








































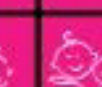



























































BEANS (RUNNER & FRENCH)	Steam & Purée add potato	Cook till tender													
BEETROOT	Roast/steam & Purée	Grate or chop as finger food													
BROCCOLI	Steam and Purée	Steam florets													
BRUSSELS SPROUTS	Steam and Purée add peas	Grate or chop and offer as finger food													
CABBAGE (ALL VARIETYS)	Steam and Purée add potato	Steam and shred as finger food													
CARROTS	Steam and Purée	Steam and chop into fingers													
CAULIFLOWER	Steam and Purée	Cut into bite size pieces and add cheese													
CELERIAC	Steam & Purée add potato	Steam until soft													
CELERY	As a base for a dish	Offer as a dipper													
COURGETTE	Steam & Purée add sweet potato	Steam and chop into fingers													
CUCUMBER	Blend with yogurt	Chop into fingers stage 2													
FENNEL	Steam & Purée add apple	Great raw for dipping stage 3													

KALE	Steam & Purée add potato	Remove stalk and steam													
LEEKs	Sweat in a little oil and butter, purée	Offer roasted as a finger food													
PARSNIPS	Steam & Purée add pear	Roasted in chunks as finger food													
PEAS	Steamed & Purée	Steamed and offered						