

An Introduction to Dorothy's Vegetables

A few important notes...

- Start vegetable meals in the middle of the day, and only introduce new foods in the evening meal once they are older, in case they react.
- Portion the vegetables so they are tasty and also are not too strong tasting in one taste.
- Potato can be replaced with Sweet Potato, Yam or Kumara. (Potato can have a negative reaction on SOME reflux babies)
- If you have a reflux or allergy baby, be aware that Carrots, Apples, Kiwifruit, Avocados, Bananas and Potato can cause issues.

Ratio Suggestions

Two Vegetables: 1 Tablespoon of Vegetable to ½ Tablespoon of carbohydrate (Kumara, Sweet potato, Yam or Potato).

Make sure it is tasty and the carbohydrate does not override the vegetable taste.

Three Vegetables: 1 Tablespoon of Vegetable to ½ Tablespoon of carbohydrate and about a ¼ Tablespoon of the green vegetable.

Four/Five Vegetable: Use the above as a guideline, but base it on taste.

If any of the new vegetables are too strong tasting when you introduce them, put a smaller amount in the next time you make them.

Using the list...

- Start by working through this list from the beginning.
- Start by doing three days with one combination and then progress onto the next flavour, however common sense also helps here.
- You can move through the list as quick or as slow as you want, however your baby may get bored quickly with the same flavours.
- If your baby does not like the taste of something the first time round, remember to reintroduce it and also make sure it is not as strong a flavour as last time.
- In the beginning it is helpful to cook enough to do the following: Enough to eat one day, fridge the following day and the third day in the freezer (some people leave for two days in the fridge)
- For frozen portions either use ice cube trays or droplets on cooking paper, once frozen, transfer into plastic zip lock bags.
- Measure large tablespoons and remember good hygiene around preparation and cooking of vegetables.

Five Vegetables

Carbohydrate +
one group from this list
or create your own tasty group
Beans, Courgette, Leek & Turnip
Beans, Bok Choy, Leek & Sweet Corn
Cabbage, Carrots, Chick Peas & Parsnip
Capsicum, Onion, Parsnip & Pumpkin

Four Vegetables

Carbohydrate +
one group from this list

Beans, Butternut Squash & Peas
Beans (roasted), Parsnip & Turnip
Beans, Broccoli & Sweet Corn
Beans, Roasted Capsicum & Spinach
Bok Choy, Carrots & Parsnips
Bok Choy, Brussel Sprouts & Swede
Bok Choy, Carrots & Courgette
Bok Choy, Butternut Squash & Leek
Broccoli, Butternut Squash & Capsicum
Broccoli, Courgette, & Sweet Corn
Butternut Squash, Courgette & Spinach
Cabbage, Courgette & Leek
Carrot, Celery & Red Lentils
Carrot, Celery & Red Lentils
Carrot, Broccoli & Peas
Carrot, Parsnip & Spinach
Carrot, Leek & Parsnip
Carrot, Savoy Cabbage & Swede
Cauliflower, Parsnip, & Peas
Cauliflower, Celery & Savoy Cabbage
Chick Peas, Courgette & Spinach
Courgette, Leek, & Peas
Snap Peas, Swede & Watercress

Three Mixed Vegetables

Carbohydrate +
create a new pair from this list

Baby Squash
Baby Marrow
Beans
Beetroot
Bok Choy
Broad Beans
Broccoli
Butternut Squash
Carrot
Cauliflower
Celery
Courgette

Fennel
Leek
Onion
Parasnip
Peas
Pumpkin
Savoy Cabbage
Spinach
Sugar Snaps
Swede
Turnip

Three Simple Vegetables

Carbohydrate +
one pair from this list

Butternut Squash & Broccoli
Butternut Squash & Cauliflower
Butternut Squash & Courgette
Butternut Squash & Peas
Butternut Squash & Spinach
Carrot & Broccoli
Carrot & Cauliflower
Carrot & Courgette
Carrots & Peas
Carrot & Spinach
Pumpkin & Broccoli
Pumpkin & Cauliflower
Pumpkin & Courgette
Pumpkin & Peas
Pumpkin & Spinach

Two Vegetables

Carbohydrate +
one from this list
Butternut Squash
Carrot
Pumpkin

Carbohydrates

It is a good idea for every vegetable meal to have a starchy vegetable as a base to make the meal filling. Adding one of the following to each vegetable combination is recommended:

Potato
Sweet Potato

Kumara
Yam

The idea with the progression of vegetables is to start with simple, plain flavours and gradually move onto more intense flavour combinations.

Finger Food. Finger Food is important to introduce to help develop your baby's texture taste and smell. It should be cooked to a soft texture and made from the same vegetable as their puree. For example a stick of cooked carrot may be given when you have prepared a puree of Potato, Carrot and Leek. Introduce this when you move to the Three Mixed Vegetables list.

Recipes

Green Vegetable Puree (from Anabel Kamel)

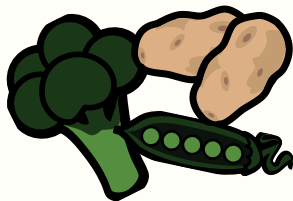
Ingredients

40g peeled and chopped onion
15g butter 250g potatoes, peeled and chopped
375 ml unsalted vegetable stock or water
50g broccoli florets
50g frozen peas

Method

Saute the onion in the butter until softened but not coloured (about 5 minutes). Add the potato, pour over the stock or water, cover and bring to the boil and then cook for 10 minutes. Add the broccoli florets and cook for 3 minutes.

Then add the peas and cook for a further 3 minutes. It's a good idea to puree this in a mouli or baby food grinder to get rid of the husks from the peas and also pureeing potato in a blender breaks down the natural starches and makes it sticky.



Cinderella's Pumpkin

Ingredients

Oil (rice oil)
50g white part of a Leek washed and sliced
225g Pumpkin or Butternut Squash peeled and cut into cubes
150ml vegetable stock

Method

Sauté the Leek until in oil until soft and lightly golden.

Add the pumpkin or Butternut Squash and continue to cook for 2 minutes.

Pour over the stock bring to the boil and then simmer covered with a lid for 30 minutes or until the pumpkin or Butternut Squash is tender. Puree.

Lovely Lentils

Ingredients

50g finely chopped Onion
100g Carrots peeled and chopped
15g Celery chopped
1 tbsp. vegetable oil
50g split Red Lentils
250g sweet Potato peeled and chopped
400 ml chicken stock

Method

Sauté the Onion, Carrots and Celery in the vegetable oil for about 5 minutes or until softened.

Add the lentils and sweet Potato to the pan and pour over the heat and simmer, covered with a lid for 20 minutes. Puree.

