TIPS FROM CHEF LUDO

- GOAT'S MILK PROTEINS ARE MUCH MORE EASILY DIGESTED BY BABIES THAN COW'S MILK PROTEINS
- GOAT CHEESE MARINATED IN OLIVE AND HERBS CAN BE PURCHASED AT A LOCAL FARMERS MARKET OR SPECIALTY MARKET

LUDO BABY BITES for bugaboo

MAC & GOAT'S CHEESE

INGREDIENTS
FOR CHILDREN 6 MONTHS+

1 CUP COOKED PASTA (ANY TYPE)
1 TABLESPOON UNSALTED BUTTER
1 TABLESPOON ALL-PURPOSE FLOUR
1/4 CUP HEAVY CREAM (WHOLE MILK CAN BE SUBSTITUTED)
1/4 CUP FRESH SOFT GOAT CHEESE, MARINATED IN OLIVE OIL AND HERBS
2 TABLESPOONS OF PARMESAN

COOKING DIRECTIONS

1- IN A SAUCE PAN, MELT BUTTER OVER MEDIUM HEAT, THEN ADD THE FLOUR AND STIR WITH A WHISK, DO NOT ALLOW MIXTURE TO COLOR AT ALL.

2- PREHEAT CREAM EITHER ON STOVE TOP OR IN FOR ABOUT 30 SECONDS IN MICROWAVE. ADD WARM CREAM TO THE FLOUR AND BUTTER MIXTURE IN SAUCEPAN, COOK FOR 3 MINUTES, STIRRING WITH A WHISK. ADD THE FRESH GOAT CHEESE, STIR UNTIL SMOOTH, ADD A TOUCH OF OLIVE OIL, AND FRESH HERBS (FROM GOAT CHEESE MARINATE). SPRINKLE TOP WITH PARMESAN.

3- ADD THE COOKED PASTA TO THE SAUCEPAN, STIR WITH A SPATULA TO COVER ALL PASTA WITH SAUCE.

4- SERVE TO THE KIDS.

FOR THE FAMILY

INCREASE RECIPE BY 3 FOR 2 ADULTS PLUS 2 CHILDREN. AFTER CHILDREN'S PORTION HAS BEEN REMOVED FROM SAUCEPAN, SALT AND PEPPER TO TASTE. FOR A LITTLE MORE SPICE, ADD A DASH OF DRIED RED CHILE FLAKES.

NOTE: BEFORE ADDING NEW FOOD ITEMS TO A CHILD'S DIET, CONSULT YOUR PEDIATRICIAN.

bugaboo