

Having fun with food and children

It isn't your job to see that your grandchildren eat properly.

It is your job to enjoy introducing your grand-children to the delights of good eating.

It is an opportunity to see that your grandchildren explore the wonders of good food.

It is a chance to bestow good taste on the blank board of their palate a challenge.

Start by smelling and tasting the contents of your spice cabinet together

Why are we talking about this?

You may have the opportunity of a lifetime.

Expose your grandchildren to different types of cuisine, tastes and flavors now and they may just think this is the way it's supposed to be. Let them feel and get the feel of food.

Solicit their input have them participate in the food preparation.

Wait too long, and, oh! well, you'll be fighting against the picky-eating syndrome, and you will have missed a great experience

Studies have shown that repeated introductions to different foods are key to developing children's taste buds.

It may take 10 times before some children will even try a new food, let alone enjoy it.

Eating OUT

When you take your Grandkids to eat in a public place,
They must respect other people's desires for a nice, quiet
meal,

Not leaving a holy mess for the busboys to clear away

Say please and thank you when talking to waitpeople.

So eating out also becomes manners school, and what,
exactly, could be wrong with that?

Why bother making special food for kids?

Because Mass Produced food is BLAND.

It appeals to the lowest common denominator .

It does not challenge the sense of taste in the eater.

It does not inspire,

It just fills up your stomach,

It just slakes your thirst.

It encourages people to think that eating is a waste of time .

Before you say, "No" to these foods, check out this list.

It may surprise you:

1. **French fries:** Can be a good source of vitamin C, calories, some fiber and, if cooked well in fresh oil (or sprayed with oil and oven-baked), have no negatives unless the child tends to be overweight, in which case deep-foods should be limited, since they are high in calories.
2. **Burgers:** When broiled or dry-fried, they are an excellent source of iron, B vitamins and protein for children. Homemade is better than commercial burgers. When choosing beef, use half top round and half chuck. Have the butcher grind it for you so you know what you are using. For less fat in the burger increase the amount of top round.
3. **Beans:** High in protein and fiber and low in fat. Black beans, baked bean, chili,etc
4. **Bread:** A source of calcium and ideal for children.. Try to buy good quality bread made from hard wheat's.
5. **Pasta:** Fine for children, who may like extra fiber that whole-wheat pasta provides.
6. **Pizza:** Good food for children, containing calcium, vitamin C, and fiber
7. **Ice cream:** Good source of calcium and protein. Top with fruit
8. **Chocolate:** Contains iron and calcium, and is a better occasional snack than candy.

Real Soup

Recipe:

1 pound of coarsely chopped : cauliflower, 1 pound of leeks, 4 ounces of celery, plus one coarsely chopped sweet onion.

Chicken stock: cover vegetables and boil until very tender.

Cool, homogenize in a blender or with a wand.

Pass through a sieve to remove fibrous matter if needed.

Serve hot or cold with cream as appropriate.

Garnish with a sprig of basil snipped chives or scallion.

Top with a tsp. of sour cream or whatever .

Other Vegetables

Potatoes

Carrots

Mushrooms

Broccoli

Spinach

Beetroot, peeled*

Tomatoes

Zucchini

*beetroot should be boiled in salted water with the skin intact, then peeled chopped and added to the chicken stock.

Hot baking alternative to deep frying

Deep frying is a messy business and produces food that is laden with fat that in itself does not contribute to flavor of the food.

Therefore we have adopted a technique that improves the quality and taste of fried food.

Hot baking consists of baking your breaded, battered and oiled food on a cooling rack over a sheet pan lined with aluminum foil at a temperature of about 400°F.

You all know of course that if you place this type of food on a sheet pan in the oven the underside is soggy and often stuffed items leak from the underside from it being stuck to the pan during cooking.

The use of a cooling rack obviates these problems.

How do you clean up the cooling rack?

There are now available racks that are coated with a release film that just rinses off.

