

❄️ Freezing is a great way to save time. ❄️

**# ice-cube tray**

soup bowl  
After freezing, store in a freezer bag.



**# freezer bag**

Suitable for food in paste form.

If you freeze it with indents, you can break off just the part you want to use.



**# wrap**

Good for small amounts of food

Wrap in plastic wrap and place in a freezer bag to avoid drying out.



**# Compartment**

Suitable for freezing in small portions

Freeze one serving at a time in an airtight container.

The silicone cup can be used in the microwave.

You can heat it right up!



**Great tips!! Freezing Techniques by Ingredients!!**

**# Porridge**

Use ice trays when eating small amounts. If the amount of food your child eats increases, freeze one meal at a time.

**# Fish, meat**

Boil, wrap and freeze.

**# Vegetables & Potato**

Boil then freeze. For potatoes, boil and mash them before freezing.

**# Soybean Products**

Tofu can not be frozen. Natto can be frozen.

\*You can use frozen vegetables for weaning food.

**When freezing food**

\*Use fresh ingredients.

\*Cool and then freeze.

\*When defrosting, heat until it is boiling.

\*Do not re-freeze.

\*Use it up within a week.

★ Utilize your **microwave**.

★ \*The ingredients listed are in quantities that are easy to prepare.

**# Boil and steam**

➔ Wrap the ingredients in plastic wrap and microwave them.

\* Wrap it gently!!

Or place in a heatproof container, add a little water, cover with plastic wrap, and microwave.

**# Make white sauce**

➔ Put 20g of flour and 20g of butter in a heatproof container and microwave without wrapping (about 1 minute at 500W). When the butter is melted, mix well with a whisk. Gradually add 140 ml of milk and mix.

Cover with plastic wrap and microwave again (about 2 minutes at 500W), then mix thoroughly with a whisk.

**# thick starchy sauce made of katakuriko (potato starch) flour**

➔ Heat 100ml of broth in a heatproof container in a microwave oven. (about 1.5 minutes at 500W).

Remove from microwave and mix in katakuriko (1 teaspoon katakuriko:2-3 teaspoons of water).

Heat in a microwave oven (500W for about 30 seconds). Stir well while hot.

\* Stirring occasionally will help prevent uneven heating!

Answers to Mom and Dad's Questions

Weaning Guide



**Boil**

Useful Technique

\* When cooking rice, wrap whole washed and peeled carrots, potatoes, etc. in aluminum foil and place them in the prepared rice pot. (The vegetables can be cooked softly at the same time as the rice is cooked.)

Commonly used for cooking until about 7-8 months of age 🎵

**Basic baby food preparation**

In weaning food, the basic rule is to heat the food. Let them cool down to about skin temperature before feeding. Fruits, however, do not need to be heated.

**# Boil, Steam**

Softens and reduces the risk of food poisoning. Microwavable (see back cover).

➔ Root vegetables, potatoes and eggs - Boil from water.

➔ Green vegetables, fish, meat and noodles - Place in boiling water.



**# Grind # Crush**

Cook the ingredients until they are soft and then grind them into small pieces.

At first, use a mortar or pestle to grind the ingredients until they are smooth.



A set of mortar and pestle is a useful tool.

Useful Technique

Wrap pumpkin in plastic wrap and heat in the microwave. When it becomes soft, remove the skin, wrap it in plastic wrap again, and crush it with your fingers.

Place the boiled potatoes in a small dish and mash them with the back of a fork.

**Crush**



**# Chop up**

Shorten the fibers of the food to make it easier to chew.

➔ Tools used - knives, kitchen scissors, etc.



**# Flake**

Remove bones, skin, muscles, etc. from meat and fish, and dismember the meat.

➔ Tools to use - chopsticks, forks, etc.

**# Make softer**

Add hot or cold water or milk to the mashed ingredients to adjust the consistency.

➔ Use boiled water for weaning.

Cutting vegetables and meat in a way that cuts across the grain will soften the food.

**# Grate**

The texture will be fluffier than if it were chopped.

