

### PANASONIC PRESENTS BABY COOKER

The Pioneer who introduced you to the Automatic Cooker now launches, Baby Cooker (Model No. SR-3NA). One can exclusively use this for preparing Baby Food. This is a Compact and Adorable Cooker with attractive features.

- Automatic Cooking
- Small Quantity Cooking- Apt for Cooking Baby Food
- Hygienic
- See-Through Glass Lid-Convenient Cooking
- Saves time and energy
- Light Weight and Easy to Carry



GIFTING



TRAVEL

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FOR

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For more Details / Demo visit [www.21timesbetter.com](http://www.21timesbetter.com)



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product details



# Panasonic



Cooks upto  
**0.16 kgs**  
of Rice



SR-3NA



RECIPE BOOK



### IMPORTANT

PLEASE CONSULT YOUR DOCTOR BEFORE INTRODUCING YOUR BABY TO ANY NEW FOOD

### NOTE

- The cup mentioned in these recipes refers to the cup provided with cooker.
- The portion size depends on the age and dietary requirements of the baby.
- Most doctors and dietitians advice not to add salt or sugar in baby food until the baby is at least one year old. So no sugar or salt is added in these recipes and their use is left to the discretion of the mother/caretaker.
- The texture and consistency of the food may be adjusted according to the age and preference of the baby.



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## SOFT COOKED RICE

### INGREDIENTS

Rice                      ¼ Cup  
Water                    2 Cups

### PREPARATION

- Wash the rice well, drain and place in the cooking pan of the cooker.
- Add the measured water and leave aside to soak for 20 - 30 minutes.
- Place the pan in the cooker, cover with the lid and switch on the cooker.
- When the rice is done, the cooker will switch off automatically.
- Transfer the rice to a serving dish and mash or blend with 2 - 4 tablespoons of the following liquids according to the age and preference of the baby.

1. Boiled water
2. Vegetable stock (Ref. to the recipe)
3. Chicken stock (Ref. to the recipe)
4. Formula /cow's milk.
5. Curd (Dahi)



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## VEGETABLE STOCK

### INGREDIENTS

Carrot	A small piece
Beans	2 - 3
Cabbage	A piece of one leaf
Green peas	Few
Spinach leaves	Few
Coriander leaves	1 sprig (Optional)
Ginger	A thin slice (Optional)
Water	2 - 2 ½ cups

### PREPARATION

- Wash all the ingredients well. Peel and finely chop the Carrot.
- Finely chop the beans and coriander leaves, along with the stem.
- Chop the cabbage roughly, chop the spinach. Peel and chop the ginger.
- Place all these in the cooking pan of the cooker. Add water.
- Place the pan in the cooker and cover with the lid.
- Switch on the cooker.
- Let the vegetables cook for 15 - 20 minutes. Switch off the cooker manually.
- Strain the contents of the pan and use the stock as required. (The vegetables may be used in adult food).



## CHICKEN STOCK

### INGREDIENTS

Chicken breast without skin and bone	50 Grams
Onion	A small piece (Optional)
Ginger	A thin slice (Optional)
Coriander leaf	One sprig (Optional)

### PREPARATION

- Wash the chicken breast and cut into small pieces.
- Wash rest of the ingredients and chop finely.
- Place them in the cooking pan of the cooker.
- Add 2 - 2 ½ cups of water.
- Cover the pan with the lid.
- Switch on the cooker and let the contents cook till the chicken is well cooked.
- Switch off the cooker manually.
- Strain the contents and use the stock as required. (The chicken may be used in adult food).





## MASHED EGG YOLK

### INGREDIENTS

Egg	1 Cup
Water	3 Cups

### PREPARATION

- Wash the egg well carefully.
- Pour the water in the cooking pan of the cooker and cover with the lid.
- Switch on the cooker.
- When the water begins to boil, add the egg and replace the lid.
- Let the egg cook for 10 - 12 minutes.
- Switch off the cooker.
- Lift the egg out of cooking water, crack the shell lightly and let the egg cool.
- Peel it and cut into half.
- Scoop out the yolk and mash with the back of a spoon till smooth.
- Feed it to the baby by itself or add to the cooked kichidi or rice. (Ref. to the recipe)
- Mashed egg yolk may be mixed with vegetable puree (Ref. to the recipe).

