

# *mini* CHILD

THE REAL GUIDE FOR PARENTS

## Family Foodie

### WHAT'S INSIDE:

- TOAST ART FOR KIDS
- PRINTABLE LUNCH BOX NOTES
- 10 FOOD TRENDS WE WILL BE TRYING IN 2017
- + MUCH MORE!

**FREE**

APRIL 2017

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# Ed's Letter

Welcome to our 'Family Foodie' mini mag!  
Yep! You guessed it, this issue of our monthly  
mini mag is all about - food!

Mealtime can be such an important part  
of the day - not only is it about amazing food, but it's also the  
time where most families come together and talk about their  
day. The family dining table is also the place where we share  
traditions and special celebrations.

We hope that throughout this issue, you will be inspired by  
many of our recipes that will take you from breakfast, morning  
tea, to little lunch, afternoon tea and right through to dinner  
and dessert.

We're also forecasting the food trends we think we will be  
seeing this year and share some great food hacks that the kids  
(and you) will love.

So pull up a chair, pile that homemade goodness on a  
plate and tuck in!

Bon Appétit!

Jenna xo

COVER STYLING + PHOTOGRAPHY **JENNA TEMPLETON**  
MINI MAG DESIGN **JESS CHEN**



# SMOOTHIE BOWLS

*To Kick Start Your Day*

WORDS **JENNA TEMPLETON**

PHOTOGRAPHY **ELSA'S WHOLESOME LIFE, LOLA BERRY + PLUM,  
LORNA JANE, LOVING EARTH BY KATH AND JADE FROM PANACEAS PANTRY**



## A SCRUMPTIOUS SELECTION OF BREAKFASTS YOU'LL BE HAPPY TO WAKE UP TO.

After recently picking up and devouring copies of Lola Berry's *The Happy Life* and Sarah Wilson's *I Quit Sugar: Simplicious*, I'm sold on looking into alternatives for a sugar- and preservative-free lifestyle. Especially if it means I get to make a beautifully presented smoothie bowl.

A simple hashtag search on Instagram of **#smoothiebowl** immediately brings up so many visually appealing options. I scroll through countless numbers of amazingly presented breakfast photos – a cakey-looking porridge with neat rows of fruit, nuts and berries decorated on top. I just want to get to the food styling and eating now.

Suddenly I'm searching the supermarket aisles for cacao powder, goji berries, almond milk, chia seeds etc.

**The Mission:** Make this healthy work of art, eat and give myself a pat on the back for the good food vibes I've just given my body.

Article photography by **Elsa's Wholesome Life**  
[elsaswholesomelife.com](http://elsaswholesomelife.com)



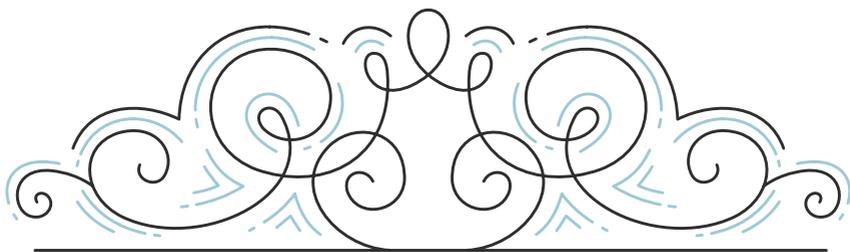
TO BEGIN, HERE ARE 4 OF THE PRETTIEST AND YUMMIEST SMOOTHIE BOWLS YOU MUST TRY. CLICK ON THE PHOTOS FOR THE RECIPE. YOU'RE WELCOME

**1. Green Smoothie Bowl** All the green goods are in this one, by Aussie nutritionist and author, Lola Berry. Photography by **Lola Berry** and **Plum**.

**2. Cacao Crunch Bowl** Chocolate lovers will be a fan of this breakfast and dessert in one. Photography by **Lorna Jane**.

**3. Dark Chocolate + Rose Smoothie Bowl** The chocolate love continues with this smoothie bowl that is made with banana and coconut water. Photography from **Loving Earth** by **Kath and Jade from Panaceas Pantry**.

**4. Mango + Banana + Passionfruit Smoothie Bowl** Whip passionfruit, frozen banana and mango together with frozen mango, combined with pineapple and coconut water to make this tropical delight. Photography by **Lorna Jane**.



