

# Baby Food Menu (Initial Stage)

※With the softness like yogurt and potage  
Smoothly pureed

## ●Milky green potatoes

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on HP!

(Material)	(Quantity)
Potatoes	1/4
Spinach (or Komatsuna) leaf tip	2 pieces
{ Infant formula (Spoon for infant formula)	2 cups
{ Hot water	2 tbsp

### (How to cook)

- ① Peel the potatoes, boil them and mash little by little. (Until pureed.)
- ② Boil the leaf tips of spinach (or komatsuna). Drain well and make them pureed.
- ③ Mix ① and ② with milk melted in hot water and boil it. (Reduce the amount of milk if water is too much.)

## ●Grated carrots and apples

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(Material)	(Quantity)
Apples	5 g
Grated carrots	1.5 g
Water	1 / 2 tbsp
Potato starch } A	

### (How to cook)

- ① Peel apples and carrots.
- ② Grate apples and cut carrots into small pieces (1 cm)
- ③ Boil and mash carrots and add to grated apples.
- ④ Heat ③, boil it for a while, and use (A) to thicken it to extent of yogurt.

## ●Mashed tofu and radish

(Material)	(Quantity)
Silken tofu	20 g
Radish (daikon)	10 g
Dashi (bonito and kelp)	1 tbsp

### (How to cook)

- ① Boil tofu in boiling water, drain the water and mash it.
- ② Peel radish thickly and cut into like ginkgoo biloba. Boil until soft and mash it.
- ③ Add dashi into ①②.

## ●Mashed tofu and broccoli

(Material)	(Quantity)
Silken tofu	20 g
Broccoli (1/3 small bunch)	5 g
Hot water (dashi)	appropriate amount

### (How to cook)

- ① Boil tofu in boiling water, drain water, and mash it.
- ② Boil broccoli together with the bunches until soft, drain water, cut out only the flower buds, and mash it.
- ③ Spread ① and ② with dashi.

## ●Bread with pumpkin

(Material)	(Quantity)
Bread (without the ears) or raw bread crumbs	7 g
Pumpkin (yellow part)	10 g
Infant formula (Spoon for infant formula)	2 cups
Hot water	3~4 tbsp

### (How to cook)

- ① Boil pumpkin until soft and mash it, add a certain amount of hot water to the raw bread crumbs and leave it for a while.  
(In the case of plain bread, cut or grate it into small pieces)
- ② Soak the bread in hot water, heat it, boil it while crushing it, add milk and pumpkin, and mix gently.

# Baby Food Menu (Middle Stage)

## ● Grated white fish

※Soft enough to be crushed with the tongue.  
(like Tofu)

(Material) For 1 person	(Quantity)
White-meat fish(flounder, etc.)	1 0~1 5 g
Okra	1 (small size)
Dashi (bonito and kelp)	1 tbsp
Soy sauce	1 drop

### (How to cook)

- ① Boil and loosen the white fish.(Excluding skin, bones etc.)
- ② Boil the okra after removing the seeds, chop it finely, and mix it with white fish.
- ③ Put dashi soup and soy sauce in ② and mix.

## ● White fish with corn

Easy recipe !

(Material) For 1 person	(Quantity)
White-meat fish	1 0~1 5 g
Cream corn	1 tbsp
Hot water	1 tsp

### (How to cook)

- ① Boil and loosen the white-meat fish.  
(Excluding skin, bones etc.)
- ② Add hot water to the cream corn, mix, heat in the microwave for 10-20 seconds and pour into ①.  
※Instead of cream corn, you can use frozen corn or flaky corn.

※Proceed in the order of white fish ⇒ red fish

## ● Green laver potato

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(Material) For 1 person	(Quantity)
Potatoes	4 0 g
Green laver	a little
{ Infant formula (Spoon for infant formula)	1 / 2 cup
{ Hot water	2 tsp

### (How to cook)

- ① Peel potatoes, boil, drain well and crush them roughly with a fork while hot.
- ② Add green laver to ①, mix, and spread with infant formula melted in hot water.  
※Adjust the amount of infant formula.

## ● Spinach with tofu

(Material) For 1 person	(Quantity)
Tofu	4 0 g
Spinach (or komatsuna)	2 0 g
Sugar	1 / 4 tsp
Salt	a little

### (How to cook)

- ① Boil spinach softly and soak it in water, the hard roots are removed and chopped.
- ② Boil tofu quickly, mash it, and season it with sugar and salt.
- ③ Drain the spinach and mix with ②.

