Caramel siaine

Siaine refers to banana in the Tongan language
Serves 4  |  Prep time: 5 mins  |  Cook time: 10 mins

Ingredients:
• 4 bananas
• 2 tbsp butter
• 3 tbsp brown sugar
• 1 cup low fat natural yoghurt

Step 1
Chop bananas in a diagonal shape.

Step 2
Melt butter in a pan on medium heat and add sugar.

Step 3
Add the bananas and continue stirring for 5 - 10 minutes.

Step 4
Serve with yoghurt once the mixture has caramelised.
Tips for starting pepe (baby) on solid foods

Until pepe is around 6 months of age, breastmilk is the only food or drink they need.

Pepe is ready for solid foods when they are:
- About 6 months old.
- Able to sit upright on your lap and hold their head up properly.
- Reaching out for food when someone is eating nearby.
- Opening their mouth when you put a spoon near it.

How to start pepe on solid foods
- Choose a time when pepe is happy and relaxed.
- Help pepe focus on eating by turning off the TV, computer, phone and radio.
- Stay with pepe while they are eating, so you can help if they choke.
- At first, give pepe solid food once or twice a day. When pepe is used to it, give them solid food more times each day.
- Pepe may only want a little at first. Give more as they get used to it.
- Don’t force pepe to eat or finish food. Pepes know when they are full.
- Don’t put the spoon or food in YOUR mouth before giving it to pepe.

What foods to start with:
- Beef, lamb, pork
- Fish (no bones)
- Chicken (no skin)
- Green leafy veggies like taro leaves, pele/aibika, kapisi/cabbage
- Smooth peanut butter.

Start your pepe on foods that have lots of iron. This will give your pepe strong blood to help them grow.

Making pepe food:
- Start pepe with soft and smooth foods.
- Cook the food until it is soft.
- Push the food through a sieve or use a blender to mix pepe’s food so it is nice and smooth.
- As pepe grows move from smooth food to foods with lumps. This will help pepe learn to chew and talk well.
- At around 8 months pepe can have soft finger foods.

Tips for the family:
- All foods are brand new to pepe so you don’t need to add any extra flavours.
- Pepe may need to try a new food many times before eating it. If they don’t like a new food the first time, try it again another time.
- Include pepe at the table for family meals. Pepe will watch you and the rest of the family and learn about eating.
- You can add breastmilk to help make the food smooth and mushy.

Foods that are NOT good for pepe:
- Sugar, honey, salt, chicken/beef stock, soy sauce or any other types of sauces.
- Foods that have lots of salt and fat like tinned corned beef and turkey tails.
- Foods that might make pepe choke like whole nuts, hard raw veggies or fruit, lollies or large pieces of sausages with skin on.
Pepe (baby) food

Freezing:
- Store pepe food in a zip lock bag or an airtight container.
- Label the zip lock bag or container with the name of the food and the date.
- Do not store any leftovers in the same container or bowl pepe was eating from, pepe can get sick.

Defrosting:
- Defrost pepe food in a closed container overnight in the fridge.
- This can take up to 12 hours.
- Do not defrost pepe food on the bench. Germs can get into the food and make pepe sick.

Heating up pepe food:
Microwave
1. Put pepe food in a glass, microwave safe container or bowl. Do not reheat pepe food in a zip lock bag or cover the bowl in plastic wrap.
2. Heat food for 15 seconds and then stir it well. Repeat this step until the food is steaming hot.
3. Let the food cool down for 1 minute and test the temperature to see if it is ready for pepe to eat (see how to do this below).

Stove top
1. Put pepe food in a small saucepan.
2. Heat food on a low heat and stir it slowly until the food is steaming hot.
3. Take the food out of the saucepan and let it cool down for 30 seconds.
4. Test the temperature to see if it is ready for pepe to eat (see how to do this below).

Do NOT reheat pepe’s food more than once. This can make pepe very sick.

Testing the temperature
- When pepe’s food is ready stir it to make sure no heat pockets are left behind.
- Put a small bit of food on the soft part of your hand to check the temperature. It should be warm but not too hot.

Mashed banana

Ingredients:
- 1 ripe banana

Chunky Texture
Slice the banana into chunky pieces.

Smooth Texture
Use a fork to mash the banana until it has small, smooth lumps.

Puree Texture
Use a blender or a fork to mash the banana until completely smooth and pureed.
Stewed pear

Ingredients:
• 1 ripe pear

Step 1: Peel the pear and remove the seeds and core.

Step 2: Place in a pot with a small amount of water and cook until soft.

