



SIMPLE AND HEALTHY

COOKING GUIDE FOR GORENJE
BABY FOOD MULTICHEF BFM900BY

Baby
COLLECTION



There is a lot to do when your baby arrives

VERSATILE HELPER FOR BABY FOOD HOME CHEFS

Gorenje Baby Food Multichef will relieve you of some frequent tasks that are rather time consuming for young parents.



Steaming

Food can be steamed in three different baskets where each ingredient can be steamed separately or together – depending on the required steaming time.



Sterilization

Three baskets allow ample space for quick, simple and simultaneous sterilization of bottles, cups, cutlery and pacifiers.



Puréeing

If your baby is only getting used to solid food, cooked ingredients can be pressed into a smooth purée. Another alternative is a purée with solid bits mixed in.



Chopping

Your baby wants to experience different food textures. As it is getting used to dense food, the chopping function will come in very handy.



Reheating

Bottles or cups with ready-made food can be quickly and evenly reheated using steam.





SIMPLE AND FAST SOLUTION FOR YOUR BABY'S MEAL

As your baby is getting accustomed to solid food, you need a simple and quick solution for preparing a balanced meal. Gorenje Baby Food Multichef will make cooking healthy home-made food for your baby a breeze.

It provides two basic tasks used when cooking baby food – steam cooking and puréeing. Steaming is the healthiest possible cooking method as it allows the food to retain the nutrients, aroma, and flavour. The Baby Food Multichef has three baskets in which the ingredients can be sorted based on how long they take to cook. For simple purées, steam all ingredients

together. Fruit is usually steamed for 5 to 10 minutes; vegetables for 15 to 20 minutes; fish for 15 minutes; and other meat for 20 minutes. Then, simply transfer the steam-cooked ingredients into the blender bowl and purée to desired texture. Initially, you may opt for a more smooth texture. As the baby grows, the purée will be increasingly coarsely blended. This will allow you to make a wholesome, balanced, healthy, and tasty meal for your child.

Since you do it all in a single appliance, there are less dishes to be washed. In addition, maintenance is quick and easy.



Adjustable size

The appliance comes with three steamer baskets which can be stacked as necessary. Ingredients can be steamed together, or they can be sorted in separate baskets depending on the required steaming time.



Simple dosing

The measuring scale on the blender bowl allows you to quickly, simply, and accurately add the right amount of ingredients. This makes it easier to follow advanced recipes and serve a balanced and tasty meal to your baby.

Recommended cooking time for some types of food

TYPE OF FOOD		COOKING TIME
	apple, pear	5 minutes
	orange, peach, plum	10 minutes
	pineapple	15 minutes
	asparagus	10 minutes
	carrots, cauliflower, celery, zucchini, leeks, onions, squash, spinach, sweet potatoes, tomatoes, fennel, kohlrabi	15 minutes
	broccoli, green beans, peas, potatoes	20 minutes
	chicken, beef, lamb	20 minutes
	trout, salmon, cod	15 minutes

A vibrant yellow bowl filled with oatmeal, topped with three fresh raspberries. The bowl sits on a light-colored, textured burlap napkin. In the background, a whole banana and a sliced green apple are visible, suggesting a healthy and simple meal. The scene is set against a clean, white background.

QUICK AND EASY MEALS FOR YOUR BABY

When introducing new food to your baby's diet, observe the instructions and recommendations by nutrition specialists and paediatricians.



AUTUMN FRUIT PURÉE

Wash and finely cube the pear and the plum. Steam for 5 minutes, then add banana to the blender bowl. Blend into purée and serve.

Preparation & cooking



INGREDIENTS:

- 1/2 pear
- 1/3 plum
- 1/3 banana

The purée does not have to be additionally sweetened.



HOME-GROWN APPLE WITH COUSCOUS

Wash and core the apple and cut it into 2–3 cm cubes. Steam in the large basket for 5 minutes. Meanwhile, pour 1 teaspoon of couscous with boiling water.

Preparation & cooking



INGREDIENTS:

- 1 small apple
- 1 teaspoon couscous

After five minutes, transfer the apple to the blender bowl and add the couscous. Switch on the Gorenje Baby Multichef and blend the ingredients into a tasty purée.



FRUIT AND VEGGIE PURÉE

Cut the Hokkaido squash flesh into 3-cm cubes and place them in the lower steamer basket. Steam for 10 minutes. Add the washed and cored pear into the upper basket and steam for 5 more minutes. Transfer both ingredients into the blender bowl and add a teaspoon of pumpkin seeds or a teaspoon of homemade cold pressed pumpkin seed oil.

Preparation & cooking 

INGREDIENTS:

- 75 g Hokkaido (Red kuri) squash
- 75 g pear

Hokkaido squash is one of the first solid foods you may offer your child. It has a sweet taste and it contains a lot of beta carotenes which are transformed in the body into vitamin A, an important anti-oxidant. Added seeds are a treasure trove of minerals.



