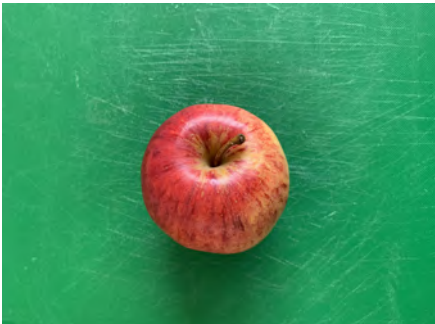









Apple & pear mash



Ingredients

	apple		pear
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You will need

	Chopping board		peeler
	masher		Mixing bowl
	Small chopping knife		fork

You will need cont











Tin foil











Large saucepan &
Metal colander







Method

	<p>Add water to a saucepan and boil while you prepare the apple and pear</p>	
		<p>Cut the ends off the pear</p>
		<p>Peel the pear with a peeler or carefully using a small sharp knife</p>
	<p>Cut the pear in half using a knife</p>	
	<p>Then half again</p>	
	<p>Remove the inner core of the pear</p>	

Method

		Cut the pear into finger size pieces
		Peel the apple skin
		Cut the apple into quarters
		Remove the core from each quarter
		Cut into finger size pieces
		Place the apple and pear into the metal colander and carefully place on top of the pan of boiling water

Method

	<p>Cover with tin foil and steam for around 10 minutes until both apple and pear are soft enough to squish between finger and thumb</p>	
	<p>Allow to cool slightly and place into a mixing bowl</p> <p>Reserve some apple and pear pieces for finger food and set aside</p>	
		<p>Mash the remaining apple and pear together using either a fork or a masher</p>
	<p>Serve in a suitable bowl for baby</p>	
	<p>Serve also as finger food with the pieces set aside</p>	