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# PEAR, HAZELNUT + GINGER GRANOLA

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**SELF-TAUGHT COOK AND SUSTAINABLE FOOD ADVOCATE KATE WALSH SHOWS US HOW TO MAKE THIS HEALTHY BREAKFAST STAPLE.**

Learning the simple art of making granola will wean you off supermarket breakfast cereals forever. And there is something so satisfying about the sweet smell of toasty granola fresh out of the oven. Making it is a regular ritual in my household, so there is always a huge jar of it in the pantry.



## INGREDIENTS

1 free-range egg white  
1 tablespoon cold water  
1 tablespoon light-tasting vegetable oil  
90g (¼ cup) honey  
1 teaspoon natural vanilla extract  
1 teaspoon sea salt  
1 teaspoon ground cinnamon  
145g (1½ cups) rolled (porridge) oats (not the instant or quick-cooking variety)  
100g (½ cup) quinoa  
40g (¼ cup) pepitas (pumpkin seeds)  
75g (½ cup) hazelnuts, skins removed, roughly chopped  
135g (¾ cup) dried pears, diced  
110g (½ cup) unsugared crystallised ginger, cut into bite-sized pieces

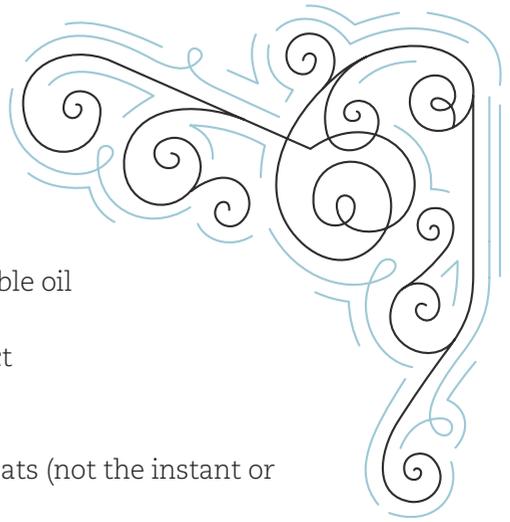
**Makes 1 x 1 litre jar**

## METHOD

Preheat the oven to 160°C and line a large baking tray with baking paper. It's best to use a tray that has sides, so the granola doesn't spill out everywhere.

In a large bowl, whisk together the egg white and water until slightly foamy. Add the oil, honey and vanilla extract and give it a good stir.

Add the rest of the ingredients, except the dried pear and ginger. Stir vigorously with a wooden spoon, making sure all the ingredients are well coated.





Evenly spread the mixture over the lined baking tray, making sure the layer is no more than 1cm thick, otherwise the granola won't crisp up nicely.

Toast in the oven for 30 minutes, or until golden brown, stirring every 10 minutes.

Allow to cool to room temperature, then break into small pieces, into a large clean bowl. Mix the dried pears and ginger through.

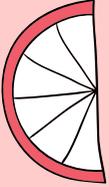
Transfer to a large jar or airtight container and store in the pantry. The granola will keep for up to 1 month.

## 4 WAYS TO USE YOUR GRANOLA

- 1 Add melted butter and extra honey and press into a tin for granola bars.
- 2 Bake without the nuts and serve as a healthy snack for kids' lunchboxes.
- 3 Increase the amount of dried fruit and use as a healthy trail mix.
- 4 Use the same process, omitting the grains and increasing the amounts and variety of nuts and seeds for a paleo granola.



This recipe features and is from **Real Food Projects** by Kate Walsh, published by **Murdoch Books**, \$39.99, available now in all good bookstores and **online**.



# Morning Tea



# CACAO + COCONUT SUPER BALLS



Perfect for energetic kids and parents on the go, these tasty protein-rich balls from the **Three Blue Ducks** new cookbook, *The Blue Ducks' Real Food*, make for a great morning snack.

## INGREDIENTS

100g dates, pitted	50g cacao powder
100g prunes, pitted	3½ tablespoons cacao nibs
100g coconut oil	1 tablespoon honey
200g desiccated coconut	1 tablespoon maca powder
50g chia seeds	1 tablespoon bee pollen

**Makes 20 balls**

## METHOD

Add the dates, prunes and coconut oil to a blender and process until a smooth paste forms.

