

Experience choosing a pot of porridge to cook food for your baby

In order to support the mothers in their weaning period, the following article will share how to choose a good pot of porridge for mothers to refer!

The end of 6 long months of maternity leave and return to work is also the time when mothers breastfeed their babies to face their 'weaning tasks'. What makes many mothers are more interested in finding a porridge cooked, stewed food for children is fast, convenient and nutritious. To help mothers with milk to do this better, the following article will share how to **choose a good pot of porridge for** mothers to refer!

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Choose any kind of pot to cook porridge, stew food for babies?

The selection of a good pot of porridge not only ensures safety for your baby's health but also helps to make mother porridge more convenient.



On the market today, there are many types of baby porridge cooking pots with different advantages and disadvantages such as porcelain pots, rice porridge pots, electric rice cookers, pressure cookers, baby cookware cups . However, the most common can list the following types of pots:

Porcelain food cooking pot



Porcelain pot is a porridge pot with a simple, beautiful design, good heat transfer material, safe for health, besides cooking time is quite fast and convenient. Porridge cooked in porcelain pot will not use electricity, ensuring quite delicious, safe for health, nutritious, but very easy to overflow when cooking. In particular, mothers take time to watch fire and porridge seeds are not compared to boiling them with electric cookers.

Cook food porridge with a rice cooker



Taking advantage of the family's rice cooker, many moms have chosen it to cook baby porridge both convenient and cost-effective. The pot usually has an easy-to-use design, a safe nonstick material. Porridge when cooked with a rice cooker is as soft and delicious as the pressure cooker but in return you will take time to watch over to switch the cooking mode. Obviously for busy people like office workers, this solution in the long term is not appropriate.

Cook porridge stew food with a small pressure cooker



Compared with a rice cooker, the time to cook rice porridge with a pressure cooker is quite fast, maybe within 15-20 minutes, you have finished a pot of porridge for children. In particular, using electric pressure cookers to cook porridge, mothers do not have much time to watch fire, just select the cooking mode that the pot can automatically cook the desired porridge food stew. Compared to porcelain pots or electric rice cookers, pressure cookers are much more convenient. However, the thickness of the porridge can not be compared with other types of incubator, slow cooker.

Cook porridge stew food with incubator, slow cooker

The slow cooker is similar to an electric pressure cooker but has a removable glass lid. The pot shell is made of stainless steel, the ceramic inner pot is non-stick, which makes it safe to cook at high temperatures.



Porridge cooked in a slow cooker will be simmered, cooked evenly for a longer time, ensuring the integrity of the nutritional content of the food. In particular, mothers do not need to take time to watch the fire or porridge outflow because porridge is cooked at low temperatures for a long time. The pot is equipped with a relatively low operating power of about 80W-160W so it does not consume much electricity of the family.

Choose pot capacity

The capacity of the porridge pot for babies depends on the demand and the way mothers cook porridge for children. If you cook porridge to let your baby use it all day or have 2 or more children to eat porridge, you should choose large-capacity pots, whereas if you only cook for one child at a time, you can choose smaller pots to save cost savings.



In addition, if you want to use the pot to stew other dishes like oats, meat stew . then you can consider choosing a large capacity of 2.5 liters. If you only use the pot to cook baby porridge, you should choose a small capacity pot (less than 1.5 liters).

Choose capacity

Usually large capacity will help you cook food faster and save more time. However, only with porridge or stewed food for babies, they need to be smooth and pure, so you should not choose a pot with a large capacity. In particular, the product of slow cooker porridge with a capacity of 90-160W is very reasonable.

Utility and safety



Sometimes with busy moms, a multi-function porridge pot also helps a lot in serving a variety of baby's meals. Therefore, in the long term, you should choose versatile products such as cooking fast, slow, keep warm; bird's nest; meat stew . instead of just having a specific porridge cooking function.

The price of the pot for porridge

One thing that many mothers are interested in when choosing a pot to cook porridge for babies is the price. Currently, the price of porridge pot is very diverse, rich depending on the type, capacity, pot capacity . Depending on financial conditions and demand, the mother selects the pot with the price. best fit. Specifically:

1. Porcelain pots are usually cheaper than porridge cookers, ranging from a few tens of thousands (popular ceramics) to less than 1 million VND (high-class ceramic).
2. Prices of electric rice cookers range from 300 thousand to several tens of millions (multifunctional rice cookers).
3. Pressure cooker prices range from 280 thousand to 10 million.



1. The price of brewing pot and slow cooker is from VND 400 to 8 million.

Above is our share of the porridge and food stew pots for children. Hopefully, it will help mothers to choose the most suitable and suitable pot for their babies.

If you want to consult the prices of porridge pot, you can visit the website META.vn or contact the hotline below for free advice:

1. In Hanoi: No. 56 Duy Tan, Dich Vong Hau Ward, Cau Giay - Tel: 024.35.68.69.69
2. In Ho Chi Minh City: 716-718 Dien Bien Phu, Ward 10, District 10 - Tel: 028.38.33.33.66

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