




Baby Food separated a portion from adult meals

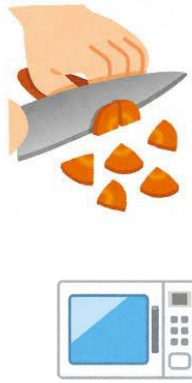


★ Tips for separating a portion ★

★ Separating a portion of soup (Miso soup, etc.) ★



How to separate	
<p>① Cut the ingredients</p> <p>Cut the ingredients to a size that adults eat. Ingredients of a size and thickness that are easy to pass through fire are easy to use for baby food. (Root vegetables that take a long time to cook can be cooked quickly by heating them in the microwave to soften them.)</p>	
<p>② Boil (Ingredients in Initial and Middle Stage)</p> <p>Put dashi soup (or water) in a pot, add ingredients and boil until soft.</p>	
<p>★ Initial Stage</p> <p>Middle Stage</p>	<p>【Initial Stage】 Mash the ingredients. Put each in container, add the broth of ② (1/2 teaspoon) and water-soluble potato starch, and heat in an microwave oven for 30 seconds.</p>
<p>③ Add oily foods and leafy vegetables and boil.</p> <p>★ Latter Stage</p>	<p>【Middle Stage】 Finely chop the ingredient. Put in a container, add a broth (2 teaspoons) of ② and a little water-soluble potato starch and heat in an microwave oven for 30 seconds.</p>
<p>④ Seasoning (for children)</p> <p>Use about 1/3 the seasoning as that for adults.</p>	<p>【Latter Stage】 Coarsely chop the ingredients. Mix the ingredients with the boiled soup of ④ and hot water (1 table spoon each).</p>
<p>★ Separating in Completion Stage</p>	<p>【Completion Stage】 Cut the ingredients into 1cm squares. Add 3 tablespoons of boiled soup of ④.</p>
<p>⑤ Seasoning (for adults)</p> <p>Add the rest of the seasoning for adults. Add spices at this time.</p>	

★ (Ex.) Separating a portion from Miso soup★

Separating a portion from Miso soup	
<p>① Cut the ingredients</p> <p>Cur radish and carrot into 2mm thick and cut komatsuna into 2cm width. For fried tofu, drain the oil and cut into 1cm width.</p> <p>Put radish and carrot in a heat-resistant container, wrap it, and heat in the microwave for 4 to 5 minutes.</p>	
<p>② Boil (Ingredients in Initial and Middle period)</p> <p>Put dashi soup, radish and carrot in a pot and boil for 3-4 minutes.</p>	
<p>★ Initial Stage</p> <p>Middle Stage</p>	
<p>③ Add oily foods and leafy vegetables and boil.</p> <p>Add komatsuna and fried tofu and boil for a few minutes.</p>	
<p>★ Latter Stage</p>	
<p>④ Seasoning (for children)</p> <p>Use about 1/3 the seasoning as that for adults.</p>	
<p>★ Completion Stage</p>	
<p>⑤ Seasoning (for adults)</p> <p>Add the rest of the miso. Adults can sprinkle shichimi pepper if they like.</p>	

【Initial Stage】

Mash the ingredients. Put each in a container, add the boiled soup of ② (1/2 teaspoon) and water-soluble potato starch, and heat in a microwave oven for 30 seconds.

【Middle Stage】

Finely chop the radish and carrot. Put in a container, add the boiled soup of ② (2 teaspoons) and a little water-soluble potato starch and heat in a microwave oven for 30 seconds.

【Latter Stage】

Coarsely chop the radish, carrot and komatsuna leaf chip (3 slices). Mix the ingredients with the boiled soup of ④ and hot water (1 table spoon each)

【Completion Stage】

Finely chop 1 slice of fried tofu, radish, carrot (10g each), and cut komatsuna leaf tips (3 slices) into 1cm squares. Add 3 table spoons of broth of ④.

In addition to Nimono and soups, you can also separate grilled fish, potato, salad risotto, etc.

