





# Carrot—Steamed



## Ingredients



## You will need

	Chopping board		saucepan
	peeler		colander
	Chopping knife		Fork

## You will need cont.....


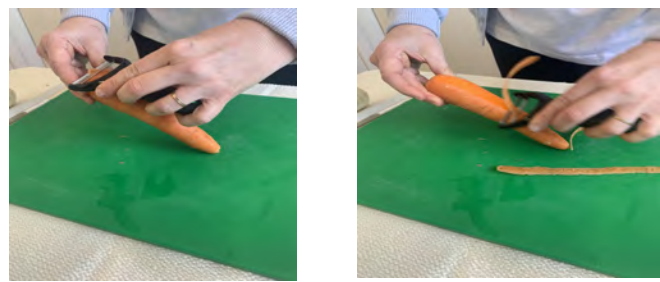


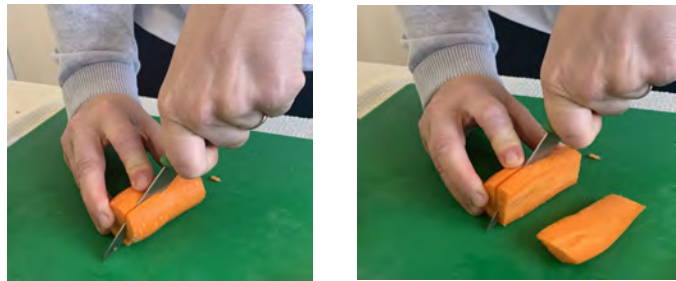



Serving bowl









Tin foil

## Method

	<p>Boil water in the saucepan while you prepare the carrot</p>
	<p>Peel the carrot using the peeler</p>
	<p>Chop off each end of the carrot using a small knife</p>
	<p>Cut the carrot in half</p>
	<p>Cut both halves of the carrot into strips</p>
	<p>Then cut the carrots into finger size sticks</p>

## Method

	Carefully place the metal colander on top of the sauce pan of boiling water
	Place the carrots into the colander
	Cover with foil and cook for approx 20 minutes or until the carrot is soft enough to squeeze between finger and thumb
	<b><u>For finger food</u></b> Reserve some cooked carrot sticks for baby
	<b><u>For mashed carrot</u></b> Use a forke to mash the remaining carrot
	Serve to baby when allowed to cool