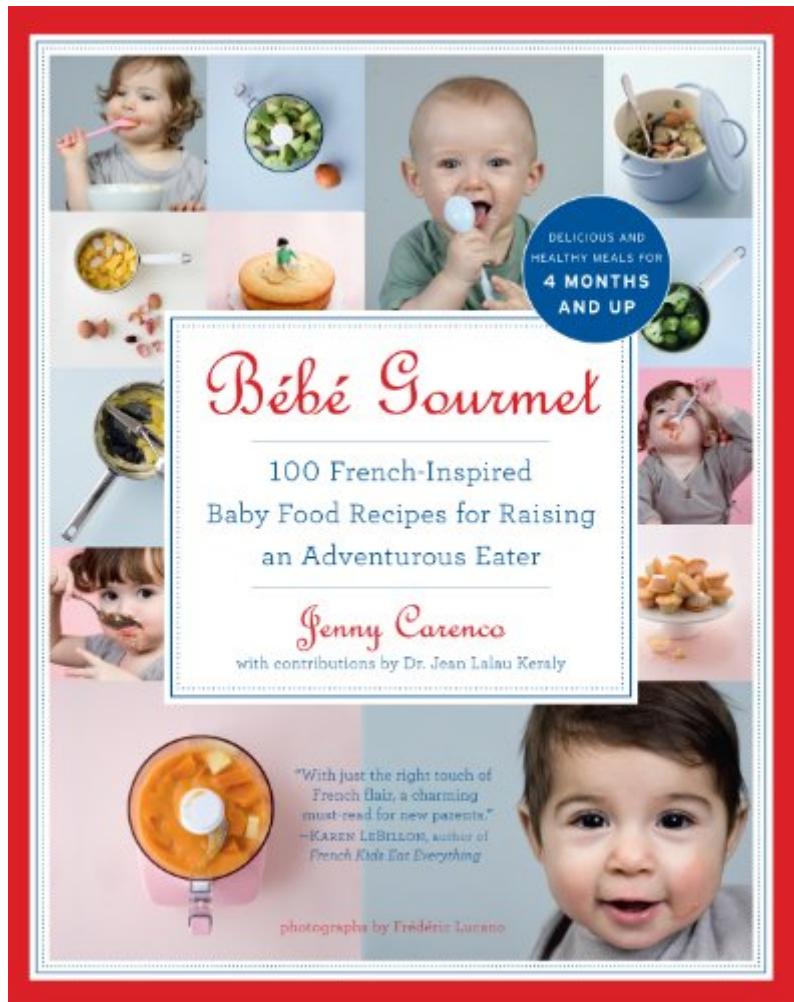


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# Bébé Gourmet: 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater



## Synopsis

Move over mushy carrots and peas: The French teach their children to appreciate new flavors, ingredients, and textures from the first spoonful. No one knows this better than Jenny Carenco, mother of two and founder of leading French baby food brand Les Menus. In *Les Menus Gourmet*, Jenny shares her popular recipes from Carrot and Cumin Purée to Baby Beef Bourguignon, along with cooking tips and organizational tricks to help you awaken your baby's taste buds and encourage healthy eating habits. Recipes for lunches, dinners, and snacks are organized by the major stages of development: 4 months, 6 months, 9 months, 12 months and up. *Les Menus Gourmet* features:

- Dishes inspired by culinary traditions from France and other international cuisines
- Nutritional guidance at each stage from Dr. Jean Lalau Keraly, Pediatric Nutritionist and Endocrinologist
- Quick and easy recipes that take under 30 minutes to prepare (many under 15!)
- "Yummy Tips" on adapting recipes for the whole family. By preparing satisfying, homemade meals, gradually introducing natural ingredients and seasonings, and passing on the pleasures of eating, you'll be taking the first steps in raising an adventurous eater for life!

## Book Information

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## Customer Reviews

I loved this cookbook when my daughter was about 8-12 months. Tonight, however, I am in a fight with Bebe Gourmet. You see, my daughter's second birthday is tomorrow and I decided to bake the lemon yogurt cake for her and her classroom at school. I followed the instructions precisely and ended up with a flat 10 inch dense lemon cookie that looked nothing like the book. Lo and behold, after I googled the recipe to see what the heck I did wrong, I discovered that atleast 5 of the 6 baking recipes neglected to include the direction to add baking soda. So, here I am at 10:30 pm, no cake to show for, an hour + wasted and an inedible mass that I have to throw out. Bottom line, the savory meals are good but this many mistakes all in the baking section, where precision counts, is a deal breaker for me.