**Note:** Egg yolk is generally introduced to the baby after 7 - 8 months and the whites after a year.



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## KHICHADI

### INGREDIENTS

Rice	¼ Cup
Moong (Green gram) dal, without skin	¼ Cup
Water	2 ½ - 3 Cups

### PREPARATION

- Wash the rice and dal well.
- Drain and place in the cooking pan of the cooker.
- Add 2 ½ cup of water and leave aside to soak for 20 - 30 minutes.
- Place the pan in the cooker and cover partially.
- Switch on the cooker and let the contents cook till very soft and mushy. (About 30 - 35 minutes)
- Stir a few times with a wooden spoon / spatula while cooking.
- Add more water if needed while cooking.
- Switch off the cooker and mash or blend the kichidi till smooth.
- Feed warm.

**Note:** A teaspoon of ghee may be added if desired, while the khichadi is cooking.



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## KHICHADI WITH VEGETABLES

### INGREDIENTS

Rice	¼ Cup
Moong (Green gram) dal without skin	¼ Cup
Carrot	A small piece
Bottle gourd	A small piece
Water	2 ½ - 3 Cups
Ghee	1 Teaspoon (Optional)

### PREPARATION

- Wash the rice and dal well.
- Drain and place in the cooking pan of the cooker.
- Add 2 ½ cup of water and leave aside to soak for 20 - 30 minutes.
- Wash, peel the carrot and grate or chop finely.
- Wash, peel and core the bottle gourd and grate or chop finely.
- Add the vegetables to rice and dal.
- Place the pan in the cooker and cover partially.
- Switch on the cooker and let the contents cook till it turns soft and mushy (About 30 - 35 minutes).
- Stir a few times with a wooden spoon / spatula while cooking.
- Add more water if needed while cooking.
- Switch off the cooker and mash or blend the khichadi till smooth.
- Feed khichadi while it is still warm.



## APPLE PUREE

### INGREDIENTS

Apple	1 Small
Water	1 ½ Cups

### PREPARATION

- Wash, peel, core and finely dice the apple.
- Place in the cooking pan of the cooker.
- Add water and place the pan in the cooker.
- Cover with the lid and switch on the cooker.
- Cook till the fruit is soft and most of the water is absorbed.
- Stir a couple of times with a wooden spoon / spatula while cooking and sprinkle more water if needed.
- Cool till warm and mash or blend.

### Variation:

1. Use pear instead of apple.
2. Use a combination of apple and pear.
3. Add a small piece of well ripe banana while mashing or blending.





## RAGI HALWA

### INGREDIENTS

Ragi (Finger Millet)	1 Cup
Water	2 ¼ - 2 ½ Cups
Ripe banana	1 Small
Ghee	1 - 2 Teaspoons (Optional)

### PREPARATION

- Wash the ragi well and soak in water for 2 - 3 hours.
- Drain the ragi from the water and grind in the chutney jar of mixer-grinder with 1 cup of water till smooth.
- Line a colander with fine muslin cloth and keep it over the cooking pan of the cooker. Pour the ground ragi into it.
- Add ½ cup of water and strain it, pressing it with the back of a wooden spoon.
- When most of the milk is strained through the cloth a thick paste is left in it, spoon it again into the mixer jar.
- Add ½ - ¾ cup of water, grind and pour it again into the colander.
- Squeeze and extract all the milk and discard the residue.
- Add ghee (Optional) to the ragi milk in the cooking pan.
- Wash, peel and mash or blend the banana. Place the cooking pan with the ragi milk in the cooker and switch on the cooker.
- Cook stirring with the wooden spoon often till the mixture boils.
- Continue to cook stirring for 2 - 3 minutes.
- Add the banana and cook for 1 more minute.
- Feed it warm to the baby.

**Note:** Some of the water may be replaced with formula / cow's milk.

**Variation:** Wheat Halwa Use broken wheat (Dalia) instead of ragi. Soak it overnight in water. Proceed as for ragi halwa.