The trick is to grate at an angle that cuts the fibers.

Useful Technique

\* Boil the spinach, wrap the leaves in plastic wrap and freeze. Grate the spinach with a grater while still frozen. Add water and heat.

(In the case of leafy greens, grating with a grater will give a better result than mortar and pestle.)

It can also be used with boiled and frozen fish and meat.

**Grate**

**# Strain**

Makes food smooth and fluffy.

➔ Tools to use Strainer, tea strainer, miso strainer & spoon, spatula, etc.



**Thickening**

Useful Technique

Add water to the boiled and loosened fish meat and heat. When it comes to a boil, add potato starch ( potato starch 1:water 2-3) and boil for a while. You can also add grated raw potatoes instead of potato starch to thicken the sauce.

**#thickening**

It helps to combine ingredients such as leafy greens, fish, and meat to make them easier to swallow.

➔ Ingredients - potato starch, wheat flour, rice flour, cornstarch, etc.

Based on the Third Sapporo City Dietary Education Promotion Plan, the City of Sapporo is promoting dietary education with the aim of realizing healthy and enriched dietary life for citizens. For more information, please visit the website or contact the nutritionist at your ward health center.



# A Week's Menu of Portions From Adult Meals

Tips for preparing portions for 7-10 months old babies ♪

As your baby begins to eat baby food more often, preparation can become a hassle. Save time and energy by preparing portions from adult meals! Take care to prepare food that has a good balance of the different food groups.

**\*Staple food** Rice  
Bread~ bread rolls can be introduced from Latter Weaning Period.  
Noodles~ macaroni and thin pasta can be used.  
※Corn flakes and oatmeal can also be used.

**\*Main dish** Fish, meat, egg, soy bean products etc.

**\*Side dish** Vegetables, potatoes, seaweeds, mushrooms etc.

## Menus for parents

### ★From Salted Salmon★

[Middle Period]~Rice porridge with salmon  
→Flake salmon, and put them in rice porridge. Staple Main

[Latter Period]~Salted salmon Main  
→Flake salmon into bite-sized pieces.

### <Tuesday>

B Toast /Spinach omelette / Banana yoghurt

L Rice /Japanese mustard spinach(Komatsuna) with sesame seeds / Simmered Radish and Pork

D Rice /Salted salmon / Stewed Eggplant / Miso soup (Shimeji mushroom, deep fried tofu)

### <Wednesday>

M Rice ball /Canned mackerel in brine with grated Japanese radish /Miso soup (potatoes, carrots)

D Egg fried rice / Seaweed salad

N Pasta with meat sauce /Vegetable soup

### <Thursday>

M Pancakes  
Cream corn soup made with soy milk

D Omelette /Minestrone / Apple

N Rice /Vegetable soup with Chinese Steamed Dumplings and tofu / Three-Colour Namul

### <Friday>

M Cornflakes/ Milk/ Egg salad

D Toast/ Meat balls/ Pumpkin gratin

N Rice/ Sliced raw tuna/ Veggie stir-fry

### <Saturday>

M Bread rolls/Koya tofu (Freeze-dried Tofu) Stew

D Rice/Chicken simmers in tomato sauce/ Potato salad

N Rice/Simmered mackerel with miso/ Simmered turnip

### <Sunday>

B Rice/Seaweed omelette / Spinach with tuna

L Chicken curry and rice / Salad

D Yosonabe (a hot pot of Udon noodle, tofu, cod, Japanese radish, carrots)

## Tips for Portions from Adult Meals

- \* When cooking meals for adults, use baby-friendly ingredients.
- \* Be care not to use too much seasonings for your baby's meal by removing the baby's portion before seasoning, or making it less salty before serving for your baby.
- \* Thoroughly smushing and chopping foods, as well as heating more to make the foods softer are helpful to make it easier for your baby to eat.

All the menus below can be used for preparing portions for your baby!



Please avoid giving mackerel to a baby at the middle weaning period. Instead of mackerel, use canned tuna or salmon in brine.

