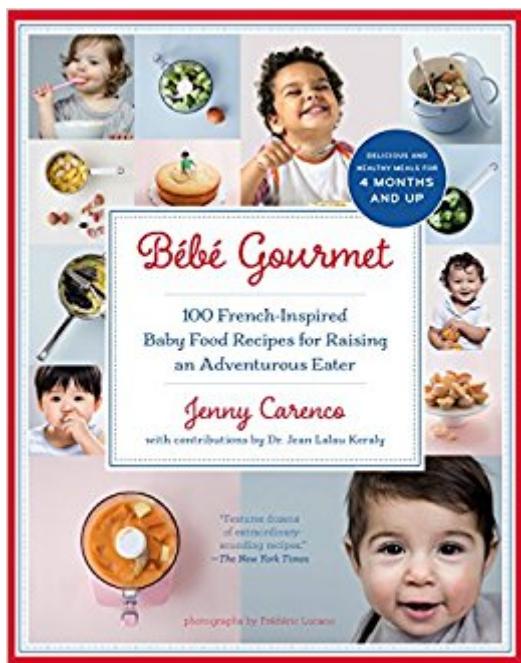


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Bébé Gourmet: 100 French-Inspired Baby Food Recipes For Raising An Adventurous Eater



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 *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. *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

"[Gourmet features] dozens of extraordinary-sounding recipes. Carenco's Baby Beef Bourguignon, with its dry ham and caramelized chestnuts, looks like a dream." *New York Times Magazine* "With just the right touch of French flair, a charming must-read for new parents." Karen Le Billon, author of *French Kids Eat Everything* "With gusto, and a pinch of

inspiration, Bébél Gourmet makes the seasonal ingredients and strong flavors of French cooking accessible for every family. "Elizabeth Bard, author of *Lunch in Paris* "The genius of Jenny Carenco's recipes for bébél is that they're not only relatively easy to make, but they're delicious and oh-so French. "Amy Thomas, author of *Paris, My Sweet* "These are easy, doable recipes. . . . At every stage, Jenny Carenco offers advice on introducing new foods, tempting reluctant eaters, and introducing bits of flair into otherwise simple meals. Carenco takes away much of the worry and anxiety we may feel about cooking for wee ones, and replaces it with the eager anticipation over what baby food to try next. "TheKitchn.com "This is an incredibly varied collection of recipes meant to establish an appreciation for all types of nutritious, healthy foods. Beginning with purees and compotes at age four months and progressing through first lunches, dinners, sweets, and on to big kid meals, the author provides quick, easy-to-make, French-inspired meals using all-natural ingredients. "Unshelved.com "[Jenny] Carenco knows her stuff . . . Her recipes are varied and accessible, many are easy and quick to prepare, even with a toddler underfoot. Bébél Gourmet is a fun and simple way to introduce children to new dishes, tastes and smells, with recipes sure to please even the pickiest little eaters! •

• "CrayonsAndCroissants.com

Jenny Carenco is the creator of *Les Menus Bébél*, a leading French brand of flavorful, high quality, and 100% natural baby food. Her baby food cookbooks have collectively been translated into five languages. She is a mother of two and a graduate of the prestigious MBA program at HEC, France's premier business school. Dr. Jean Lalau Keraly is a pediatric endocrinologist with over twenty years of experience. He consults with the American Hospital in Neuilly-sur-Seine.

I was pretty flummoxed when it came to what to feed my daughter when we started food. Between my mom's old fashioned insistence that we feed her rice cereal and a baby led weaning fad - I had no idea what was best for her. I should also mention that I do not cook. A friend let me borrow this book and after a day, I purchased my own copy. It completely demystifies everything - the recipes are quick and easy - and I feel like I have a grasp on what she needs and wants. It also will grow with us - and has great breakdowns of foods/ingredients and meals for various age groups (starting at 4mo and through the kid years.) She gives tips for additions, and for how to turn various dishes into an adult meal. My daughter hasn't liked everything - but that's okay, she doesn't have to! It's been an invaluable tool as we navigate through her first bites and into her first real meals.

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!

This book was on my daughter-in-law's Christmas Wish List. She loves it! As my twin grandsons moved on to pureed foods and finger foods, this book provided recipes with herbs and seasonings and ideas that were certainly new to me, as "baby food," and the boys LOVED it all! I'm sure getting this variety of foods and flavors at an early age is the reason they have yet to refuse trying (and usually liking) new foods. My amazing DIL would chop and mix and blend on the weekends, freeze in little cubes, and was set for the week. You would be hard-pressed to identify these 18-month olds as three-pound preemies!

Amazing recipes to expand your little one's palette. Fantastic food for both adults and kids. Great progression for helping develop your little one's palette with simple ingredients. The dishes are so amazing papa is frequently accidentally eating baby's food.

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 got a newborn at home and kept reading here and there that it is possible to start feeding him something else than milk at 4 Month, and then 6 Month. The problem is, I love to cook! I love to see

what i eat, and I wasn't happy about starting giving him preprocessed food, then I found this book.Let me resume this to: IT IS GREAT!The recipe are categorized in different age class (recipes starting with 4 Months, starting with 6 Months,...) are well described and easy to cook.It's a great book a would recommend to any parent who likes to cook for its baby!

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.

I love this book and the recipes and my 7 month old has loved every recipe we have tried so far without hesitation! I can't blame her either. Compared to the stuff that comes in the jars from the grocery store, these actually taste good and look so much more appealing. I might even retry a few veggies that I never really liked myself.

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The Best Homemade Baby Food on the Planet: Know What Goes Into Every Bite with More Than 200 of the Most Deliciously Nutritious Homemade Baby Food ... Your Baby Will Love (Best on the Planet) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Project Smoke: Seven Steps to Smoked Food Nirvana, Plus 100 Irresistible Recipes from Classic (Slam-Dunk Brisket) to Adventurous (Smoked Bacon-Bourbon Apple Crisp) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) The Gourmet Girls Go Camping Cookbook: Amazing Meals Straight from Your Campfire (Gourmet Girls on Fire Cookbook Series 1) Saami Inspired Bracelet Basics: How to make a Saami inspired pewter thread bracelet. (Saami Inspired Bracelets Book 1) Saami Inspired Bracelet Basics: How to make a Saami inspired pewter thread bracelet. (Saami Inspired Bracelets) Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby!

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