## ● Apple carrot

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(Material) For 1 person	(Quantity)
Carrots	2 0 g
Apples (Sugar)	1 0 g (1 / 4 tsp)
Boiled soup	a little

### (How to cook)

- ① Boil carrots until soft and chop them, leave the boiled soup.
- ② Grate apples, add boiled soup to ①, boil them until they are soft, and crush them roughly.  
※If the sweetness is not enough, you can add sugar.

# Baby Food Menu (Latter Stage)

※Hardness that can be crushed  
with gums (like banana)

## ●Scrambled eggs with carrots and broccoli

(Material) For 1 person	(Quantity)
Carrots	1 0 g
Broccoli	1 5~2 0 g
Egg (whole egg)	1/2
Salt	a little
Oil	a little

### (How to cook)

- ① Boil carrots and broccoli until soft and chop them finely.
- ② Mix ① with eggs, season with salt and scramble in an oiled flying pan.

## ●Surimi vegetable burger

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on HP!

(Material) For 1 person	(Quantity)
White-meat fish	1 5 g
Spinach (or komatsuna)	1 0 g
Potatoes	4 0 g
Soy sauce	1、2 drops
Oil	a little

### (How to cook)

- ① Mash white-meat fish and boil spinach and chop it.
- ② Grate the potatoes, add ① and mix.
- ③ Add oil to a flying pan(a large one with Teflon processing is better), make ② into a small circle, and bake on low heat.
- ④ After baking both sides, add soy sauce diluted with water.

## ●Boiled pumpkin

(Material) For 1 person	(Quantity)
Pumpkin	3 0 g
Hijiki	1 / 2 tsp
Dashi ( bonito and kelp)	Appropriate amount
Sugar	a little
Soy sauce	A little

### (How to cook)

- ① Take the peel and seeds of the pumpkin and cut it into large pieces and boil it until soft.
- ② Soak hijiki in water, chop it, and boil it in dashi soup until soft and add seasoning.
- ③ Mix the pumpkin with the hijiki.

## ●Stew of green vegetables and chicken breast

(Material) For 1 person	(Quantity)
Spinach (komatsuna)	4 0 g
Chicken breast (sasami)	1 0 g
Soy milk	4 tbsp
Potato starch	} A 1 / 4 tsp
Water	
Soy sauce	a few drops

### (How to cook)

- ① Boil spinach, soak it in water and cut into 8mm widths.
  - ② Heat chicken breast in the microwave for about 1 minute and cut it to about 8mm.
  - ③ Put soy milk in a heat-resistant container and heat it in the microwave for 1 minute. Add ①②, mix and heat in the microwave for another 1 minute. Heat and mix well, add A to thicken.
- ※ You can also heat it in a small pot to thicken it. Add a few drops of soy sauce for a more delicious finish.

# Rice porridge recipe

~Pot/Rice Cooker~

If you cook a small amount of porridge in a pot, the porridge will burn easily, so it is recommended to cook a certain amount and

## ●Amount when cooking in a pot or rice cooker

Amount	10-to-1 porridge	7-to-1 porridge	5-to-1 porridge
Rice	1/2 gou (1 gou = about 150g)		
Water	900 c c	630 c c	450 c c
Final finish	Strain or Mash	Hit with the back of a spoon	-

It is convenient to cook with a rice cooker. If you cook in a pot, you can make porridge while adjusting the hardness(the amount of water) that is easy for your child to eat. Choose the method that suits you ♪

It is a method to make porridge in a rice cooker together with regular rice.

## ●Amount when setting porridge at the same time as rice for adults with rice cooker

Amount	10-to-1 porridge	7-to-1 porridge	5-to-1 porridge
Rice	1 tbsp		
Water	10 tbsp	7 tbsp	5 tbsp

## How to freeze porridge

- When your baby eats only a small amount, it is convenient to put it in an ice tray with a lid and freeze the amount that your baby eats at one time. (Initial and Middle Stage)  
After Latter Stage, it is convenient to use a small storage container that can be heated in the microwave with the lid on.
- Cool the finished porridge and put it in a clean ice tray or storage container.
- Freeze ②.
- When the porridge freezes, remove it from the ice tray and replace it with a storage bag for freezing. (In the case of using ice tray)
- When thawing, put the amount to be eaten at one time in a heat-resistant container, wrap it, and heat it in a microwave oven at once.  
Adjust the heating time while observing the condition of the porridge.
- Make sure that the porridge is warm to the center, then cool it and give it to your baby. (Caution) Thawed products should not be frozen again.