Chunky Texture: Peel the pear and cut into pieces. You do not need to cook the pear for this texture.

Smooth Texture: Mash the cooked pear using a fork until smooth with small lumps.

Puree Texture: Use a blender or a fork to mash the pear until completely smooth and pureed.

Mashed avocado

Ingredients:
• 1 ripe avocado

Chunky Texture
Scoop the avocado out of the skin using a spoon then slice into chunky strips.

Smooth Texture
Mash the avocado into smoother, smaller pieces.

Puree Texture
Use a blender or a fork to mash the avocado until completely smooth and pureed.
**Pumpkin, cauliflower and broccoli puree**

**Ingredients:**
- ¼ of a pumpkin, peeled
- ¼ head of cauliflower, cut into florets
- ¼ head of broccoli, cut into florets

**Step 1:** Cut vegetables and boil or steam until soft.

**Chunky Texture:** Lightly mash the vegetables into large chunks.

**Smooth Texture:** Mash the cooked vegetables using a masher or fork until smooth with small lumps.

**Puree Texture:** Use a blender or a fork to mash the vegetables until completely smooth and pureed.

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**Stewed apple**

**Ingredients:**
- 1 ripe apple

**Step 1:** Peel the apple and remove the seeds and core.

**Step 2:** Place in a pot with a small amount of water and cook until soft.

**Chunky Texture:** Peel the apple and cut into chunky pieces. You do not need to cook the apple for this texture.

**Smooth Texture:** Mash the cooked apple using a fork until smooth with small lumps.

**Puree Texture:** Use a blender or a fork to mash the apple until completely smooth and pureed.
Sweet potato and lamb puree

**Ingredients:**
- 1 small sweet potato
- Small piece of lamb (1/2 size of sweet potato)

**Step 1:** Cut meat into bite sized pieces and cook in a pan until cooked through. Add water as necessary.

**Step 2:** Add sweet potato and cook until soft.

**Step 3:** Using a stick blender, blend the mixture until completely smooth and pureed.

For safety reasons, when cooking with meat a blender must be used to puree the food.

Frozen vegetables

**Ingredients:**
- 1 - 2 cups of frozen mixed vegetables (mixed carrot, beans and corn)

**Step 1:** Cook the vegetables in boiling water until soft.

**Chunky Texture:** Serve a small portion (the texture is already chunky).

**Puree Texture:** Use a stick blender to mix the vegetables until smooth and pureed.
### Beef, tomato and carrot puree

**Ingredients:**
- 1 small sweet potato
- 1 can diced tomato
- 1 carrot
- Small piece of beef (1/2 size of sweet potato)

**Step 1:**
Cut meat into pieces and cook in a pan until cooked through. Add water as necessary.

**Step 2:**
Add sweet potato, carrots and tomato.

**Step 3:**
Once cooked, use a stick blender to blend until completely smooth and pureed.

For safety reasons, when cooking with meat a blender must be used to puree the food.

### Lentil, carrots and pele puree

**Ingredients:**
- 1/4 cup of lentils
- 1 carrot
- 1 large pele leaf (use silver beet as a substitute)

**Step 1:**
Wash lentils until water runs clear.

**Step 2:**
Place lentils in a pot, covered with water. Cook for 15 minutes or until soft. Once lentils are cooked, add the carrots and pele. Cook until soft.

**Step 3:**
Using a blender, blend the mixture until completely smooth and pureed.

For safety reasons, when cooking with fibrous greens use a blender to puree.
Fish and sweet potato

**Ingredients:**
- 1 small sweet potato
- Small piece of fish (1/2 size of sweet potato)

**Step 1:** Cut fish into bite sized pieces and cook in boiling water.

**Step 2:** Cook sweet potato in a pot until soft then drain the water.

**Step 3:** Add the mixture together in a bowl.

**Chunky Texture:** Lightly use a masher to mix the sweet potato and fish into a chunky texture.

**Smooth Texture:** Use a masher to create a smoother texture with small lumps.

**Puree Texture:** Use a stick blender to blend until completely smooth.

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Rice, chicken and spinach puree

**Ingredients:**
- ¼ cup of cooked rice
- 1 carrot
- 1 cup of spinach
- 1 ½ cups of hot water

**Step 1**
Cut the chicken and carrot into bite sized pieces. Add to a pan with water and cook until soft.

**Step 2**
Add the rice, spinach and water and cook for 2 minutes.

**Step 3**
Using a blender, blend the mixtures until completely smooth and pureed.

**For safety reasons,** when cooking with meat a blender must be used to puree the food.