## PUMPKIN PUREE

### INGREDIENTS

Pumpkin	150 Grams
Water	1 ½ Cups

### PREPARATION

- Wash, peel, core and dice the pumpkin.
- Place it in the cooking pan of the cooker.
- Add water, cover with the lid and place the pan in the cooker.
- Switch on the cooker.
- Cook till the pumpkin is soft and most of the water is absorbed.
- Stir a couple of times while cooking, adding more water if needed.
- Cool slightly and mash or blend till smooth.
- Feed it warm to the baby.

**Variation: Sweet potato puree, Carrot puree, Mixed vegetable puree:**

1. Use Sweet Potato instead of pumpkin.
2. Use Carrot instead of pumpkin.
3. Use a combination of sweet potato and pumpkin.
4. Use a combination of carrot and tender green peas.

**Note:**

1. Vegetable puree may be mixed with baby's rice.
2. Vegetable puree may be mixed with a tablespoon of freshly squeezed orange juice.



## VEGETABLE SOUP

Choose a combination from carrot, peas, spinach, cauliflower, broccoli, pumpkin, beetroot, sweet potato or potato, beans. Wash the vegetables well and peel away the skin.

### INGREDIENTS

Ghee	2 Teaspoons
Diced onion	1 Teaspoons
Mint leaves	2
Cumin powder	A small pinch (Optional)
Finely diced vegetables	2 Cups
Vegetable stock or water	3 Cups

### PREPARATION

- Pour the ghee in the cooking pan of the cooker.
- Place the pan in the cooker and switch on the cooker.
- Add onion and cook stirring till the onion is translucent.
- Add rest of the ingredients. Cover and cook till the vegetables are very soft.
- Cool slightly and blend till smooth.
- Add some warm formula or cow's milk (Boiled) or boiled water / vegetable stock to adjust the consistency of the soup.
- Feed it warm to the baby.

#### Variation: Mixed Lentil Soup:

- Use ¼ cup each of green gram (moong) dal and pink lentil (masoor) dal, both without skin instead of vegetable combination.
- Wash and soak the dal in water for 30 minutes. Drain before using.
- Follow the above recipe. Cover the cooking pan partially while cooking.
- Stir a couple of times with a wooden spoon while cooking, adding more water if needed.



## CHICKEN SOUP

### INGREDIENTS

Chicken breast (without skin and bone)	100 Grams
Butter	2 Teaspoons
Chopped onion	2 Teaspoons
Chopped parsley / coriander	1 Teaspoon
Chicken stock	3 Cups

Wash the chicken and vegetables well.

### PREPARATION

- Dice the chicken breast.
- Add butter to the cooking pan of the cooker.
- Lace the pan in the cooker and switch it on.
- Add the onion and cook stirring till onion is translucent.
- Add rest of the ingredients.
- Cover and cook till the chicken is very soft.
- Cool slightly and blend till smooth.
- Feed it warm to the baby.

**Note:** Stir a couple of times with a wooden spoon while cooking.





## IDLI BANANA PUDDING

### INGREDIENTS

Idly batter	1 Cup
Mashed ripe banana	2 Teaspoons
Ghee	1 Teaspoon

### PREPARATION

- Combine all the ingredients.
- Lightly grease a small bowl or cupcake mould and pour the batter in it.
- Add 2 cups of water in the cooking pan of the cooker.
- Place the mould in it and cover it with a mall plate.
- Place a small weight over it if necessary to keep it in place.
- Cover the cooking pan with the lid and switch on the cooker.
- Steam the pudding till well done, about 15 minutes.
- Cool slightly, un-mould into a serving dish and mash.
- Feed it warm to the baby.

**Note:** The water level should come up to ½ - ¾ the level of the mould.



## Also Available Baby cooker with steamer



SR-G06S



SR-G06S

**BABY**  
COOKER  
WITH STEAMER

Cooks upto  
**0.3 kgs**  
of Rice

### PANASONIC PRESENTS BABY COOKER WITH STEAMER

The Pioneer who introduced you to the Automatic Cooker now launches, Baby cooker with steamer (Model Number- SR-G06S). Understanding the need and choice of today's generation, this Cooker is designed for those who love cooking. Even if you are away from home, cooking will become easy as this Cooker helps you cook anywhere at any time.

- Automatic Cooking
- Cook home food anytime
- Saves time and energy
- Convenient Cooking - Easy to Use
- Comes with Unbreakable Polycarbonate Steaming Basket

