







Swede



Ingredients



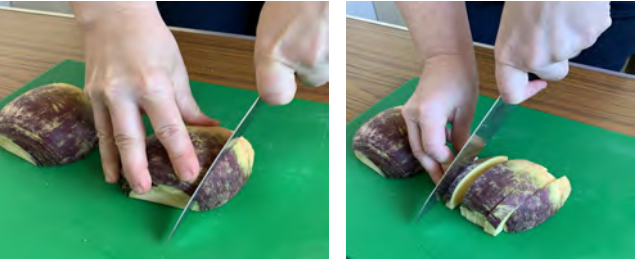
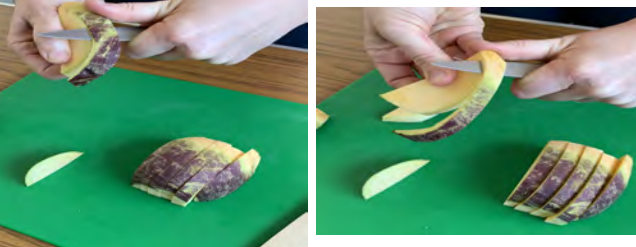
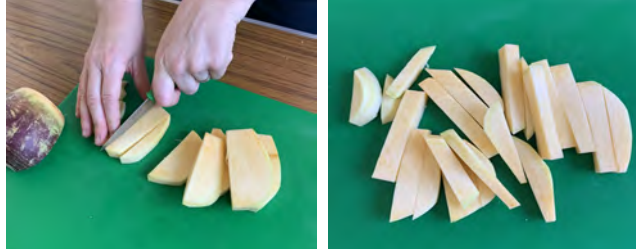



You will need

	Chopping board		Small chopping knife
	Large chopping knife		Saucepan and lid
	Serving bowl		Sieve/colander

SWEDE




Method

	<p>Boil water in a saucepan while preparing the Swede</p>
	<p>Cut the Swede in half using a large knife</p>
	<p>Cut the Swede into strips</p>
	<p>Using a small knife remove the skin</p>
	<p>After removing the skin cut into finger size strips</p>
	<p>Carefully place into the saucepan of boiling water put lid on if you have one available, cook for approx 20 minutes reduce head in boiling over and simmer</p>

SWEDE



Method

	<p>Switch off the hob, carefully drain the Swede using a colander over the sink</p>
 	<p><u>For mashed Swede,</u></p> <p>Mash a few pieces of Swede in a bowl and serve to baby</p>
	<p><u>For finger food,</u></p> <p>Leave some swede in finger size pieces for baby to pick up</p>