skin around the middle of each apple.
3. Mix the cinnamon and raisins together.
4. Stand the apples in a shallow dish. Push the cinnamon and raisin mix into the centre of the apple.
5. Bake 30-40 minutes until golden and soft throughout. Cover with foil if the filling starts to get too brown before it is ready.
6. Allow to cool before giving.
7. Make sure there are no large pieces of skin

Microwave

1. Follow steps 2-4 above.
2. Cover with clingfilm and microwave for about 1-2 minutes or until the apples are tender. Turn the dish once during cooking. Leave to stand for 5 minutes before serving.

Apple crumble

(adapted from 'Eating well recipe book')



PREP TIME

15
minutes



COOK TIME

30-35
minutes



SERVES

2 adults
and
2 children

EQUIPMENT

Weighing scales, teaspoon, bowl, mixing spoon, oven-proof baking dish

INGREDIENTS

65g white flour
50g vegetable fat spread or margarine
65g porridge oats
30g sugar
4 eating apples (peeled and cored)
1 teaspoon mixed spice or cinnamon powder

METHOD

1. Heat the oven to 180°C/gas mark 4.
2. Put the flour in a bowl and add the fat spread/margarine to it. Rub the fat spread into the flour with your fingertips until it resembles breadcrumbs. Add the porridge oats and sugar and mix together.
3. Peel and slice the apples. Put the apples in a heatproof baking dish, add the mixed spice or cinnamon and mix together.
4. Place the crumble mix over the apples and put the crumble in the oven for 30-35 minutes until the fruit is soft and the crumble browned.
5. Allow to cool before serving to baby.



Basic cooking terms

Bake	To cook food in oven
Beat	To soften and mix an ingredient; this is usually done with a wooden spoon
Blend	To mix; usually the foods that are blended are mixed until they become smooth
Boil	To cook food in a generous amount of liquid, which should bubble continuously
Chill	To cool food by placing it in a refrigerator
Chop	To cut food into small pieces
Chunks	Pieces of food, much larger than diced food
Colander	Metal or plastic bowl-like container with handles and holes – used for draining foods
Coat	To thoroughly cover food with a liquid or dry mixture
Cool	To let food stand until it no longer feels warm to the touch
Dice	To cut foods into small squares
Drain	To pour off the water from foods that have been soaked or cooked, either with a sieve or colander
Flake	To break into small delicate pieces with a fork
Fillet	A cut of fish or meat that has had the bones and skin removed
Fry	To cook foods in a frying pan on the hob with a little oil or butter
Grease	To brush baking tins with a piece of kitchen or greaseproof paper dipped in a little oil so that cakes, biscuits or pastries do not stick during baking
Mash	To break food by pressing it with the back of a fork, a masher or forcing it through a ricer

Basic equipment

Preheat	To heat the oven or grill to a desired temperature before inserting the food
Puree	To squash fruit or vegetables in a liquidizer, food processor or by pressing through a sieve to make a smooth, sauce- like mixture
Roux	Melted butter or fat combined with an equal amount of flour; used for thickening sauces
Saute	Fried quickly in a little hot fat
Season	To add pepper and salt, herbs or spices to adjust the flavour
Strain	To separate solid from liquid, usually through a sieve or colander
Thicken	To make a liquid dense by adding flour, cornstarch, egg yolks, rice or potatoes

Basic equipment

- Chopping board
- Sharp paring knife
- 2 Plastic or wooden mixing spoons (one for savoury and one for sweet)
- Measuring spoons
- Apple corer
- Masher
- Fish slice
- General cutlery
- Small hand grater
- Measuring jug or an old baby bottle
- Large mixing bowl
- Lemon squeezer
- Colander
- Plastic containers with lid (can be take away) for storing food in the fridge or freezer
- Ice cube tray to freeze small amounts of food (e.g. left over vegetables for rainbow pancakes)
- 1 large non-stick saucepan
- 1 smaller non-stick saucepan
- 1 large frying pan with lid
- 1 baking sheet
- Muffin tray
- 1 oven dish
- Oven gloves
- Stick blender with cup or bowl or blender
- Weighing scales



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