



AGU RECIPES



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USE AGU BABY DEVICES TO PREPARE MEALS

AGU[®] ADVANCED
GROWING
UP

Bubbly

**ELECTRIC KETTLE
MULTIFUNCTIONAL**



Octopy

**FOOD PROCESSOR
MULTIFUNCTIONAL**



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PORRIDGE

FOR THE FIRST FEEDING




i

It is possible from 4-6 months.

Buckwheat is one of the healthiest cereals: rich in iron, zinc, magnesium, B vitamins.

White rice is inferior in useful properties to buckwheat, so brown rice will be more useful for a baby – it contains more trace elements compared to white and polished brothers.

INGREDIENTS:

- Green or brown buckwheat\brown rice 1 cup.



5
MIN



5
MIN

COOKING METHOD:

- In the AGU processor blender, grind the cereals to a coarse flour condition.
- Boil the required amount of porridge, adding water in a ratio of about 1: 2. Cook for 3-5 minutes.

After familiarizing yourself with the porridge, you can add 1 tsp. butter (at least 82.5% fat).



VEGETABLE PUREE

FOR THE FIRST FEEDING



i

It is possible from 4-6 months.

It is better to start acquaintance with vegetables with those that are typical for your region and your family's diet, white/green/yellow colors.

Green vegetables are the most important sources of vitamin K, folic acid, vitamin C, magnesium, vitamin A, riboflavin.

Orange and yellow vegetables are a source of vitamin A, vitamin C. Even a small amount of a bright vegetable will cover the baby's need for them.

INGREDIENTS:

- Broccoli/zucchini/cauliflower 100 g.



5
MIN



20-30
MIN

COOKING METHOD:

- 1 Rinse, chop and place vegetables in a steaming container in a kettle or AGU processor. Steam for 20-30 minutes.
- 2 Beat the prepared vegetables in the AGU processor blender. Cool.

After exploring the vegetable, you can add 1 tsp. vegetable unrefined oil.



FRUIT PUREE

FOR THE FIRST FEEDING



It is possible from 5-6 months.

It is better to start your acquaintance with fruits with those that are typical for your region and your family's diet, white/green/yellow colors.

INGREDIENTS:

- Apple/pear/avocado 100 g.



3
MIN



5
MIN



COOKING METHOD:

- 1 Wash the fruit, peel and remove seeds.
- 2 In the AGU processor blender, beat until puree.



POULTRY SOUFFLÉ



i

It is possible from 6-7 months, when the child has already tried and is familiar with each ingredient in the composition separately.

INGREDIENTS:

- Poultry fillet (chicken or turkey) 100 g.
- Egg 1 pc.
- Zucchini 100 g.
- Salt by age.



3
MIN



60
MIN

COOKING METHOD:

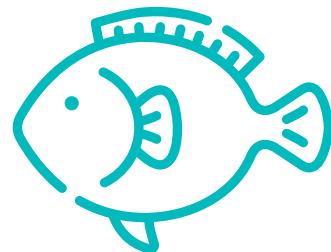
- 1 Grind the fillets and zucchini in the AGU processor blender.
- 2 Add egg, beat again.
- 3 Place in a silicone muffin dish. Place the mold in a steaming container in a kettle or AGU processor.
- 4 Steam for 60 minutes.
- 5 Allow to cool. Can be served with vegetable puree.



FISH MEATBALLS







- It is possible from 7-8 months or when the child has already tried and is familiar with each ingredient in the composition separately.
- Fish is an important source of protein, essential fatty acids.
- White fish are a great option for first acquaintance with fish.
- 2 servings of fish per week are enough for the baby.





INGREDIENTS:

-  Cod fillet 160 g.
-  Egg 1 pc.
-  Onion ¼ pcs.
-  Carrots ¼ pcs.



