

A group of diverse cartoon children holding hands in a circle around a globe. The children are of various ethnicities and are dressed in colorful, simple clothing. The globe in the center shows the continents in green and brown. The background is a warm, golden-yellow color with faint, stylized leaf patterns.

WORLD SERIES

GOURMET  
BABY FOOD



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# INTRODUCTION TO BRAZILIAN COOKING



The people of Brazil consider food one of the simple pleasures of life. Meals are social occasions where good food and good company come together in celebration. Brazilians love to sample a variety of foods at a meal - making bite-sized appetizers and small plates popular menu items. Robust stews & casseroles infused with coconut milk and cowboy-style grilled meats called “churrasco” are national treasures. Brazilians also have a sweet tooth. Recipes for sweet breads and puddings are plentiful, and ripe, juicy tropical fruits grace many dishes.

## Ingredients found in the Brazilian pantry:

- **Beans** - Brazilians grow and eat more beans than any other country in the world! This healthy, affordable legume is a staple in the Brazilian pantry.
- **Cassava** - Cassava is a starchy-root vegetable that is used much like potato. Sweet cassava can be eaten raw, but bitter cassava must be cooked. White potatoes and sweet potatoes make good substitutes for cassava in recipes.
- **Cassava Meal** - You can find cassava meal online or at a local Latin market, or you can use tapioca flour as a substitute. Cassava meal when toasted is called, farofa, and is sprinkled like a condiment on many dishes.
- **Cilantro** - Cilantro is the most popular herb in Brazil.
- **Coconut Milk** - The creamy liquid extracted from the flesh of coconuts is one of the most important ingredients in Brazilian cooking.
- **Hearts of Palm** - This canned vegetable is harvested from the soft core of a palm tree. Hearts of palm are often marinated or tossed with salad dressing and served in salads for meals.
- **Kale** - Kale is the super green food of Brazil. It is usually served shredded and stir -fried.
- **Lime** - Did you know there are no lemons in Brazil? The limao, as it is called, is an essential part of many Brazilian dishes.
- **Tropical Fruits** -Papaya, mango, pineapple, passion fruit, guava, and bananas are all popular served fresh, used in cooking or juiced.



# WHITE BEAN, SWEET POTATO & BANANA PUREE

Beans are eaten by everyone in Brazil, including babies! This is a deliciously smooth and delightfully sweet baby food puree. Combine it with mashed brown rice and it's a complete meal - vegetable, fruit, protein and grain all-in-one dish!

## INGREDIENTS

- 1 medium sweet potato
- 1 medium banana
- 1 can (15 oz.) white beans (white kidney or cannellini)



## DIRECTIONS

Pour white beans into a colander and rinse with water for one minute. Place beans into food processor or blender.

Wash, peel and slice the sweet potato into large chunks. Place sweet potato chunks and 2 Tablespoons of water in a microwave -proof dish. Cover and cook in microwave for 5-6 minutes until they mash easily with a fork. Place cooked sweet potatoes into the blender or food processor with beans.

Cut banana into chunks and place into the blender or food processor along with the beans and sweet potatoes. Add ½ cup water and process to a smooth texture.

Spoon the mixture into So Easy Storage Trays, Cover and Freeze.

**To serve:** Defrost cubes and warm slightly.



# INTRODUCTION TO FRENCH COOKING □ □



French chefs cook plan menus based on the local harvest. Cooking with the seasonal foods means you are using the freshest ingredients available, which means you'll taste more of the natural goodness of the food and get the most nutritional value. Styles of cooking in France range from elaborate and time-consuming to fresh, easy-to-prepare dishes. Simply adding fresh herbs, lemon juice, vinegars and a touch of butter is perfect way to create a French inspired, healthy meal. Food presentation is important in French cooking. Food is plated with great care and you will often see a sprig of fresh herbs, thinly sliced fruit or edible flowers added for a splash of color and touch of culinary artistry. □