Add the date paste to a large bowl with half the desiccated coconut and the remaining ingredients. Using your hands, mix until combined and then roll into walnut-sized balls.

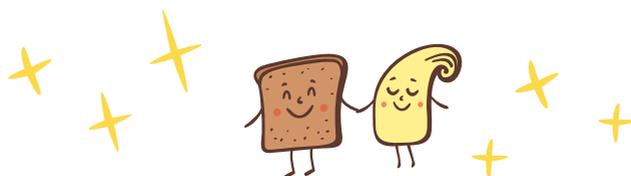
Roll the balls in the remaining desiccated coconut and refrigerate to firm up. These will keep for a couple of months in the fridge.



Recipe from *The Blue Ducks' Real Food* by **Mark LaBrooy** and **Darren Robertson** published by **Pan Macmillan**, available now.

# TOAST ART FOR KIDS

WORDS, PHOTOGRAPHY + STYLING **BARBARA O'REILLY**



## A FANCY WAY OF SERVING UP A SLICE A TOAST TO YOUR LITTLE ONES.

Now I'm no Frida Kahlo, but I do love to create a bit of toast art. Especially on those nights when the dinner menu is...well, non-existent. I feel like feeding your kids toast for dinner is way more functional when said toast is beautified. Don't you agree?



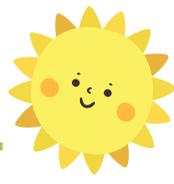
Would you tell this little bear that she isn't a perfectly balanced meal? That would just be mean.

Anyway, I just thought I'd share some super cute creations we dreamed up, all peanut butter and strawberry, with a bit of banana, a few cranberries and the odd liquorice strap thrown in.









## TIPS FOR CREATING YOUR OWN TOAST ART

♥ Keep it simple – look for the shapes that naturally occur in fruit or veggies. The flower basically made itself.



♥ Contrast is king, a background that's light needs a dark front and vice versa. Think Vegemite background with cheese in front – perfect!

♥ I haven't used them for these creations but cookie cutters are your best friend. You could use little flower ones to make a garden, chuck an apple duck on peanut butter sanga or fancy up a starry night with Vegemite and cheese.

♥ Set the kids up and tell them to get making, they're so much more visual and creative than us. Best craft activity ever! They create, get a meal and literally eat the mess up when they're finished.



As a side note, I don't know if you guys have this problem at home, but it's pretty common for kids not to like foods that are combined. You know? Give them some chicken, veggies, sauce to dip in and a side of pasta and they'll eat it. Stir it up together and no deal.



It might not be a veggie pasta dish, but the fact that on toast, the foods are actually permitted to touch each other is a super win. Peanut butter and strawberry together is a nice, interesting combo and that's an awesome thing for their palate to experience. But seriously, I had to pick off the butterfly's liquorice antenna. No deal.





# Little Lunch

WHAT did THE nut say  
when it sneezed?

Cashew!

WHAT'S THE WORST THING  
ABOUT BEING AN OCTOPUS?

Washing your HANDS  
BEFORE dinner.

THINK HAPPY

BE HAPPY

ask good  
questions

LEARN ALL THE  
THINGS

Why did THE apple go out  
WITH a pig?

It couldn't find a date!

Why did THE jellybean go  
TO school?

He wanted to be...

Pen  
Pineapple  
Apple

Niceness is  
PRICELESS

WHAT do you CALL CHEESE  
THAT'S NOT yours?

Nacho cheese!

I can't  
wait to  
hear about  
your day

Lunchtime

Your day is  
so awesome  
I'm dying  
to hear about it!

LET TO BE

ME!

WHAT did THE nut say  
when it sneezed?

Cashew!

ask good  
questions  
LEARN ALL THE  
THINGS

Why did THE apple go out  
WITH a pig?

It couldn't find a date!

He wanted to be...

THIS LUNCH  
is Magic

to when you eat it.

make a wish!

I can't  
wait to  
hear about  
your day

WHAT do you CALL CHEESE  
THAT'S NOT yours?

Nacho cheese!

WHAT did THE SUSHI say  
TO THE Bee?

Wasabi!

Your  
Smile  
is THE  
BEST  
thing ever

Be  
AWESOME  
Today

DON'T FORGET TO BE

AWESOME!