15
MIN



40
MIN

COOKING METHOD:

- 1** Pre-thaw fish in the refrigerator. Make sure there are no bones, including small ones.
- 2** Wash and peel the vegetables. Grate carrots, cut onion into small cubes.
- 3** Grind the fish in the AGU processor blender.
- 4** In a bowl, combine the minced fish, egg and chopped vegetables. Form into small meatballs.
- 5** Place in a steaming container in a kettle or AGU processor. Steam for 40 minutes.
- 6** Serve with steamed vegetables or vegetable puree.



BROCCOLI SOUP

WITH GREEN PEAS



It is possible from 6 months or when the child is already familiar with each ingredient in the composition separately.

INGREDIENTS:

- Broccoli 3 inflorescences.
- Fresh/frozen peas 4 tbsp. l.
- Olive oil 1 tbsp. l.
- Salt by age.



5
MIN



20
MIN



COOKING METHOD:

- Rinse the broccoli, divide into florets and place together with the peas in a steaming container in a kettle or AGU processor. Steam for 20 minutes.
- Beat ready vegetables in a blender, add 50 ml of water from a kettle.
- Add olive oil and serve.



PUMPKIN

CREAM SOUP



It is possible from 6-7 months or when the child has already tried and is familiar with each ingredient in the composition separately.

INGREDIENTS:

- Fresh peeled pumpkin 150 g.
- Carrots of medium size 1/3 pcs. (20-30 g).
- Medium potatoes 1 pc.
- Onions 1/4 pcs.
- Olive oil 1 tbsp. l.
- Salt by age.



15
MIN



40
MIN

COOKING METHOD:

- 1** Cut the vegetables into cubes and place them in a steaming container in a kettle or AGU processor in the following sequence from bottom to top: potatoes, carrots, pumpkin, onions. Steam for 40 minutes.
- 2** Beat ready vegetables in a blender, bringing to the desired consistency with boiled water or vegetable broth.
- 3** Add 1 tsp of olive oil and serve.



NUT BUTTER



It is possible from 18 months.

To obtain a more homogeneous mass, cool the hazelnuts after drying and soak in water for 2 hours.

Early introduction of allergens reduces the risk of developing allergies in children later.

Add carob or cocoa for a variety of flavors.

INGREDIENTS:

- Hazelnut 1 glass.
- Any nut milk 2-3 tbsp. l.
- Coconut oil 1-2 tbsp. l.
- Pitted dates 3-4 pcs.



20
MIN



15
MIN

COOKING METHOD:

- 1** Dry the hazelnuts in the oven for 15 minutes. at a temperature of 160 degrees, peel, grind in a blender of the AGU processor until smooth.
- 2** Add the rest of the ingredients and grind for about 5-10 minutes. to the consistency of a thick paste.
- 3** Put the nut butter in a glass jar with a lid and store in the refrigerator.





AGU FP8



an opportunity to cook fresh food quickly



maintaining food temperature



delayed appliance start



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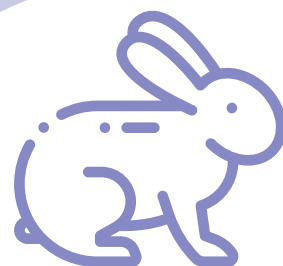


RABBIT MEATBALLS IN TOMATO SAUCE



i

- Can be from 6-7 months or when the child has already tried and is familiar with each ingredient in the composition separately.





INGREDIENTS:

- Rabbit fillet 100-150 g.
- Rice flour 2 tbsp. l.
- Medium tomato 1 pc.
- Zucchini 50 g.
- Onions ¼ pcs.
- Medium carrots ¼ pcs.



**10
MIN**



**40
MIN**

COOKING METHOD:

- 1** Wash the vegetables. Peel the onion and cut into small cubes. Peel and grate the carrots. Wash the tomato, cut the core, cut in half, peel the zucchini, cut into large cubes.
- 2** Grind the rabbit fillet in the AGU processor blender.
- 3** In a bowl, combine the rice flour, minced meat, onions and carrots. Form small meatballs.
- 4** Place the tomato and zucchini with the meatballs in a steaming container in a kettle or AGU processor. Steam for 40 minutes
- 5** Beat the prepared vegetables in a blender, pour the meatballs and serve.