How do I get the crisp outer coating when I make the food myself? You spray the items with “Pam” Canola oil

Toppings for Food

Sweet

Preserves

M & M's

Sprinkles*

Pinapple&coconut

Neutral

Walnuts

Pecans

Macadamia

Nutella

Savory

Olives

Pickles

Branston

A1

* Stick sprinkles and sugars onto with a little honey on maple syrup

Grandma's own pizza

Children love pizza and it is so much fun to make yourself providing that you do not have to do the dough preparation part.

A solution to this problem is to use pita bread sliced in half for the crust of the pizza.

Oil the cut side of the pita bread with a little virgin olive oil and drizzle with tomato sauce.

Sauté chopped onions and red and green peppers in a little olive oil in covered dish in the microwave for a minute or so.

Prepare meats such as sausage, bacon pepperoni etc.

Spread on top of the tomato sauce and top with grated Parmesan and Cheddar or whatever cheese that you favor.

Bake on a rack in 400 °F oven until bubbly and brown.

Cool some and serve.

Obviously you can ring the changes on the ingredients with olives, anchovies, shrimp and other fish. Don't forget spinach, works well here.

Making super croutons

Croutons are economical, tasty and improve the taste and texture of a sandwich.

Use quality bread such as .

There are available small diameter loaves of whole wheat, sesame seed, and others available at local bakeries.

Slice into $\frac{1}{4}$ inch pieces and brush each side with melted butter.

Broil both side until golden brown.

Takes only a short time under the broiler so stay with it

Experiment with other breads available at the Store.

But remember that supermarket breads often contain sugar and cook quicker .

Making sandwiches with faces

Use croutons prepared as described earlier.

Place a slice Mozzarella cover with the ham and a slice of provolone cut to fit the bread Sprinkle with shredded Parmesan,

Lightly broil until just beginning to melt.

Place on serving plate and put on a happy face.

Tomato ketchup for lips, A1 sauce or olives for eyes.

On cookies use colored icing tubes red and black from the store.

You are only bounded by your imagination.

Other spreads include peanut butter, Boursin, preserves,

Basic Sauce with Meatballs I

Ingredients.

| | |
|----------|-------------------------------------|
| 1 Tbs. | peanut oil, vinegar, Worcester, soy |
| 1 Ea. | onion or shallot small diced |
| 4 Ea | garlic cloves small diced |
| ½ cup | wine, Red |
| ½ cup | stock |
| ¼ cup | sour cream |
| 1 cup | heavy cream |
| 8oz. | Tomato sauce |
| 4 Tbs. | Molasses |
| to taste | salt, pepper & mustard |

Method

Sauté the onion and garlic in the peanut oil. Add the wine and boil off the alcohol. Add stock. Stir in the sour cream, at this point the mixture may not blend together but continue the process. Stir in the heavy cream. The basic sauce may be used either with the onions or the onions may be sieved off before use. The sauce should then be boiled down to the desired consistency for use. Add the Worcester Sauce, Soy and vinegar.

Sweetness should be adjusted by adding the of molasses, 0.25 thoroughly mixed and warmed. Add the molasses by the table spoon to taste if desired.

This sauce is based upon recipes provided by Bill Stickley and Pat

Basic Sauce II

It is the type of stock and the type of wine that sets the stage for this sauce and that somewhat determines the outcome.

The sauce ingredients and flavorings depend upon the end use. For meatballs the wine should be red and the stock should be beef.

. More interesting results can be achieved with this sauce by tuning it to your own taste with the sweetener, see recipe above, or by using a more Worcestershire sauce and a beef extract to yield a bolder sauce. The addition of powdered rosemary or other herb or spice will provide a whole range of tastes and flavors.

Basic Sausage Meatballs III

Ingredients:

| | |
|--------|------------------------------------------|
| ½ cup | minced onion |
| ½ cup | chopped red and green peppers |
| 1 Ea | 4oz. can Jalapeno peppers |
| 1 Tbs. | Culinary thickener |
| 1 lb. | Jimmy Dean Sausage rolls, sage |
| 1 lb. | Jimmy Dean Sausage rolls, hot |
| 1 cup | Parmesan grated |
| 1 tsp. | chopped garlic |
| ½ cup | sesame seeds, mixture of black and white |

Cook onion, peppers and garlic until soft over moderately low heat, transfer to a bowl and stir in thickener and sausage and combine well. Form sausage mixture into ¾" balls arranging on a tray as formed.