PURÉE WITH WHOLESOME CEREAL

Wash and peel the potato and chop it into 3-cm cubes. Place the potato cubes in the lower basket and steam for 5 minutes. In the smaller steamer basket prepare the squash or carrot. Stack the small basket over the basket with the steaming potatoes and steam for another 10 minutes. Then, add the cored and cubed apple and steam 5 more minutes. Transfer the ingredients from the steamer baskets into the blender bowl, fold in the

Preparation & cooking 

INGREDIENTS:

- 50g potatoes
- 100 g squash or carrot
- 30 g apples, not sour
- 30 g millet flakes
- 20 ml apple juice
- 1 tablespoon (8 g) of rapeseed oil per meal

cooked millet flakes and add the apple juice. Add some water if the mixture is too thick. Blend into a purée. Before serving the meal to the baby, stir in a scant tablespoon of rapeseed (canola) oil. Millet flakes in this lunch-time (noon) purée will provide the necessary iron. Millet flakes can be substituted with rolled oats. Squash is a tender vegetable and it is tolerated well by babies.



RICE PURÉE

Clean and cube the broccoli floret and place it in the bottom steamer basket. Steam for 5 minutes. Then, add the basket with cubed carrots and cauliflower floret. Steam for another 15 minutes.

Preparation & cooking 

INGREDIENTS:


- 1 small carrot
- 1 floret cauliflower
- 1 floret broccoli
- 1 teaspoon cooked rice
- 1 teaspoon semolina

Transfer the vegetables into the blender bowl. Add a teaspoon of cooked rice and semolina. Blend and the purée is ready.



IRON-RICH MILLET PURÉE

Peel, wash, and cube the parsnip and potatoes, and steam them in Gorenje Baby Multichef for 20 minutes. Transfer the ingredients from the basket to the blender bowl. Add carrot juice and millet flakes. Blend into a tasty purée. Add rapeseed oil to thin the mixture if desired.

Preparation & cooking 

INGREDIENTS:

- 70 g parsnip (substitute with carrot, fennel, celery root as desired)
- 60 g potatoes
- 60 ml carrot juice
- 10 g millet flakes
- 2 teaspoon rapeseed oil

This tasty purée is easy to digest. Essential oil in the parsnip will ease any stomach cramps or gas pain. Millet is an excellent source of iron.



MEAT AND VEGGIE PURÉE

Cube the chicken breast and place it in the large steamer basket. Peel, clean, and cube the potato and place it in the smaller steamer basket. Steam both for 5 minutes. Meanwhile, prepare the baby kohlrabi and carrots, and add them into the smaller steamer basket with the potato. Steam for another 15 minutes, then transfer all ingredients into the blender bowl.

Preparation & cooking



INGREDIENTS:

- 50 g baby kohlrabi
- 50 g potatoes
- 50 g carrot
- 20 g chicken breast
- pinch of dried cumin
- 1 teaspoon rapeseed oil

Add a pinch of ground cumin and purée. For a thinner purée, add a teaspoon of rapeseed oil. Kohlrabi and carrots are filling ingredients for a lunch-time purée. Chicken breast provides precious easily digestible proteins and iron. A pinch of cumin in the purée prevents baby gas.



PROTEIN-RICH LUNCH WITH FISH

Peel and cube the potato and place it into the large steamer basket along with peas. Steam for 5 minutes. Add cleaned and chopped carrot and boned fish into the middle basket. Steam for 15 minutes. Transfer the ingredients to the blender bowl, add a teaspoon of cream, and blend into a purée. Serve warm.

Preparation & cooking



INGREDIENTS:

- 30 g fully boned white fish
- 30 g peas
- 30 g carrot
- 30 g potatoes
- teaspoon cooking cream or butter

Fish is highly nutritious and rich in protein. It is also a rich source of omega-3 fatty acids that stimulate brain activity, and vitamin D which our food often lacks.

USING THE GORENJE BABY FOOD MULTICHEF IS A BREEZE

Always handy

Does not require a lot of storage space. All three steamer baskets and lids fold into the blender bowl. Such design allows keeping all accessories handy and in one place, and requires little storage space.



Safety first

There are several safety features. The appliance will not operate if the bowl is not attached correctly to the base unit. When the lid is closed, a safety pin is engaged. Bursts of steam are prevented.



Simple control

A clearly laid out knob allows you to choose between the two functions – blending or steaming.



Easily add water

Water tank is covered with a double lid. A clear measuring scale at the side of the appliance helps you add the right amount of water.



Easy cleaning

Gorenje Baby Multichef is easy to disassemble. The bowl, blade, steamer baskets and lids can be washed in warm water or in a dishwasher. Wipe the base unit with a damp cloth.



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