## (How to cook)



### 【Making porridge in a pot】

- Wash rice, put in a small pot with water and let the rice soak for 30 minutes.
- Put ① on high heat, reduce the heat when it boils and shift the lid slightly.  
Boil for about 40 minutes, and turn off the heat, being careful not to spill.
- Make the final finish referring to the table on the left.



### 【Making porridge using a rice cooker】

- Put the amount of rice and water in the cooker.
- Cook in porridge mode.
- Make the final finish referring to the table on the left.

### 【Making porridge in a rice cooker together with regular rice】

- Put rice and water for adults in the rice cooker.
- Put the vessel (for porridge) in the center of the rice cooker and cook as usual.

# Preparing porridge from cooked rice



※The following is the amount that is easy to make.  
※1 tablespoon of rice weighs about 10 g

## ◆ 10-to-1 porridge (rice : water = 1 : 10)

**material** (3~4 doses)  
rice 20 g  
water 1 cup

### How to cook

- ① Put rice and water in a pot and boil over medium heat while mashing.
- ② After boiling, reduce the heat to low, cover and boil for about 15 minutes. Do not move the lid as it will spill.
- ③ Turn off the heat, cover and steam for about 10 minutes.
- ④ Separate omoyu and rice, crush the rice by hitting it, add the omoyu little by little, and stretch it.

※Adjust the amount of rice and water according to your baby's condition.

## ◆ 7-to-1 porridge (rice : water = 1 : 7)

**material** (5~6 doses)  
rice 60 g  
water 1 • 1/2 cup

### How to cook

- ① Put rice and water in a pot and mash the rice.
- ② Put on medium heat, shift the lid of the pot after boiling, and boil on low heat for about 10 minutes.
- ③ Turn off the heat and steam for 7-8 minutes.

※Adjust the amount of rice and water according to your baby's condition.

## ◆ 5-to-1 porridge (rice : water = 1 : 5)

**Material** (2~3 doses)  
Rice 60 g  
Water 1 cup

### How to cook

- ① Put rice and water in a pot and mash the rice.
- ② Put on medium heat, shift the lid of the pot after boiling, and boil on low heat for about 10 minutes.
- ③ Turn off the heat and steam for 7-8 minutes.

※Adjust the amount of water according to your baby's condition.

## ◆ Soft rice

**Material** (1 dose)  
Rice 60 g  
Water 1/4 cup

### How to cook

- ① Place rice and water in a pot and mash the rice.
- ② Put on medium heat, shift the lid of the pot after boiling, and boil on low heat for about 4-5 minutes.

※Adjust the hardness of the soft rice by observing the child's condition.

## Preparing porridge ~Using a microwave oven~



※The following is the amount for one dose(reference), and the heating time when using 600W in the microwave oven.

※1 tablespoon of rice weighs about 10 g

### ◆ 10-to-1 porridge (rice : water= 1 : 10)

#### Material

Rice 10 g  
Water 5 tbsp

#### How to cook

- ①Put rice and water in a heat-resistant container, wrap it softly, and heat it in the microwave for 3-4 minutes.
- ②Take it out, reattach the plastic wrap, and steam for 10 minutes.
- ③Separate rice and omoyu with a tea strainer, tap lightly to crush

※Adjust the amount of rice and water according to your baby's condition

### ◆ 7-to-1 porridge (rice : water= 1 : 7)

#### Material

Rice 15 g  
Water 4 tbsp

#### How to cook

- ①Put rice and water in a heat-resistant container, wrap it softly, and microwave for 3-4 minutes.
- ②Take it out, reattach the plastic wrap, and steam for 10 minutes.
- ③When it cools a little, mix it roughly.

※Adjust the amount of rice and water according to your baby's condition

### ◆ 5-to-1 porridge (rice : water= 1 : 5)

#### Material

Rice 30 g  
Water 4 tbsp

#### How to cook

- ①Put rice and water in a heat-resistant container, wrap it softly, and microwave for 3-4 minutes.
- ②Take it out, reattach the plastic wrap, and steam for 10 minutes.

※Adjust the amount of water according to your baby's condition.

### ◆ Soft Rice

#### Material

Rice 50 g  
Water 3 tbsp

#### How to cook

- ①Put rice and water in a heat-resistant container, wrap it softly, and microwave for 3-4 minutes.
- ②Take it out, reattach the plastic wrap, and steam for 5 minutes.

※Adjust the hardness of soft rice by observing your child's condition.