## WHO WANTS SOME FREE, PRINTABLE SUPER-KAWAII (CUTE) LUNCHBOX NOTES AND JOKES? PERFECT FOR POPPING IN A BENTO BOX.

Dreading the morning hustle? We're doing our best to make the lunchboxing a little more fun for everyone involved.

So who thinks their kids would enjoy some cute lunchbox notes or jokes? We made them with care and a fair amount of giggles!

[CLICK HERE  
TO PRINT OUT  
LUNCH BOX  
NOTES](#)

[CLICK HERE  
TO PRINT OUT  
LUNCH BOX  
JOKES](#)



5  
Lunchbox  
Mums  
To Follow  
On  
Instagram

WORDS BARBARA O'REILLY



## FIVE INSTAGRAM MUMS WE THINK ARE ROCKING THE DREADED LUNCHBOX GIG!

These days we're attacking the daily lunchbox struggle in the most practical way we can think of, via **Instagram**. Or more specifically, via awesome mums that we stalk/follow for daily lunchspo, (coining it, totally a word!).

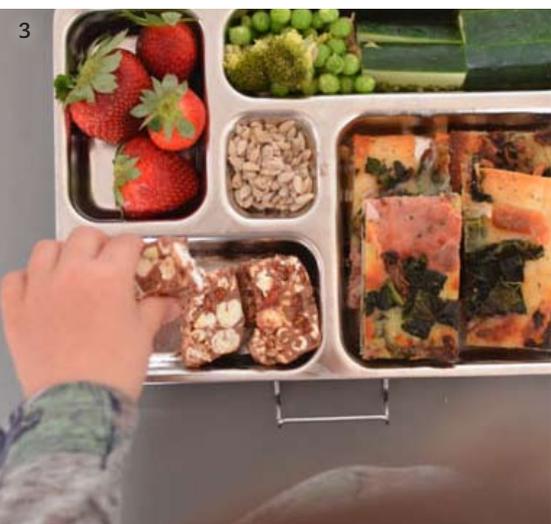
**1. @wholefoodsimply** is one of the most mouth-watering feeds around. Full of tasty and healthy bites perfect for little (and big) lunchboxes. Think chocolate bliss balls, mini muffins and a whole lot of other whole-food treats.

**2. @Veggie\_Mama** is one of our fave foodie type ladies in Australia. When it comes to kids and veggies, she knows her stuff (funny that). Stacey has unfortunately stopped sharing images of her kids' lunchboxes – but her food tips and backlog of images tagged #vmlunchbox should keep you pretty inspired.

**3. @staceyclare\_ahhealthymum** is some sort of superhero. She can get her kids to eat sardines and veggies all mashed up together. It may be some sort of sorcery, but whatevs. We are in awe of just about everything she does.

**4. @healthylittlefoodies** – AKA Amy the bona-fide food scientist, has such a great insight into the kids + good food conversation. She talks about things her kids will and won't eat and how she exposes them to new tastes. It's a really informative profile!

**5. @patchworkcactus** Our very own Digital Editor, is always surprising us with her kids lunchbox creations. This lady really knows how to work those lunchbox compartments!



HOW TO MAKE  
*Super-Cute*  
Kawaii Food

WORDS + PHOTOGRAPHY **JENNA TEMPLETON**



## **WE TAKE INSPIRATION FROM JAPAN'S BENTO BOX CRAZE BY SHARING SOME OF OUR FAVOURITE FUN LUNCHBOX IDEAS.**

Originating in Japan, Bento is a home-packed meal in a box shaped container that holds rice and meats with pickled or cooked vegetables in sectioned compartments. Due to its 'cute' (Kawaii) factor, parents around the world are beginning to take on this traditional method of packing lunches, taking Japan's traditional ideas and adding their own cuisines to create a fun and diverse school lunch for their kids.

There are many forms of Bento; one containing a balance of cultural cuisine and another called 'picture Bento' when ingredients have been sliced and shaped to resemble pop-culture characters and cute animals.

When you think of bento, I'm sure all these immaculate artsy masterpieces made of food come to mind. But the great thing about bento is that you can personalise them anyway you like with the food in your fridge or pantry – the creative possibilities are endless. You can choose to go all out and make your food into art or use some simple bento techniques in your everyday lunchbox.