OMELET

- It is possible from 9 months, when the child has already tried and is familiar with each ingredient in the composition separately.
- Egg is an important source of vitamins and minerals.
- An egg, as one of the most common allergens, is recommended to be administered up to 11 months, which will help reduce the risk of developing allergies. There is no need to inject separately the yolk and white.
- It doesn't matter which egg – chicken or quail – to start dating. Waterfowl eggs should not be used due to the high risk of salmonellosis.
- Whole milk is acceptable in small quantities in foods such as scrambled eggs – such small samples are safe enough if the baby is not allergic to cow's milk protein.





INGREDIENTS:

-  Egg 1 pc.
-  Milk 2 tbsp. l.
-  Salt by age.



**10
MIN**



**10
MIN**

COOKING METHOD:

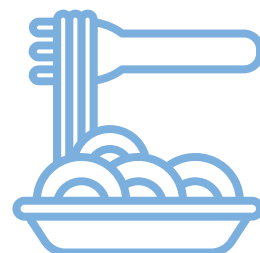
- 1** Wash and dry the egg.
- 2** Beat the egg in the AGU processor blender. Add milk and stir slowly.
- 3** Pour into a silicone baking dish (to leave room to the brim), place in a steaming container in a kettle or AGU processor. Steam for 10 minutes.



ZUCCHINI SPAGHETTI WITH TROUT IN A CREAMY SAUCE



- It is possible from 12 months.
- Red fish is more suitable for expanding the diet.
- Try to avoid large predatory fish in the baby's diet: it accumulates more harmful substances (tuna, shark).





INGREDIENTS:

- Trout fillet 100 g.
- Zucchini 100 g.
- Butter 1 tbsp. l.
- Wheat flour 1 tbsp. l.
- Milk ½ cup.
- Salt by age.



**15
MIN**



**35
MIN**

COOKING METHOD:

- 1** Place the trout fillet in a steaming container in a kettle or AGU processor. Steam for 30 minutes.
- 2** Wash and clean the zucchini. Use a vegetable cutter or spiralizer to make spaghetti, dry. Add to the trout and steam for another 5-7 minutes.
- 3** At this time, melt the butter in a saucepan (make the heat medium or slightly less than medium), add the flour and stir well with a wooden spatula.
- 4** Gently, in small portions, pour in the milk, stirring the sauce vigorously so that no lumps form.
- 5** Bring the sauce to a boil, stirring and simmer for 1-2 minutes, adding warm water to maintain the consistency of liquid sour cream.
- 6** Serve the spaghetti with trout in a creamy sauce.



APPLE COTTAGE





CHEESE CASSEROLE



i

Can be from 9-12 months or when the child has already tried and is familiar with each ingredient in the composition separately.

INGREDIENTS:

-  Curd 100 g.
-  A medium sized apple ½ pc.
-  Egg ½ pc.
-  Rice flour
2 tbsp. l.



10
MIN



20
MIN

COOKING METHOD:

- 1** Wash and peel the apple and peel it, grate it. Mix cottage cheese with apple, egg and flour in an AGU processor blender, place in a silicone muffin mold.
- 2** Place the mold in the steaming container of your kettle or AGU processor.
- 3** Steam for 30 minutes.
- 4** Remove the cooked casserole from the mold and allow to cool before serving.



RISOTTO WITH PUMPKIN



It is possible from 9-12 months, when the child has already tried and is familiar with each ingredient in the composition separately.

INGREDIENTS:

- Peeled pumpkin 150 g.
- Medium carrots ¼ pcs.
- Onions ¼ pcs.
- Rice variety Arborio 3 tbsp. l.
- Butter 1 tbsp. l.



