

## FROM 6 MONTHS-12 MONTHS

### For porridges and local dishes

Iru/ogiri/okepi + crayfish + onions

Iru/ogiri/okepi + mushroom powder + onions

Country onions + uda + crayfish

Iru/ogiri/okepi + crayfish + scent leaves + onions

Iru/ogiri/okepi + mushroom powder + scent leaves + onions

Mushroom powder + onions + tatashe/red bell peppers

Fish head stock (debone the fish and boil with onions)

### For sauces and continental dishes

Rodo/chili flakes/habenero peppers can be added to all listed above (yes they can have pepper. Will talk more about this another day). Celery

Ginger + Garlic + onions

Ginger + Garlic + onions + carrots + spring onions + thyme

Ginger + Garlic + onions + mushroom powder + onions

Ginger + Garlic + onions + basil powder

Ginger + Garlic + onions + bell peppers (green, red, orange, yellow)

Cinnamon

Cloves

Nutmeg

Bone broth/Meat stock



## FROM 12M-100 YEARS

### **For porridges and local dishes**

Everything in 6 months + salt

### **For sauces and continental dishes**

Everything in 6 months + salt

Ginger + Garlic + onions + curry + carrots

Ginger + Garlic + onions + cumin + carrots + salt

Cinnamon + Ginger + onions + salt

Bone broth/Meat stock salt can be added

### **Spices/Seasonings you can buy that are tested and trusted**

A versatile spice rack. One that has individual spices is really good. like cinnamon, cumin, italian seasoning the rest.

Agas spices-All of them are really great. you can get from our website.

Ady's spices-All of them are great! you can get from our website

Mamalac's nature burst- This thing works wonders for seasoning fish chicken and meat.

## Veggies and Oil

- 1-2 Celery stalk with its leaves
- 1 large Carrots
- 2 Spring onions
- 1 medium size Onion
- 1/2 bunch of Mint leaves/parsley leaves
- 1 Bell pepper of choice
- 1-3 habanero pepper OR ata rodo
- 2-3 tablespoons HEALTHY oil of choice

## Aromatics and Protein

- 1 small ginger
- 1/2 teaspoon Turmeric
- 1 medium Tomato
- 200g Boneless chicken/Beef uncooked
- 1 teaspoon Thyme
- 1 teaspoon Rosemary (optional)
- 1 teaspoon white pepper
- 4-5 Garlic cloves
- Dried spices of choice (corinader, cumin, clove, feungreek etc)

## Method 1

1. Wash all the veggies and chicken thoroughly.
2. Place the chicken/beef in a pot, then add in the oil with the aromatics and cook ON LOW HEAT till the chicken and beef are done. Add a little water at a time if the pot starts to get dry.
3. Once the contents of the pot have cooled, add the veggies and all the contents of the pot into a blender and blend till smooth.
4. Scoop into an ice cube tray, cover with cling film n allow it to freeze completely.
5. Once done, remove from the ice tray and pack into ziplock bags to use later.
6. Alternatively, you can also scoop the mixture onto a baking tray and dry on low heat in a dehydrator or oven and blend into powder and store.

**Note:** There is no salt in this recipe, you can add salt if you wish to.