I purchased this as part of a baby shower gift which included Bebe Gourmet: 100 French-Inspired Baby Foods, Infantino Squeeze Pouches, an Infantino Squeeze Station and a Hamilton Beach 59756 Bebe Hand Blender for a very earthy, hippy young couple expecting their first child. I packaged it all in an earth friendly shopping bag with fresh fruits and vegetables hanging out of the bag. THEY LOVED IT. They have limited space and these items will allow them to make organic natural baby foods for their new son. I think this is one of the most creative combination of gifts available on for the GMO concise parents. With the cookbook this child will be the best fed baby on the block.

My baby, now a toddler, loves every recipe I've made from this book. The chicken with broccoli & basmati rice and the pasta with ham & peas recipes are her 2 favorite recipes that are easy and I keep extra stored in the freezer for an easy weeknight dinner. She also loves the primavera sauce, tomato sauce, and creamy spinach. We also tried the vegetable paella and I think the adults ended up eating more of it than our daughter. If you want ideas on how to cook with crème fraîche, this book is great. Some of the recipes are a little more labor intensive than others, but for most of them, after you've made the dish once, they are very easy and you realize you can freeze a lot of it to use on other days. The compotes for the 6-9 month olds are very easy and delicious. I highly recommend this book and hope that Jenny Carenco comes out with another book soon!

I got this & excitedly ran off to the farmers market, spent a fortune on produce & tried 3 recipes from the book. The galettes (I tried 2 different recipes) were slop, impossible to cook no matter how much I sat them on kitchen towels and drained the veggies after cooking (after the first recipe didn't work I tried the second being careful to follow the recipe exactly - same result). The beef Bourgogne was

good so can't fault that but I'm so disappointed I won't be using this book again as its not worth wasting good organic produce if half the recipes don't work out. Luckily I have another simile book that has never let me down.

I have made many of the recipes in this book for my son, including the early meals of fruit compotes and veggies with rice. I also successfully made the Baby Beef Bourguignon - the entire family thought that dish was delish! I like to be able to make ahead and freeze, and so far all of the dishes have worked out well. This is a great book and gives tons of ideas for making baby food for 6 months - 9 months, big kid meals from 9 months - 1 year, and bigger kid meals/snacks/treats from 1 year and up. I was running out of ideas and never knew boiling bananas was acceptable, the whole house smelled delish and my kid scarfs down the food. We are quickly approaching my son's 1st birthday. I had such great success with all other recipes in the book, I decided I would make his cake and cupcakes using the Birthday Cake recipe in the book. UMMMM...no. I would not consider myself a gourmet baker, but I can follow a recipe and have used both "from scratch" and box recipes and had wonderful desserts. I love the idea of using all fresh ingredients in the cake, however there is no way it would ever take 45 minutes for a cake to bake. There is also no way it would take regular size cupcakes, much less mini cupcakes 15 minutes to bake. So, clearly the baking times are off. Also, the ingredients for the cake make no sense. The finished product was flat on top, like a sugar cookie consistency. Also had a very salty finish to it, although I used NO SALT. The birthday cake icing would never form correctly, and I realized because a teaspoon of sugar is not going to make that much whipping cream rise ever. I added more sugar and now have a delicious bowl of icing with no cake to go with it. Luckily there is a lovely grocery store around the corner that can whip up a cake and 24 cupcakes in time for his big birthday tomorrow. So, YES by all means buy the book and explore the wonderful dishes and compotes. But avoid making the cake - just no!

This is a great cookbook for making your own baby food. It is separated by age and has a lot of helpful charts. The pictures are also wonderful (I love cookbooks with pictures). We used this a lot when our daughter started solids. We also adapted some of the meals for us to eat! This would make a great baby shower gift item.

My biggest gripe with this book is the number of editing errors in it. My book must have been a 1st Ed. as when it arrived it came with a 2x3 inch yellow card with editing errors, which has

subsequently been lost. I wouldn't mind a few spelling errors, but these were errors in the recipes. What cookbook has mistakes in the recipes! For example one recipe called for 2 teaspoons of an ingredient and on the correction paper it said to reduce the amount to 1/4 teaspoon. How does this get past the editing department? If you really want my advice it would be to hold off for a 2nd edition, or another book.

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