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# PUREED RECIPES – STAGE 1

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Shepherds pie

Peas porridge hot

April bloomfields English porridge

Baked custard

Tropical yoghurt fruit whip

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Yellow lentil dahl

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Broccoli, chicken and corn puree

Roasted Beetroot Puree

Lemon and rosemary white bean puree

# SHEPHERDS PIE

## INGREDIENTS

- 1 tablespoon olive oil
- 1 brown onion, halved, finely chopped
- 1 carrot, peeled, finely chopped
- 2 celery sticks, trimmed, finely chopped
- 1 tablespoon tomato paste
- 500g lamb mince
- Salt & freshly ground black pepper
- 2 tablespoons plain flour
- 500ml (2 cups) Massel **beef** style stock
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 4 (about 200g each) desiree potatoes, peeled, chopped
- 40g butter
- 125ml (1/2 cup) milk

## METHOD

- **Step 1** Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb changes colour.
- **Step 2** Add the flour and cook, stirring, for 2 minutes or until combined. Add stock, bay leaf, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper.
- **Step 3** Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.
- **Step 4** Preheat oven to 200C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish, or use four individual ovenproof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Brush with butter. Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately

# Peas Porridge Hot (Oat Risotto with Peas)

## Ingredients

- **1 tablespoon** unsalted butter

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- **1/4 cup** finely diced onion
- **1/2 cup** steel cut oats (not quick cook) or oat groats (coarsley chopped in food processor)
- **2 1/2 cups** hot chicken stock
- **1/2 cup** frozen peas
- **1/2 cup** grated Parmigiano Reggiano
- **1/8 cup** milk
- Salt and pepper, if desired

## Directions

1. In a medium-sized pot over medium heat, melt butter. Add onions and cook until translucent. Do not brown.
2. Add oats and stir to coat the grains with the butter/onion mixture.
3. In half-cup increments, ladle hot broth over oats and stir, as you would for risotto, until most of the broth is absorbed. Repeat this step until all the broth is absorbed, and oats are al dente, and still a little soupy.
4. Taste the oats for salt and add some to the pot if needed.
5. Add the peas and stir to combine. Turn off the heat. Fold in the cheese and cream. Let sit for a minute or so to let the oats absorb a little more liquid.
6. Serve in warm bowls topped with additional cheese, and cracked black pepper if desired.

<https://food52.com/recipes/3094-peas-porridge-hot-oat-risotto-with-peas>

# April Bloomfield's English Porridge

## Ingredients

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- **1 1/2 cups** whole milk, plus a few generous splashes
- **1 1/2 cups** water
- **1 1/2 teaspoons** Maldon, or other flaky sea salt (if using finer salt, start with 1/2 teaspoon and add to taste)
- **1/2 cup** rolled oats
- **1/2 cup** steel-cut oats
- **2 tablespoons** sugar (maple, brown, or white) or maple syrup

## Directions

1. Combine the milk, water, and salt in a medium pot (a 2-quart pot should do it) and set over high heat. As soon as the liquid comes to a gentle simmer, add both kinds of oats and lower the heat to medium.
2. Cook the oats at a steady simmer, stirring frequently and lowering the heat as necessary to maintain the simmer.
3. After about 20 minutes at the simmer, the rolled oats will have turned a bit mushy, while the steel-cut oats will be just tender and pop when you bite them.
4. Taste for seasoning—it should be on the salty side. Add sugar or syrup. Spoon the porridge into warm bowls and let it sit for a minute. Then carefully pour a little cold milk around the edges of each bowl, so it pools all the way round. Sprinkle a five-fingered pinch of sugar or drizzle the syrup in the center of each and let it melt, then serve right away.

# Easy Old-Fashioned Baked Custard With Nutmeg Topping

## Ingredients

- 2 cups milk
- 2 large eggs
- 1/8 teaspoon salt
- 4 tablespoons granulated sugar
- Pinch nutmeg (fresh-grated if possible)

## Method

- Gather the ingredients.
- Heat the oven to 325 F.
- Place four 6-ounce custard cups in a larger baking pan.
- In a medium bowl, whisk together milk, eggs, salt, and sugar.
- Divide the custard mixture evenly among the custard cups.
- Fill the pan with hot water to a depth almost even to the top of the custard; sprinkle each serving with nutmeg.
- Bake in the preheated oven for about 40 to 55 minutes, or until custard is set. This depends on the depth of the baking dish. The custard will still have a slight jiggle in the center; a knife inserted in the center should come out clean.
- Serve and enjoy!

