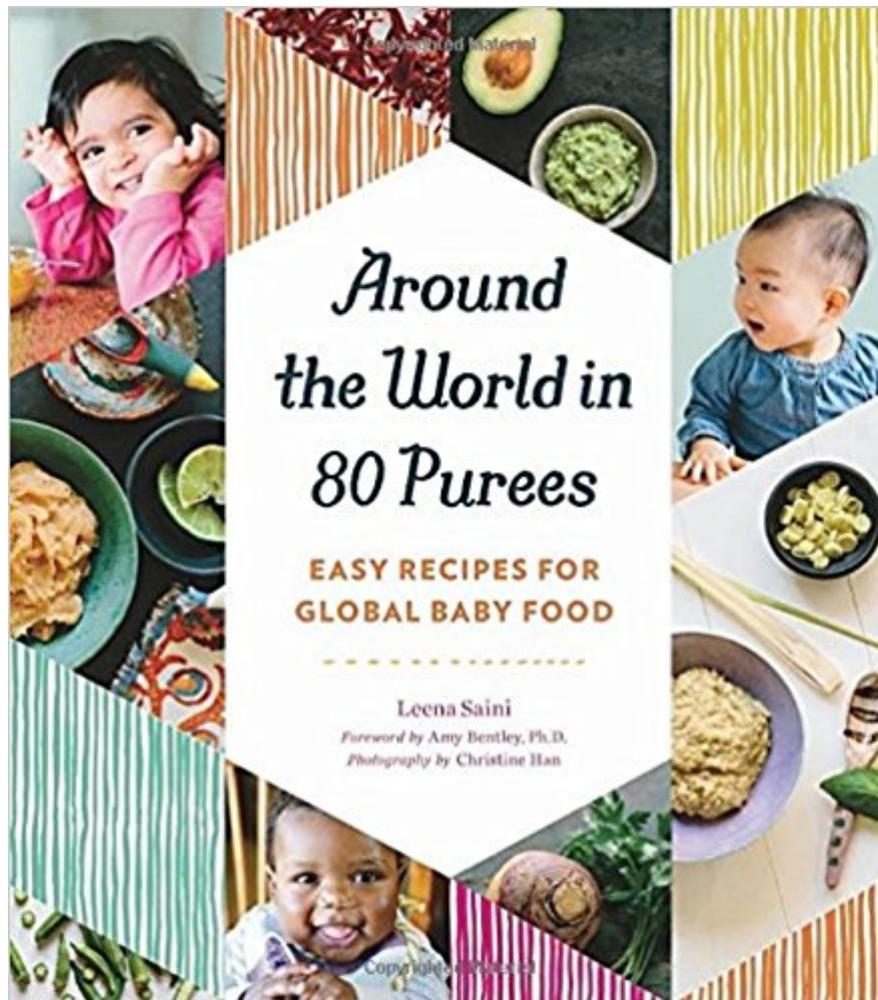


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Around The World In 80 Purees: Easy Recipes For Global Baby Food



Synopsis

Introduce your baby to a world of flavors with easy-to-make recipes for homemade baby food, featuring healthy ingredients, baby-friendly spices, and cuisines from India, China, France, Mexico, Morocco, and the rest of the globe. A Baby food is a terrific way to share the flavors you love, nurture development through wholesome ingredients, and encourage lifelong adventurous eating. So why limit your options to just bland mush? It's time to think outside the jar! With A Around the World in 80 Purees, you can create baby food inspired by the cuisines of India, China, France, Mexico, Morocco, and the rest of the globe. The recipes are quick and easy, with imaginative variations featuring your favorite spices and flavors. Continue the culinary adventure as your little one becomes a toddler by offering a range of internationally inspired simple solids. Broaden your baby's palate by the spoonful! A Selections from the Table of Contents: Baby-Friendly Spices First Foods around the World Equipment A Whole Wide World of Purees - For Babies 6 Months and Up:- Indian Saag Masala- Nigerian Isu- Moroccan Figs and Apricots with Aniseed- Chinese Congee- English Peas with a Hint of Mint A Spoonful of Flavor - For Babies 7-9 Months and Up- Iranian Rosewater Vanilla Smoothie- Ethiopian Niter Kibbeh- Egyptian Fava Beans- Japanese Carrot Soba- Turkish Seasoned Lamb Kebabs The Well-Seasoned High Chair - For Babies 10 Months and Up- Mexican Atole- Italian Pastina with Parmesan and Nutmeg- Spanish Pasta Romesco- Lebanese Muhallabia- Taiwanese Lou Rou Fan

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Customer Reviews

Mannaya Kasha 1 cup whole milk, water, or a combination Pinch ground cinnamon, ground cardamom, or both 3 tablespoons semolina flour 1 teaspoon seedless jam or fresh berry puree, ideally sugar-free 1 teaspoon unsalted butter, optional Russia/Eastern Europe

Makes about 6 ounces 8m+ Kasha is often thought of as buckwheat porridge, but in parts of Eastern Europe, it's the name of a semolina-based dish often served as breakfast with berries as in this mannaya kasha (pronounced 'mun-nigh-uh kah-shah'). Warm and creamy, this porridge is wonderful for babies. To add flavor, perfume the milk with cinnamon or cardamom before whisking in the semolina. You can serve the semolina plain, with just the perfumed milk, or with added berries for a more authentic kasha.