**10
MIN**



**60
MIN**

COOKING METHOD:

- 1** Wash and peel the vegetables. Cut the pumpkin into small cubes, grate the carrots, cut the onion into small cubes. Rinse the rice. Place in a steaming container in a kettle or AGU processor in the following sequence from bottom to top: part of pumpkin, onion, rice, rest of pumpkin, carrots. Put finely grated carrots on top.
- 2** Steam for 60 minutes.
- 3** After cooking, transfer to a deep dish, add butter, mix well, serve.



YOGURT

WITH GOAT MILK



Homemade dairy products are acceptable from 15 months, a child's portion is 100-125 ml.

Follow the manufacturer's instructions carefully.

Do not use farm milk in the diet of children.

INGREDIENTS:

- Goat milk 300 ml.
- Yoghurt starter.



5
MIN



10
HOURS

10 hours for fermentation

COOKING METHOD:

- Boil milk, then cool.
- Pour in the starter culture according to the proportion in the instructions, mix well for 1-2 minutes.
- Pour the milk with the starter culture into a convenient container with a lid (bottle or jar with a lid) and put it in the heating container in the AGU kettle at 35 degrees for 10 hours.
- After 10 hours, cool the thickened yoghurt, it is ready for use. Store in the refrigerator for up to 3 days.



AGU EC8



heating and retention of
desired temperature



temperature accuracy
up to 1°C



delayed appliance start



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CURD



- Homemade dairy products are acceptable from 15 months, child's portion is 100 – 125 ml.
- Follow the manufacturer's instructions carefully.
- Do not use farm milk in the diet of children.





INGREDIENTS:

- Goat milk 300 ml.
- Sourdough for curd.



5
MIN



45
MIN

+10 hours for fermentation

COOKING METHOD:

- 1 Boil milk, then cool.
- 2 Pour in the starter culture according to the proportions in the instructions, mix well for 1-2 minutes.
- 3 Pour the milk with the starter culture into a convenient container with a lid (bottle or jar with a lid) and put it in the heating container in the AGU kettle at 35 degrees for 10 hours.
- 4 After 10 hours, put the resulting fermented milk base on a heating mode of 85 degrees for 40 minutes.
- 5 Strain the resulting curd mass through a sieve or cheesecloth. Fresh curd is ready to eat. Store in the refrigerator for up to 3 days.



VEGETABLE STEW

WITH LENTILS

A green speech bubble containing a white lowercase letter 'i'.

- It is possible from 12 months or when the child has already tried and is familiar with each ingredient in the composition separately.
- Legumes are acceptable in a child's diet from 9-12 months. It is possible even earlier, if this product is part of the family diet, from 7 months – micro-doses\in the form of puree.
- Legumes contain a large amount of protein, as well as vitamins E, A, C, group B and minerals: magnesium, iron, sodium, calcium.
- Legumes require pre-soaking for several hours or overnight.
- Red lentils are a great product to get started with legumes.





INGREDIENTS:

-  Lentils 3 tbsp. l.
-  Zucchini 100 g.
-  Onions ¼ pcs.
-  Medium carrots ⅓ pcs.
-  Bulgarian pepper ½ pc.
-  Olive oil 1 tbsp. l.
-  Salt, herbs and spices by age.



10
MIN



30
MIN

+ 4-8 hours to soak lentils

COOKING METHOD:

- 1** Rinse lentils and soak in water overnight, then rinse again before cooking.
- 2** Wash the vegetables. Remove the core from the pepper, cut into small cubes. Peel the onion and cut into small cubes, cut the zucchini into cubes. Peel and grate the carrots.
- 3** Combine the vegetables and lentils in a bowl and place in a convenient pan, which should be placed in the steaming container in the kettle or AGU processor. Steam for 30 minutes.
- 4** Put the finished stew in a deep dish, add olive oil, stir, let cool slightly.



VEGETABLE SOUFFLE



- It is possible from 7-8 months or when the child has already tried and is familiar with each ingredient in the composition separately.
- The egg in the child's diet must be completely heat-treated.