## #Baby Food Portions

- \* The information about baby food portions detailed in books and food models should be taken as a guideline only.
- \* Adjust the size of your baby's food portions according to their appetite, growth and development.

## #Baby Food Preparation

- \* Baby food is made with minimal additives and focus on the mildness of the taste and food softness. This is worth bearing in mind when preparing baby food.
- \* It is convenient for use when only part of your meal is suitable for your baby, when you are out of the house, as stock for emergencies and for taste testing for future meals.
- \* Make sure that the baby food you are using is age appropriate and does not contain ingredients you have no experience with.

### ★from Chinese dumplings and Tofu in Vegetable Soup★

[Middle Period]~Tofu with Vegetable Sauce Main Side  
→Heat the finely chopped vegetables and broth, add water-soluble potato starch, and thicken. Pour over tofu and serve.

[Latter Period]~Chinese dumplings and Tofu in Vegetable Soup  
→Cut the ingredients into bite sized pieces. Main Side

### ★From Chicken Curry and Rice★

[Middle Period]~Mashed Potatoes Side  
→Mash potatoes, carrots, and onions in a small dish with the back of a fork, before adding the sauce mix.

[Latter Period]~Braised potatoes with chicken  
→Take the boiled ingredients with Main Side the soup and chop the chicken. Add soy sauce and a little sugar, and simmer briefly.

## Recipe

### Koya Tofu (Freeze-dried Tofu) Stew

#### Ingredients (makes 4 servings)

- Koya tofu...40g •Carrot...1medium-sized •Onion... 1 midium-sized
- Potato...2medium-sized •Broccoli...a half of a broccoli stem •Water...400ml
- Soup cube...2cubes •Milk...400ml •Rice flour...4table spoons •Salad oil... 1table spoon

⚡ Rice flour doesn't easily clump and is easy to cook ♪ The liquid mixture of cornstarch can be used as well instead of rice flour. This recipe is flour allergy friendly.

#### How to Cook

- ①Cut the carrots and potatoes into chunks and slice the onion into thin strips.
- ② Separate the broccoli into small bunches and boil. Soak the Koya tofu and squeeze the water out and cut it into bite-sized pieces.
- ③Heat the pan with salad oil, fry Step 1, and add water and let it simmer. Add the Koya tofu and half the amount of milk and simmer.
- ④Dissolve the soup stock, add the remaining milk and rice flour while stirring it well, and let it simmer until thickened.
- ⑤Add broccoli and serve.

#### Steps for preparing portions from adult meals

##### Middle period

Roughly chop broccoli. (★1)

Take out the boiled ingredients and chop them into small pieces. (★2)  
Take the broth in a small pot, add ★2 and heat it. Add rice flour dissolved in milk or water-soluble potato starch, and simmer it until it gets thickened You can add a little salt. (★3)  
Add ★1 to ★3.

##### Latter period

Take out some portion for your baby and dilute it with milk to make it less salty.

### ★From Stewed Udon Noodles★

[Middle Period]~Boiled Udon Noodles  
→Finely chop udon noodles, carrots, spinach, and chicken. Simmer for a long time. Staple Main Side

[Latter Period]~Stewed Udon Noodles  
→Cut udon noodles into 1 to 2 cm pieces, and spinach and chicken into small pieces easy to eat. Staple Main Side

### ★From Pasta with Meat Sauce & Vegetable soup★

[Middle Period]~Pasta with vegetables and starchy sauce Staple Main  
→Finely chop the vegetables of the vegetable soup, heat with the soup, and add water-soluble potato starch to thicken it. Boil softly and add the finely chopped pasta.

[Latter Period]~Pasta with Meat Sauce  
→Mix the boiled pasta and a small amount of meat sauce in a small bowl and cut the noodles into 1 to 2 cm pieces with kitchen scissors. Staple Main

### ★From Pumpkin Gratin★

[Middle Period]~Pumpkin Mousse  
→Peel the pumpkin, crush it roughly, add water-soluble potato starch and heat to firmness. Side

[Latter Period]~Pumpkin Gratin  
→Add milk to the gratin and heat in the microwave. Side