## Commonly used herbs in French cooking include:

- **Fennel** - Fennel's refreshing licorice flavor enhances poultry and vegetable dishes.
- **Lavender** - This herb is commonly found in perfume or aromatherapy, but some varieties are edible. Use fresh or dried lavender flowers in baked goods and as a seasoning for vegetables.
- **Marjoram** - Marjoram tastes a bit like oregano with a delicate citrus twist. It is a great all-around herb and can be used to season meats, eggs and vegetables.
- **Mint** - Fresh mint's refreshing flavor makes is the perfect ingredient for a great summer meal. It is often served with fruit (in a salad or punch) or paired with a vegetable.
- **Rosemary** - Rosemary contains anti-oxidants and is full of flavor, which makes it both a tasty and healthy addition to roasted potatoes and grilled or roasted meats (especially lamb).
- **Sage** - Sage is best known as the seasoning in your Thanksgiving stuffing, but don't save it for just that purpose. Use fresh or dried sage on pork, chicken, rice and vegetable dishes.
- **Tarragon** - Adding a small amount of fresh or dried tarragon to vinegars and oils is a great way to add flavor to meat, tofu, seafood and vegetable dishes.
- **Thyme** - Thyme is a culinary favorite for many chefs. Use thyme to season soups, salads, meats and vegetables. It brings a sweet, lemony flavor to food.

## Herbs de Provence

*Herbs de Provence* is a robust mixture of dried herbs made popular in the southeastern region of France. There are many variations to this herb mixture but most recipes use rosemary, savory, marjoram and thyme. Lavender is a newer addition to the traditional mixture and adds wonderful aroma.

## Make Herbs de Provence at home:

- 5 Tbsp. Dried thyme
- 3 Tbsp. Dried savory
- 2 Tbsp. Dried marjoram or oregano
- 5 Tbsp. Dried rosemary
- 1 Tbsp. Dried lavender flowers (optional)

Combine all ingredients and store in an air-tight container in a dark place. Use as a seasoning for grilled meats, fish, eggs and vegetables. For best results, add before or during cooking.



# RATATOUILLE

Ratatouille is a traditional French vegetable dish. The French word "touille" means to toss food. Toss, sauté, and blend the ingredients below to delight your tiniest gourmet's taste buds.

## INGREDIENTS

2 Tbsp. Olive oil  
½ large Onion, diced  
2 cloves Garlic minced  
1 can (14 oz.) Diced tomatoes  
1 medium Eggplant, diced  
2 small Zucchini, diced  
2 tsp. Herbs d' Provence  
1 tsp. salt  
2 cloves garlic minced  
1 can (14 oz.) Diced tomatoes  
1 medium Eggplant, diced

## DIRECTIONS

Set a 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan and cook for about 5 minutes, stirring occasionally. Add the eggplant, zucchini, tomatoes, Herbs d' Provence, and salt to the pan and continue to cook for 15 minutes, stirring occasionally.

This dish can be served for the whole family to enjoy and some of it can be pureed for your little gourmet!

### To make pureed baby food:

Place the Ratatouille in a blender or food processor and puree to a smooth texture. Spoon Ratatouille into So Easy Storage Trays, Cover and Freeze.

**To serve:** Defrost cubes and warm slightly. This is a delicious vegetable dish that goes well with cooked brown rice, mashed pasta, tofu or chicken.



# INTRODUCTION TO GERMAN FOOD



Traditionally, Germans enjoy eating hearty meals. Today, health conscious Germans still enjoy traditional hearty favorites, but in smaller portions. Like many countries, German food and cooking styles varies by region. The northern region's specialties include pickled, smoked, and fresh fish. In the central region, you will find wild game, sausages, and a variety of vegetables. And, the southern area is the home to dumplings, breads, and a variety of meat dishes. Eating local is a way of life in Germany, the practices of pickling and preserving foods is a way to save the local harvest for the cold winter months.