## HERE ARE SOME OF OUR FAVOURITE SUPER-CUTE KAWAII FOOD IDEAS:

1. Decorate bread with faces ([click here for our Toast Art article!](#)) using fruit and nuts – a peanut butter sandwich never looked so good!
2. There are so many great tools you can buy (see below) for cutting out shapes in deli meats or moulding rice and eggs into animals.
3. Draw faces on fruit with coloured markers or decorate with stickers.
4. Use cookie cutters to shape fruit, meat, cheese and sandwiches.
5. Dinner left-overs are perfect for putting in your bento box!
6. Wraps, sushi or rice paper rolls are a great alternative to bread.
7. If you don't have compartments in your lunchbox, use silicon or paper cupcake patties to hold fruit, yogurt and dips.
8. Place fruit on a skewer to make fruit kebabs.
9. Wrap cooked tuna in rice triangle balls called Onigiri. They can be wrapped in cling wrap and decorated with washi tape or draw faces on them with a marker.
10. If you don't have time to make the food kawaii, you can get lots of cute bento accessories such as party cutlery. Food picks and food dividers add an element of fun.
11. Let special occasions inspire themes for your bento – Easter, Christmas, or by country – trying a different cuisine each time.

**NOT SURE WHERE TO BEGIN? LET THESE BENTO ESSENTIALS INSPIRE YOUR KAWAII FOOD MAKING!**

**House Cookie Cutter** Spotlight / **Silicon Cup Cake Moulds** Kmart / **Bear Pocket Sandwich Maker** Little Bento World / **Animal Food Picks** Fairy Blossom / **Munch Box Mini** Trendy Lil Treats / **Yummy Kawaii Bento: Preparing Adorable Meals for Adorable Kids** by Li Ming Lee Kinokuniya / **Light & Co Bento Grass** Etsy / **Bunny Egg Moulds** Bento Land / **Polka Dot Wooden Teaspoons** The Party Cupboard / **Sandwich Wrap** Howards Storage World / **Lunchbots Bento Trio** Stainless Steel Green Chickadee

Happy bento box making!





# Rice Paper Rolls



**ARE YOUR KIDS BORED OF THE OLD SANGA? WHY NOT PACK THESE FOR THE LUNCH BOX? DON'T FORGET TO PACK ONE FOR YOURSELF MUM AND DAD!**

## *Ingredients*



3 shallots/green onion, sliced  
100 g (3½ oz) rice vermicelli noodles  
50 g (1¾ oz) roasted peanuts, crushed (optional) or Asian fried onions  
30 ml (1 oz) coriander, chopped  
30 ml (1 oz) mint, chopped  
1 cucumber, sliced and trimmed into 36 batons  
2–3 carrots, peeled and sliced into 36 batons  
12 round rice papers  
50–100 g (1¾–3 ½ oz) smoked trout, shredded  
½ bunch coriander leaves  
½ bunch mint leaves

## *Sauce*

120 ml (2 fl oz) sweet soy sauce (kecap manis)  
120 ml (2 fl oz) sweet chilli sauce  
120 ml (2 fl oz) light soy sauce  
30 ml (1 oz) fish sauce

**Makes 12**



## *Method*

Put all the sauce ingredients in a food processor and blend until combined.

Place the sliced shallots in 240 ml (8 fl oz /2 cups) iced water and leave for 5–10 minutes to curl.

Put the rice vermicelli noodles in a bowl and cover with boiling water. Leave for 5 minutes to soften then drain well and leave to cool.

Combine the noodles, peanuts and chopped herbs along with 2–3 tablespoons of the prepared sauce and mix well.

Fill a large bowl with hot, but not boiling, water. Dip one rice paper circle in and leave for a few seconds until just the edges start to soften. Place rough side down on a clean work bench.

Starting in the centre of the circle, place a small handful of noodles all the way to the top, so you have one strip, which is the radius of the circle. On top of the noodles, place 3–4 pieces of carrots, same of cucumber and shallots, 3–4 leaves of coriander and mint.

Now grab the edge of the left side of the paper and wrap it over the filling, coming in tight at the bottom and loose at the top.

Now grab the bottom of the circle and drape it over the filling tightly. Now grab the right edge of the circle, and wrap it over to form an open-ended roll.

Repeat until you have desired amount of rolls. Serve immediately, or cover with a damp cloth for 2 hours (not in the fridge) before serving.

Serve the sauce on the side as a dipping sauce.



This recipe features and is from **The Ultimate Party Book** by Samuel Rice & Cissy Azar, published by **New Holland Publishers**, \$24.99, available now in all good bookstores and **online**.



