

Carrots with Dates and Ginger

MOROCCO MAKES ABOUT 8 OUNCES

1 cup carrots (about 2 carrots), peeled and diced or thinly sliced
¼ cup sulfite-free dried dates, pitted and chopped
2 thin slices fresh ginger

MAKE

In a 1-quart saucepan, bring ½ cup water to a boil over medium-high heat. Add carrots, dates, and ginger. Cover, lower heat, and simmer for 10 to 15 minutes, until carrots are soft. Using a slotted spoon, transfer carrots and dates to a mini food processor. Reserve water.

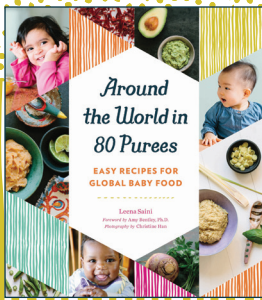
SERVE

Puree, adding cooking water as necessary. Serve warm or at room temperature.

From *Around the World in 80 Purees* by Leena Saini
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Neeps and Tatties

SCOTLAND MAKES ABOUT 16 OUNCES

- 2 cups peeled and chopped rutabaga (about 2 rutabagas)
- 1 cup peeled and chopped russet potato (about 1 large potato)
- 1 tablespoon unsalted butter
- Whole milk, as needed
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

MAKE

In a 2-quart saucepan, boil rutabagas over high heat for 15 to 20 minutes, until soft. Use a slotted spoon to transfer rutabagas to a bowl and set aside. Return water to a boil and add potatoes. Boil for 10 to 15 minutes, until soft. Drain water and add potatoes to bowl with rutabagas.

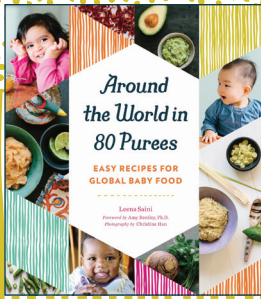
SERVE

Press vegetables through a potato ricer or mash with a fork, adding butter and milk as necessary to create a creamy consistency. Stir in chopped parsley and salt and pepper to taste.

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Chicken Poached in Spiced Coconut Milk

THAILAND MAKES 2-3 SERVINGS

½ teaspoon chopped lemongrass

½ teaspoon minced garlic

½ teaspoon minced ginger

3 fresh basil leaves (preferably Thai basil)

1 teaspoon curry powder

½–¾ cup no-sodium chicken stock

1 tablespoon coconut milk

⅛ teaspoon turmeric

2 boneless chicken thighs

PREP

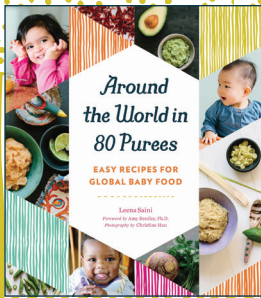
Using a mortar and pestle, grind lemongrass, garlic, ginger, basil, and curry powder into a fragrant paste.

MAKE

In a 2-quart saucepan, stir together stock, coconut milk, turmeric, and most or all of the paste, or less to taste. Add chicken pieces. Chicken should be mostly—but not completely—submerged. Bring to a boil, cover, reduce heat to low, and simmer for 15 to 20 minutes, or until chicken is cooked through.

SERVE

For babies, puree in a mini food processor with a bit of cooking liquid as necessary to achieve desired consistency. Serve minced to toddlers.



Atole

MEXICO/GUATEMALA MAKES ABOUT 2 CUPS

½-inch piece vanilla bean pod or ⅛ teaspoon vanilla powder

2½ cups whole milk

¼ cup masa harina

Granulated sugar to taste, optional

⅛ teaspoon ground cinnamon

PREP

With a sharp knife, cut vanilla bean pod lengthwise and scrape out seeds with the side of the blade. Use seeds for this recipe, retaining pod for another use.

MAKE

In a saucepan, whisk milk and masa harina, making sure there are no lumps. Add sugar (if using), cinnamon, and vanilla seeds and bring to a boil over medium-high heat. Boil for about 4 minutes, until frothy. Keep stirring to avoid lumps and to ensure mixture doesn't boil over.

SERVE

Serve warm.

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