## Guide to Popular German Foods:

- **Asparagus** - Asparagus grows in every region of Germany and the locals love it so much they nickname it Königsgemüse, which means "King's Vegetable" and Frühlingswonne, which means "Springtime Delight".
- **Kohlrabi** - A kohlrabi is a cross between a cabbage and a turnip. Germany is the world's largest producer and consumer of kohlrabi. Kohlrabi taste like a broccoli stem, but sweeter. In the US, Kohlrabi is available from May to December and comes in both white (which is actually green) and purple varieties.
- **Sauerkraut** - Sauerkraut is made by fermenting sliced green cabbage. Sauerkraut can be eaten raw or cooked. It is very high in Vitamin C and aids in digestion.
- **Wurst** - Cold cuts and sausages are called wurst. The wurst was created as a way to preserve and store meat. There are over 1500 varieties of wurst. The most widely known are Bratwurst, Weisswurst and Frankfurter (a.k.a. hot dog).
- **Sauerbraten** - Sauerbraten is a roast made with marinated beef or venison. The marinade is made with vinegar, wine, vegetables and spices. The meat is marinated for 3 to 4 days before cooking which makes it very tender and juicy.
- **Weiner Schnitzel** - A Wiener Schnitzel is a pan-fried veal cutlet that has been breaded using flour, egg and bread crumbs. Fresh lemon is squeezed over the cutlet before serving. This dish can also be made using pork, turkey or chicken.
- **Spätzel** - Spätzel is a German pasta dish made using flour, eggs, water and salt. The dough is cut or pressed to form small strips. Like pasta, it can purchased dry and is boiled to cook it. ☐☐
- **Strudel** - Strudels are pastries filled with fruits, vegetables, or meats. The most popular strudel is Apple Strudel. The name "Strudel" means whirlpool because the rolled dough looks like a whirlpool. ☐☐
- **Butterbrot** - Butterbrot is a slice of bread (brot) with butter. This is the basic start of many German meals. Butterbrot is topped with fruit spreads for breakfast and cheese, wurst or vegetables for snacks. Germans love their bread. In fact Germany produces more breads than any other country. The most popular varieties of German breads include rye, whole grain, multi-grain, sunflower and pumpkin.



# KINDER – KOHLRABI – POTATO PUREE

Kohlrabi tastes similar to the stems of broccoli. When choosing kohlrabi at the market, look for kohlrabi bulbs that are about 2½ inches in diameter. Any larger and the skin may be tough and the insides can be woody.

## INGREDIENTS

2 medium russet potatoes  
2 kohlrabi bulbs (about 2-1/2 inch wide each)  
½ medium onion, chopped  
6 medium button mushrooms, sliced  
1 Tbsp. olive oil  
Pinch of salt and pepper  
½ cup vegetable or chicken stock

## DIRECTIONS

Wash, peel and cut potatoes into 1-inch chunks. Remove leaves and stems from Kohlrabi bulbs, wash, peel and cut them into 1-inch chunks.

Bring a pot of lightly salted water to a boil and add potato and kohlrabi chunks. Reduce heat and simmer until tender, about 15-20 minutes. To check if they are done, a fork should slide through the pieces easily.

Meanwhile, heat olive oil in a skillet. Add onion, mushrooms and a pinch of salt and pepper. Sauté over medium-low heat until softened, about 3-5 minutes. Remove from heat.

Drain potato and kohlrabi and place in a food processor or blender. Add soup stock and puree until smooth, adding more or less liquid to achieve desired consistency. Salt and pepper to taste. Spoon the mixture into So Easy Storage Trays, Cover and Freeze.

**To serve:** Defrost cubes and warm slightly.



# INTRODUCTION TO IRISH FOOD



A visit to rural Ireland is filled with spectacular views of lush, green hillsides and fields. Ireland's green countryside is perfect for raising cattle and sheep and dairy farming. The country's mild climate provides a long growing season for a variety of vegetables and fruits. Irish cooks take advantage of the local harvest by choosing to cook with high quality, local and fresh ingredients. Irish cooks keep it simple in the kitchen. Dishes are prepared using basic ingredients and easy to follow recipes.