Roll meatballs in sesame seeds. Place on a rack set in a shallow baking pan. You can bake the meatballs directly on a baking pan. Preheat oven to 325° F. Bake meatballs in upper third of oven 15 minutes or until golden and cooked through. Makes about 48 meatballs. Beef meat balls can be purchased ready to use.

Based on a recipe provided by Jo Anne Spigarelli

Scottish Shortcake

Ingredients

| | |
|--------------------|---------------------|
| 4½ cups | flour, all purpose, |
| 1 cup | granulated sugar |
| 1½ cups (4 sticks) | butter, unsalted |
| ½ tsp | almond essence |

Method

Cream the butter and sugar together in a food processor and slowly add the flour. Knead thoroughly for at least 10 minutes and roll out into a ¼ inch thick sheet and cut into cookies. Bake for one hour at 275°F. The bottoms of the cookies should be slightly browned. Perfect.

Carrot Cupcakes I

Ingredients :- CAKES, Yeilds 72 0.5oz. Cup cakes

| | |
|------------|-------------------------------|
| 2.5 cups | Flour, Unbleached All Purpose |
| 1.25 tsp.. | Baking powder |
| 1 tsp. | Baking soda |
| 1.25 tsp. | Cinnamon, ground |
| 0.5 tsp. | Nutmeg, ground |
| 0.125 tsp. | Cloves, ground |
| 0.5 tsp. | Salt |
| 1 lb. | Carrots |
| 1.5 cups | Sugar, granulated |
| 0.5 cup | Sugar ,light brown |
| 4 Ea. | Eggs, large |
| 1.5 cups | Canola oil |
| 1.5 cups | Walnuts chopped |
| 1 cup | Raisins |

Carrot cupcakes II Method

Set the oven to 325F Convection with the shelf in the center of the oven. Place paper bake cups in two 36 count muffin pans. In a large bowl whisk together the dry ingredients, except the sugar and set aside. Fit a grater disc to the food processor and grate the carrots, set aside. Rinse the food processor bowl and fit the knife. Process the eggs and the sugar until properly mixed and frothy, about 20 seconds. With the motor running pour in the canola oil in a thin stream to form an emulsion. About a further 20 seconds. Scrape the egg mixture into the bowl containing the mixed dry ingredients and then add the carrots and mix thoroughly. Pour the batter bake cups in the muffin pans and cook for about 25 minutes, Reverse the pans half way through the cooking. The cupcakes are done when a tooth pick inserted into the middle comes out clean. Allow to cool in the pan on a wire rack, only refrigerating when the cup cakes are cooled to room temperature.

Carrot cupcake III Frosting and Finishing

Ingredients :- FROSTING

| | |
|-----------------|----------------------------------------------------------|
| 8 ozs. | Cream cheese, softened |
| 5 Tbs. | Butter, unsalted, cold and cut into small pieces. |
| 1 Tbs | Sour cream |
| 0.5 tsp. | Vanilla extract |
| 1 cup | Sugar, confectioners |

Method (For the Frosting)

Process all the ingredients in a clean food processor, until combined and smooth about 25 seconds. This amount will be sufficient to put a teaspoon full on each cake.

Decorate with walnuts and tiny marzipan carrots pressed into the frosting.

Conclusions

Children are not good at chewing they prefer farinacious foods.

So use fillet mignon tips to get them started on beef.

Encourage trying new tastes and flavors and don't make a fuss if they refuse.

Your sense of taste and smell does not fade much with age.

So you are the expert and you also have the time to pass this gift on.

If you do buy bland food tart it up.

Your grand children will not die of starvation if they miss a meal.

But if you make eating exciting they never will miss a meal with you.