# Afternoon Tea

# CHOCOLATE NUT BUTTER-DIPPED BANANAS



Looking for a celebratory end-of-day sweet treat that utilises the goodness of real fruit? Well, this recipe takes chocolate dipping to the next level.

## INGREDIENTS

250 g (2 cups) raw chocolate melted

Pinch of sea salt

3 large bananas, peeled and halved horizontally

120 g hazelnut or almond butter

1 ½ tablespoons cacao nibs

2 tablespoons toasted hazelnuts, crushed to a crumb

3 tablespoons shredded or desiccated coconut

**Makes 6**

## METHOD

Line a baking tray with baking paper.

Make the raw chocolate as per the instructions on page 96 until melted.

Stir in the salt and set aside off the heat.

Insert a wooden icy pole stick into the cut end of each banana half. Cover the tip of each banana half in 1 tablespoon of the nut butter, then dip each of the banana halves into the melted chocolate until coated almost all the way to the handle.

Place on the prepared baking tray.

Sprinkle the cacao nibs over two of the banana halves, the toasted hazelnuts over another two and the coconut over the final two halves.

Place in the fridge or freezer until set and ready to eat.

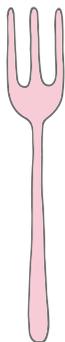


This recipe features in and is from **Eat Clean** by **Luke Hines** and is published by **Pan Macmillan**, \$39.99, available now in all good bookstores and **online**.



# Dinner





# Instagram-Worthy TABLEWARE FOR KIDS



WORDS **JENNA TEMPLETON**

**WE HAVE ROUNDED UP THE LATEST AND CUTEST PLATES, CUPS, PLACEMATS AND UTENSILS FOR KIDS. SO CUTE YOU WON'T BE ABLE TO RESIST GRAMMING BREAKFAST.**

Many of my childhood memories feature the plates and cups I used at mealtimes. It was commonplace at our house to be gifted a new dinner set or mug on birthdays or from Santa at Christmas. Some of my faves that I still own to this day are my 1984 Ewok 'Wicket' melamine plate and '90s Disney Beauty & The Beast mug.

Let's be honest, mealtime can be a frustrating time for everyone involved, but these gorgeous table settings will definitely pep up the experience! It's good to add an element of fun to breakfast, lunch and dinner with these colourful and character-filled options.

Mealtimes need not be boring! Your kids will look forward to diving into their next meal with these interactive and cute plates.

MEALTIMES NEED NOT BE BORING! YOUR KIDS WILL LOOK FORWARD TO DIVING INTO THEIR NEXT MEAL WITH THESE INTERACTIVE AND CUTE PLATES.

**Koala Melamine Plate** La La Land / **Mozi Galah Melamine Plate** Myer / **'Cutie-Pie' Jane Jenni Melamine Plate** Urban Baby / **Helen Dardik Sun Melamine Plate** Ollie Rose / **Fred Dinner Do's Melamine Plate** Urban Baby / **'Grace' Donna Wilson Ceramic Plate** Kido Store / **Fairy Garden Bamboo Dinner Set** Cherrie Baby / **Landscape Dinner Set** Urban Baby / **Construction Eating Set** A Little Something Different / **Kids Whale Plate** Lark / **Buddy + Bear Dinner Time Plate** Talo Interiors / **Bloomingville Baby Cloud Plate** Immy & Indi / **Bobo Choses Maison Apple Melamine Plate** Leo & Bella / **Cooee Design Mouse Plate** Simple Form / **Mother's Corn Tots Plate** Temple & Webster / **Skip Hop Zoo Cat Plate** Urban Baby / **Done By Deer Happy Dots Compartment Plate** Growing Footprints



THESE CUPS WILL NO DOUBT MAKE YOUR LITTLE ONE SMILE. YES! IT'S OK IF ADULTS WANT TO USE SOME OF THESE TOO!