## The staples in an Irish kitchen include:

- Potatoes
- Root vegetables (parsnips, carrots, etc...)
- Cabbage
- Whole grains
- Beef, mutton (lamb/sheep) and fish
- Dairy products - cheese, milk, butter and buttermilk



# SPROUT AND GRAPE PUREE

We have a good friend who lived in Ireland for 10 years and enjoyed this dish during her stay. It's a simple and delicious vegetable and fruit combination that is very green. The grapes provide a pleasant sweetness which makes this recipe nicely suited for introducing little ones to Brussels sprouts.

## INGREDIENTS

- 1 1/2 cups Brussels sprouts
- 1 1/2 cups green grapes, washed
- 1/4 cup water
- 1 Tbsp. olive oil



## DIRECTIONS

Trim Brussels sprout ends, remove outside leaves and slice in half. Heat the oil in a large sauté pan over medium heat. Add Brussels Sprouts and cook for 5 minutes. Add grapes, 1/4 cup of water and cook for 15 minutes, stirring occasionally.

Pour the mixture into a blender or food processor and puree to a smooth texture.

Pour the puree into your So Easy Baby Food Trays, cover and freeze. Simply defrost cubes when ready to use.



# INTRODUCTION TO ITALIAN FOOD



Italy has 20 regions, each with its own specialty dishes and cooking styles. From the far north regions to the southern shores, fresh food is the key to great tasting dishes. Italian recipes are handed down from grandmothers to the next generations. Many recipes are surprisingly simple, so you do not need to be a culinary expert to cook up great Italian dishes at home. Traditionally, the preparation of Italian food is as much of a part of the feast as the actual meal. Kids can join in on the cooking fun by washing produce, measuring ingredients, stirring, and more. Children who get involved in preparing their food are more likely to eat it.

## The basic ingredients to keep on hand for preparing healthy Italian dishes are:

- Olive oil
- Olives and capers
- Whole Grains
- Tomatoes (Fresh and Canned)
- Garlic
- Parmesan cheese or other hard cheese
- Mozzarella cheese

## Common Herbs and Spices in Italian foods:

In addition to fresh basil and Italian parsley (flat-leaved variety), oregano, thyme and marjoram are commonly used in Italian dishes. Lemons grow throughout Italy and are also used to enhance many Italian dishes.



# CREAMY PESTO SAUCE

Pesto is a staple in Italian cooking. Traditionally made with basil, olive oil, crushed garlic, pine nuts and parmesan cheese, variations include sun-dried tomatoes, red bell peppers and nut free options. The word "pesto" means to crush or pound using a mortar and pestle. The flavor of Pesto may be a little too strong for tiny taste buds. This recipe is the perfect way to begin the introduction of this delicious sauce.

## INGREDIENTS

1 cup milk  
1 cup mascarpone or cream cheese  
2 Tbsp. pesto sauce (store bought or homemade)

## DIRECTIONS

In a small sauce pan over medium heat add all the ingredients. Stir frequently and do not let the mixture boil. After 2-3 minutes mixture will become smooth.

Remove from heat and pour sauce into a 2-cup measuring cup. Let cool for 10 minutes.

Pour the creamy pesto sauce into your So Easy Baby Food Trays, cover and freeze until ready to use.

### To Serve:

Remove a sauce cube from the freezer, defrost and add it to mashed or pureed foods. Here are a few suggestions for delicious creamy pesto meals:

- Mashed potatoes with pureed cauliflower, peas and white beans with creamy pesto sauce
- Pasta with chopped chicken and broccoli with creamy pesto sauce
- Flaked whitefish (such as tilapia or catfish) and mashed rice with creamy pesto sauce



# INTRODUCTION TO JAPANESE FOOD



The people of Japan enjoy a long, healthy life. So much so, that according to research, Japan has the longest lifespan of any country in the world. The Japanese diet has been shown to play a big role in this long, healthy life.