<https://www.thespruceeats.com/easy-old-fashioned-baked-custard-3059894>

# Tropical yoghurt fruit whip

## Ingredients:

- 3/4 cup unsweetened low-fat Greek yoghurt
- 1/2 cup chopped pineapple, divided
- 1/2 cup chopped mango, divided
- 1 Weet-Bixwheat biscuit, crushed
- Pulp from 1/2 fresh passionfruit
- 2 Tbsp seeds or chopped nuts
- 1 tsp maple syrup or honey, optional

## Method:

1. Pulse yoghurt, half the pineapple and half the mango in a blender to a rough puree, or mash fruit with a fork and stir through yoghurt.
2. Fold in crushed Weet-Bixwheat biscuit, passionfruit pulp, and seeds or nuts.
3. Spoon into a jar, top with remaining fruit and drizzle with syrup or honey if using.

<https://www.weetbix.com.au/recipes/tropical-yoghurt-fruit-whip/>

# RED LENTIL DAHL (VEGAN, LOW-FAT)

## ingredients

- 1 C dried red lentils
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 medium tomatoes, peeled and diced
- 2 tsp curry powder
- 2 C water or vegetable stock (or more)
- 1/2 tsp Garam Masala
- 1/2 C vegan yogurt or coconut milk
- salt to taste

## instructions

1. Heat oil (or splash of vegetable stock for oil-free version) in a large shallow pan over medium heat. Sauté onion until soft and translucent. Add garlic and curry powder. Stir for a minute until fragrant. Then add tomatoes and cook for another 2-3 minutes. Finely throw in red lentils and pour vegetable stock.
2. Cook for 15 minutes or until lentils are done adding more stock/water if needed.
3. Finish with Garam Masala, salt and vegan yogurt. Simmer for another minute and switch off the heat

<http://www.slavicvegan.com/2019/09/08/red-lentil-dahl-vegan-low-fat/>

# Yellow Lentil Dal

## Ingredients

- 2 Tbs. canola oil
- 3 tsp. whole cumin seeds
- 2 tsp. red pepper flakes
- 1 medium onion, diced (1 1/2 cups)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. salt
- 1 1/2 cups yellow lentils, sorted and rinsed
- 2 cups low-sodium vegetable broth
- 1 tsp. ground turmeric
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## Preparation

1. Heat oil in saucepan over medium-high heat. Stir in cumin and red pepper flakes, and sauté 1 minute. Add onion, garlic, and salt, and sauté 1 minute more.
2. Add lentils, vegetable broth, 2 cups water, and turmeric. Cover, reduce heat to medium-low, and simmer 25 minutes, or until liquid is absorbed.

<https://www.vegetariantimes.com/recipes/yellow-lentil-dal>

# HUMMUS

## INGREDIENTS

- 600g canned chickpeas, drained, rinsed
- 1 teaspoon ground cumin
- 2 tablespoons tahini paste (see note)
- 3 garlic cloves, crushed
- Juice of 1 lemon
- 1/4 cup (60ml) water
- 100ml olive oil, plus extra to serve

## METHOD

- **Step 1** Place the chickpeas, a pinch of salt, cumin, tahini paste, garlic and lemon juice in a food processor and process until combined. Add 1/4 cup (60ml) of water and process again.
  - **Step 2** With the motor running, drizzle in the olive oil and process until quite smooth.
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- **Step 3** Place hummus in a bowl, drizzle with extra olive oil
  - <https://www.taste.com.au/recipes/hummus/5ace65f4-e612-4f80-9997-40e248d5117f>

# EGGPLANT DIP

## INGREDIENTS

- 1 medium eggplant
- 1 small red onion, skin on, cut in half
- 2 garlic cloves, skin on
- 1 teaspoon lemon juice
- 1/4 cup fresh flat-leaf parsley leaves
- 1/2 cup Tamar Valley Greek Style Yoghurt

## METHOD

- **Step 1** Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place eggplant and onion on prepared tray. Roast for 20 minutes. Add garlic. Roast for 10 to 15 minutes or until eggplant is tender. Set aside to cool slightly.
- **Step 2** Cut eggplant in half lengthways. Using a metal spoon, scoop out flesh. Remove and discard skin from onion and garlic. Process eggplant flesh, onion, garlic, lemon juice and parsley until combined. Season with salt and pepper. Transfer to a bowl. Stir in yoghurt. Serve.