INGREDIENTS:

- Medium potatoes 1 pc.
- Pumpkin 100 g.
- Zucchini 100 g.
- Medium carrots ¼ pcs.
- Egg 1 pc.
- Herbs, spices, salt to taste and according to age.



10
MIN



45
MIN

COOKING METHOD:

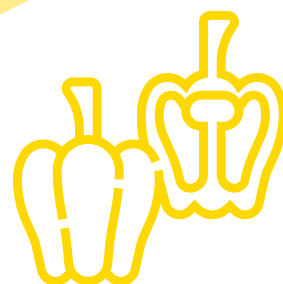
- 1** Peel all vegetables and cut into slices.
- 2** Place in layers in the steaming bowl of a kettle or AGU processor from bottom to top: potatoes, carrots, pumpkin, zucchini. Steam for 20 minutes.
- 3** Cool slightly and grind in a blender.
- 4** Add the egg. Herbs, spices, salt to taste and according to age.
- 5** Mix the resulting mass at low speed, then put in a silicone mold and place in a steaming bowl. Cook for another 20 minutes.



STUFFED PEPPERS



- It is possible from 7 months or when the child has already tried and is familiar with each ingredient in the composition separately.
- Red vegetables are a source of lycopene, which is an important antioxidant and immune aid.



INGREDIENTS:

- 🍷 Fresh pepper, medium size 1 pc.
- 🍷 Medium-sized onions 1/4 pcs.
- 🍷 Medium carrots 1/4 pcs.
- 🍷 Minced poultry 50 g.
- 🍷 Basmati rice grade 2 tbsp. l.
- 🍷 Salt by age.



15
MIN



40
MIN

COOKING METHOD:

- 1** Wash the vegetables. Remove the core from the pepper. Peel the onion and cut into small cubes. Peel and grate the carrots. Rinse the rice.
- 2** In a bowl, combine the rice, minced meat, onions and carrots. Stuff the pepper with the mixture so that it remains about 1 cm to the top, add 2 tbsp. l. water.
- 3** Place in a steaming container in a kettle or AGU processor. Steam for 40 minutes.
- 4** After cooking, allow to cool slightly.



VINAIGRETTE



i

It is possible from 12 months or when the child has already tried and is familiar with each ingredient in the composition separately and when the child is familiar with the pieces.

INGREDIENTS:

- Medium beets 1 pc.
- Carrots of medium size ½ pc.
- Medium potatoes 1 pc.
- Olive oil 1 tbsp. l.
- Optionally, you can add canned peas, after slightly kneading the peas.
- Salt by age.



15
MIN



30
MIN



COOKING METHOD:

- 1** Wash, peel, cut the vegetables into small cubes and place them in a steaming container in a kettle or AGU processor. Lay in layers: beets, carrots, potatoes on top. Steam for 30 minutes.
- 2** Put the prepared vegetables on a plate, add the olive oil, stir and serve.



HUMMUS







i

It is possible from 12 months, when the child has already tried and is familiar with each ingredient in the composition separately.

Hard legumes (chickpeas, mung bean, beans, peas) are acceptable in the children's diet from 12-14 months (pre-soaked and well-boiled).

Legumes require pre-soaking for several hours or overnight.

INGREDIENTS:

-  Chickpeas 1/3 cup.
-  Sesame urbech 2 tbsp. l.
-  Olive oil 2 tbsp. l.
-  Salt, herbs and spices by age.



3
MIN



40
MIN

+ 8 hours to soak chickpeas

COOKING METHOD:

- 1** Soak chickpeas in water for 8 hours, then rinse and place in a steaming container in a kettle or AGU processor. Steam for 40 minutes.
- 2** Beat ready chickpeas in a blender with olive oil and sesame urbech, bringing to a creamy consistency with boiled water.

Can be served with vegetable sticks – chopped carrots or celery.





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FOR BABY AND CHILDREN CARE**

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