There is a lot more to Japanese cooking than sushi. Many Japanese dishes are noted for having an umami (say it oo-MA-mee) flavor. Umami is a savory taste with meaty flavors. Shitake mushrooms and soy sauce provide umami taste and are common ingredients in Japanese dishes.

## Common foods in Japanese meals include:

- Brown and White Rice
- Soba and Udon Noodles
- Vegetables
- Mushrooms
- Soy Beans - edamame and Tofu
- Nori (Dried seaweed sheets used for wrapping sushi)
- Fruits



# SHITAKE & EDAMAME PUREE

Edamame and shitake mushrooms are two very common Japanese cooking. Edamame (pronounced ed-ah-MAH-may) are little green gems - packed with protein and loads of nutrients. Including Shitake mushrooms in this puree is a great way to introduce your baby to the distinctive taste of umami.

## INGREDIENTS

4 oz Shitake mushrooms, stems removed  
1 Tbsp. olive oil  
12 oz. (2 cups) Shelled edamame  
 $\frac{3}{4}$  - 1 cup Water  
1 tsp. Soy sauce, *optional*



## DIRECTIONS

Bring 6 cups of water to boil in a stockpot. Add edamame and cook for 4 minutes. Drain edamame in a colander and place them in a blender or food processor.

In a small sauté pan, heat oil over medium heat, add mushrooms and cook for 2-3 minutes. Add the mushrooms, soy sauce and  $\frac{3}{4}$  cup of water to the edamame in the blender. Process until the mixture is a smooth puree. If needed, add additional water.

Spoon the puree into your So Easy Baby Food Trays, cover and freeze until ready to use. Serve as a vegetable dish for your baby's meal with mashed brown rice, meats or fish.



# INTRODUCTION TO MEXICAN FOOD



Mexican food is considered one of the most varied in the world. There are many cooking styles for preparing Mexican foods; the use of fresh ingredients is a constant with every style. Corn, beans, fresh fruits and vegetables, and robust spices are staples in the native Mexican diet. In the United States, the spiciness of Mexican food varies depending where you live. In the South and West, a spicier Tex-Mex style is popular. Moving further to the North and East, the spices tend to migrate to the milder side.

## The staple ingredients for Mexican cooking: □

- Corn
- Beans (Black, Kidney, Pinto)
- Tomatoes and Tomatillos
- Avocados
- Tortillas
- Rice
- Limes and Oranges

## Herbs and Spices in Mexican cooking:

Mexican food is filled with flavor and the most common spice is the chile pepper. Other commonly used herbs and spices include:

- Cilantro
- Cumin
- Oregano
- Garlic
- Cocoa or Mexican Chocolate
- Honey



# MEXI - VEGGIE CHILE STEW

This terrific vegetable stew is made with popular Mexican vegetables and a hint of green chiles. Green chiles are the perfect "first" chile pepper to introduce. They have a gentle, mild flavor. While you can puree this recipe to a smooth texture, it's perfect as a stage 3 food with a slightly chunky texture.

## INGREDIENTS

2 medium zucchini, diced  
½ cup diced tomatoes (fresh or canned)  
1 ear corn, kernels cut off cob (or  
¾ cup frozen corn)  
1 Tbsp. canned green chiles  
¼ cup water

## DIRECTIONS

Place all the ingredients in a pan and bring to a boil over high heat. Cover the pan and turn heat down to medium. Cook for 15 minutes.

Pour the vegetable stew into a blender or food processor and pulse to chunky texture. Spoon the Mexi-Veggie Chile Stew into So Easy Storage Trays, cover and freeze.

When ready to serve, defrost and warm up the cubes. This stew is a delicious vegetable dish. You can also add cooked brown rice or fork-mashed black beans to it before serving.



# INTRODUCTION TO THAI FOOD



The original name of Thailand was Sukhothai, which means "Dawn of Happiness". Without a doubt, sharing a Thai meal will bring this attitude of pleasure to your table.