<https://www.taste.com.au/recipes/roasted-eggplant-dip-3/c313e1e5-c808-4e5c-91d7-3e9009d1176f>

# Chia, almond and mango breakfast bowl

## INGREDIENTS

- 25g (1/4 cup) rolled oats
- 2 tablespoons The Chia Co black Chia seeds
- 250ml (1 cup) almond milk
- 1/2 teaspoon ground cinnamon
- 90g (1/3 cup) natural yoghurt
- 1 **mango**, peeled, sliced
- 2 tablespoons natural sliced almonds
- Cinnamon, extra, to serve

## METHOD

- **Step 1** Combine the oats and chia seeds in a bowl. Add milk and cinnamon and stir to combine. Cover with plastic wrap and place in the fridge overnight.
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- **Step 2** Divide the oat mixture between 2 bowls. Top each with yoghurt, mango and almond. Sprinkle with extra cinnamon.  
<https://www.taste.com.au/recipes/chia-almond-mango-breakfast-bowl/6474302c-0e58-452f-a4c8-95d47f458a4d>

# Broccoli, chicken and corn puree

## INGREDIENTS

- 50g (1/2 cup cooked) **chicken breast**
- 1/2 cup broccoli florets
- 1/4 cup creamed corn
- 3-4 tablespoons cooled boiled water, breast milk or formula

## METHOD

- **Step 1** Place chicken breast in steamer basket over a saucepan of simmering water. Steam for about 10–15 minutes or until cooked all the way through.
  - **Step 2** Add broccoli to basket 5 minutes before the end of cooking time. Steam 5-10 minutes, until very tender.
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- **Step 3** Combine chicken, broccoli, corn and water in a small food processor. Process until smooth or the required texture for your baby.

# Roasted beetroot puree

## INGREDIENTS

- 2 medium (450g total) **beetroot**, trimmed
- 1 bulb garlic
- 2 teaspoons Greek spice mix
- 1/4 cup fresh coriander leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1 tablespoon cider vinegar
- 2 tablespoons olive oil
- 1/4 cup Tamar Valley Greek Style Yoghurt

## METHOD

- **Step 1** Preheat oven to 200°C/180°C fan-forced. Wrap each beetroot and garlic bulb in foil. Place on a baking tray. Roast garlic for 30 minutes or until tender. Roast beetroot for a further 30 minutes or until tender. Cool for 10 minutes.
  - **Step 2** Remove foil. Peel beetroot and chop. Squeeze flesh from garlic. Place beetroot, garlic, spice mix and herbs in a food processor. Process until smooth. With motor operating, add vinegar and oil in a steady stream. Process until combined. Season.
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- **Step 3** Transfer mixture to a bowl. Stir in yoghurt. Serve warm or cold.

<https://www.taste.com.au/recipes/roasted-beetroot-puree/598099e8-ae06-4e36-b496-946198c1f8b5>

# Lemon and rosemary white bean puree

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 small brown onion, chopped
- 2 celery stalks, finely chopped
- 2 garlic cloves, crushed
- 2 strips lemon rind
- 2 sprigs fresh rosemary
- 2 tablespoons lemon juice
- 1/2 cup Massel chicken style liquid stock
- 2 x 400g cans cannellini beans, drained, rinsed
- Extra virgin olive oil, to serve

## METHOD

- **Step 1** Heat oil in a large frying pan over medium-high heat. Add onion and celery. Cook, stirring, for 6 to 8 minutes or until softened. Add garlic, lemon rind and rosemary. Cook, stirring, for 2 minutes or until fragrant. Add lemon juice, chicken stock and beans. Bring to the boil. Reduce heat to low. Simmer for 5 minutes. Remove from heat. Cool for 2 minutes.
  - **Step 2** Remove and discard lemon rind and rosemary. Add 1/4 cup warm water. Using a blender or food processor, blend bean mixture until smooth. Season.
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- **Step 3** Serve puree warm, drizzled with extra virgin olive oil.

<https://www.taste.com.au/recipes/lemon-rosemary-white-bean-puree/d636a2dc-fa8f-4118-8f94-272297ecada8>