Make: In a 1-quart saucepan place milk and cinnamon. Bring to a boil, stirring frequently so milk doesn't stick to the bottom of the pot, and then remove from heat. Whisk in semolina. Return to low heat, stirring and whisking constantly until a porridge starts to form, 3 to 5 minutes.

Serve: Stir in jam and/or optional butter. Serve at once; once cool, porridge can get gummy.

Sweet or Savory Kasha: Replace the cinnamon and/or jam with a combination of other seasonings.

Sweet: Clove Nutmeg Allspice Anise Saffron

Savory: Paprika Curry powder Cumin Ghee Tomato and basil puree Parmesan

A World of Flavor: Semolina Semolina, the grain used to make pasta, is an ingredient in recipes all over the world. In South India, for example, it's used to make a savory pudding seasoned with ghee and spices. It can also be turned into a sweet pudding called sheera when boiled with milk and cardamom.

Excerpted from *Around the World in 80 Purees: Easy Recipes for Global Baby Food* by Leena Saini. Reprinted with permission from Quirk Books.

“The recipes Saini provides for parents in her book are anything but bland.”

•The Princeton Sun [Around the World in 80 Purees] is just the thing if you would like to vary your baby’s diet. The great thing about these baby foods is that most of them (at least the ones I perused through) do not include “crazy” ingredients that you’ve never heard of or are hard to come by. For the most part, they all contain ingredients that you are familiar with, but maybe had never thought to put them together in such a way, especially for babies.

•Mixed Bag Mama [Around the World in 80 Purees] delivers a wide variety of purees that will captivate your baby’s palate and encourage future exploration in the world of solid food.

•Library Journal “This lovely book is an inspirational corrective to the common wisdom that babies’ first foods should be bland and that young kids are picky eaters. Instead, this

fascinating global exploration of baby food shows us that any infant can become an open, adventurous eater and embark on a lifelong and rewarding culinary journey. (Bonus: these recipes are delicious enough for parents too.)

Christine Gross-Loh, bestselling author of *The Path: What Chinese Philosophers Can Teach Us About the Good Life* and *Parenting without Borders*

“Leena Saini will have your little one turning into a foodie in a onesie, and maybe you as well (though maybe not the onesie part). Her global approach to homemade baby food is well researched and full of flavorful recipes from every continent. . . . *Around the World in 80 Purees* is a cookbook I highly recommend.”

Bookwolder

Leena Saini is a lifelong foodie who has written about global baby food for BabyCenter and on the food blog Eat, Drink, Better. She is also a regular contributor to masalamommas.com and Sally's Place. She lives in New Jersey. Find her online at masalababyfood.com.

Loved, loved, loved this book. It helped me introduce my daughter to all kinds of spices and foods I wouldn't have normally introduced her to on my own. I bought three other puree recipe books, but this was my go to for 6 months of purees. Thank you, Leena Saini!!!

Very excited to get this book, my husband and I are both adventurous eaters and travelers but weren't sure how to introduce different flavors (outside of our cultures) to our son. This book was perfect it was easy to follow and we actually just made bigger batches for ourselves. So far my son has had curry, garlic, turmeric and basil. *Around the World in 80 Purees: Easy Recipes for Global Baby Food* I will be buying it for friends as they have kids.

Got this darling book as a gift from my husband. I LOVE it. So many great recipes/ideas. I'm really looking forward to trying everything when our little one arrives in October. :)

In a world filled with junk food and poor eating habits, Leena presents an excellent start to eating that has babies everywhere giggling and reaching for more REAL food. A must have for new parents, especially ones who love to cook healthy meals.

We will be trying many of these recipes for the whole family. It would have been nice to have more details on converting to a whole family meal such as what recipes could work together, side dishes,

etc. Also, I found the writing to be awkward in places, especially in the actual recipes. Sometimes it felt mechanically translated.

Perfect baby shower gift

If you're looking for a unique baby food recipe book, this is it. My daughter gave it to her sister as a baby shower gift. She loved it!

Gave it to my daughter in law and she loved it. She said it inspired her cooking for our grandson

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