Preparing Thai food is quick and easy. Most recipes are cooked on a stovetop for a short period of time making Thai food ideal for weeknight dinners. Plus soups and curries can be made ahead of time, frozen and reheated for serving. Cooking a Thai meal will introduce your family to a new culture through a variety of flavors.

## Common flavors in Thai cuisine include:

- Chilies
- Cilantro
- Mint
- Coconut Milk
- Fish Sauce (Thailand's version of soy sauce)
- Galangal (if you can't find this ingredient substitute: ginger)
- Lemongrass (if you can't find this ingredient substitute: lemon zest)
- Limes and Lime juice

**Curry paste** is a common ingredient in Thai soup, stir-fries and stews. It's a spice mixture made with fresh chilies, garlic, kaffir lime leaves, onion and other aromatic spices. Prepared curry pastes are available in the Asian food section of most grocery stores.

Curry pastes are spicy. For milder, family-friendly flavor, cut down on the measurement of curry paste called for in a recipe. For example, if a recipe calls for 1 Tablespoon of red curry paste use 1 teaspoon instead. The most common varieties include:

- **Green Curry Paste**- Made using green chilies. This is the hottest curry paste on the heat scale.
- **Red Curry Paste**- Made using red chilies. This is milder than green curry paste, but still fairly hot.
- **Yellow Curry Paste** - Made using yellow wax peppers and turmeric. More mild than red curry paste.
- **Massaman Curry Paste** - A roasted curry paste that is made using cinnamon, cloves, cumin and cardamom. It has a sweet and spicy flavor.
- **Panang Curry Paste** - Made using lemongrass, coriander and cumin. It is the mildest curry paste.



# THAI COCONUT RED CURRY SAUCE CUBES

A simple way to begin introducing Thai flavor to your baby is by adding coconut milk in homemade baby food. As with any new food, follow the "one at time" rule - and introduce just one new food over a 2-3 day period. This will help you identify a culprit food in the event of an allergic reaction.

## INGREDIENTS

1 can (13 oz.) coconut milk  
1 tsp. Thai red curry paste  
3 Tbsp. fish sauce  
3 Tbsp. brown sugar  
½ cup chicken stock

## DIRECTIONS

Over medium heat, whisk all ingredients in a medium saucepan. Bring to a light simmer and remove from heat. Pour sauce into a 2-cup measuring cup and let cool for 10 minutes. Pour the red curry sauce into your So Easy Baby Food Trays, cover and freeze until ready to use.

### Serving:

Remove a sauce cube from the freezer, defrost and add it to pureed or mashed rice (or rice noodles), meats, vegetables and fruits. When first introducing the sauce, try a small amount and work your way up to more. Here are some delicious combinations for awesome Thai curries:

- Sweet potatoes, chicken, pineapple and rice
- Beef, zucchini, and rice
- Flaked white fish (i.e. Cod), spinach and rice noodles



# TROPICAL THAI – STYLE FRUIT PUDDING

## INGREDIENTS

1 mango  
2 bananas  
½ cup coconut milk  
1 Tbsp. brown sugar  
1 tsp. lime juice  
½ cup coconut milk  
1 Tbsp. brown sugar

## DIRECTIONS

Peel, core and chop mango into chunks. Peel and slice banana into chunks. Over medium heat, pour coconut milk into a medium-sized saucepan. With a wooden spoon, stir in brown sugar and lime juice. Add mango and banana. Cook for 3 minutes.

Pour the mixture into a blender and puree to a smooth texture.

Pour the fruit pudding into your So Easy Baby Food Trays, cover and freeze until ready to use.

**Serving:** Defrosted pudding cubes taste great alone, but try these options for variety:

- Add fruit pudding to oatmeal for a great tasting start to the day.
- Add a few cubes of fruit pudding to pancake batter to make Thai-inspired pancakes
- Add mashed brown rice to create a fruity rice pudding
- Toss 2-3 frozen cubes, 2 ice cubes and splash of fruit juice or milk in a blender for a frothy fruit smoothie.