**Design Letters Melamine Cup** Growing Footprints / **Adelynn Assorted Ceramic Cup** Nordlife / **Bamboo Tumbler** Love Mae / **Buddy + Bear Tumbler** Talo Interiors / **Done By Deer Happy Dots Spout Cup** Design Stuff / **Bobo Choses Maison Melamine Banana Cup** Leo & Bella / **Bandjo Porcelain Elephant Mug** Kido Store / **Rice Kids Bamboo Melamine Cup** Neopolitan / **Rice Melon Melamine Cup** Under The Oak Tree / **Kirbee Lawler Otter Melamine Cup** Haus Of Hund / **Eef Lillemor Polar Bear Melamine Cup** Sweet Creations / **Green Sprouts Silicone Cup** Nursing Angel



## OH! THESE BOWLS ARE AS CUTE AS A BUTTON...

**Eef Lillemor Panda Bear Melamine Bowl** Sweet Creations / **Menagerie Kids Bowl** Myer / **Dinosaur Feast Bamboo Bowl** Love Mae / **Biobu by Ekobu Bamboo Dinner Set** Growing Footprints / **Cockatiel Melamine Salad Bowl** Mozi / **Yum Yum Bowl** Kmart / **Re-Play Bowls** Eco Toys / **Yellow Cat Dinner Set** French Bazaar / **Kids Soup Bowl** Mother's Corn / **Rice Butterflies Bowl** Neapolitan





## KEEP THE MESS CONTAINED WITH THESE BRIGHT AND CHEERFUL PLACEMATS AND BIBS.

**Sea Creatures Placemats** Ken Done / **KG Design Silicone Car Placemat** Jack & Willow / **Silicone Cloud Placemat** Pip & Sox / **Oyoy Lion Placemat** Luumo Design / **Australiana Placemat** Ashdene / **Skip Hop Zoo Fold & Go Silicon Dog Placemat** Bubba Love / **Lille Vilde Swan Placemat** Hello Little Birdie / **Little Owl Placemat** Monsterthreads / **Make My Day Penguin Baby Bib** Silly Milly Moo / **Aden and Anais Bamboo Burpy Bib** Eco Child / **Pear Salad Bib** Penny Scallan / **Monkey Business Bib** Gifts Australia / **Skip Hop Zoo Tuck-away Bee Bib** Urban Baby / **Silly Billyz Organic Cotton Bandana Bib** Eco Child / **Skip Hop Giraffe Zoo Bib** Silly Milly Moo / **Fruit Baby Bib** Nana Huchy / **Alimrose Bib** Silly Milly Moo / **Zutano Fairground Classic Snap Bibs** Aden and Anais



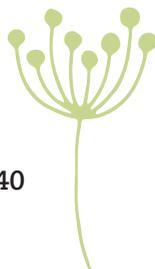
# Variety Night

## VEGGIE PASTIES



**THESE PASTIES ARE AN EXCELLENT WAY TO TURN LEFTOVER STEAMED (OR ROAST) VEGETABLES INTO A DELICIOUS MEAL.**

I love using leftovers in my next meals, and I suggest you do the same. It makes for easier and quicker cooking projects, reduces food waste and creates less mess in the kitchen! Use this recipe as a guide, but feel free to use whatever vegetables you have lying around.





## Ingredients

1 carrot, peeled and diced small  
2 all-purpose potatoes (e.g. desiree potatoes), peeled and diced small  
155 g (5½ oz/1 cup) frozen peas  
75 g (2¾ oz/½ cup) frozen corn kernels  
125 g (4½ oz/1 cup) grated cheddar cheese  
2 tablespoons tomato chutney, plus extra to serve  
1 tablespoon Worcestershire sauce  
3 eggs, roughly beaten  
4 sheets (800 g/1 lb 12 oz) readymade shortcrust (pie) pastry, just thawed  
sesame seeds, to garnish



**Makes 12 Small Pasties**

## Method

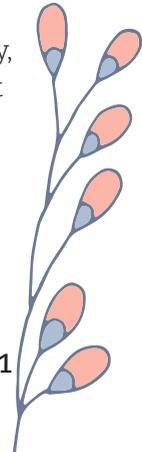


Preheat the oven to 200°C (400°F).

Put the carrot, potato, peas and corn in a vegetable steamer over a pot of boiling water. Steam for around 10 minutes, until tender.

Once cooked through, leave the vegetables to cool, then transfer them to a bowl, along with the cheese, tomato chutney, Worcestershire sauce and half the beaten egg. Season with salt and pepper and stir to combine.

Cut each pastry sheet into 4 squares. Spoon the vegetable mixture into the centre of each square and brush the edges





with some of the remaining beaten egg. Fold over the squares to create triangular shapes and press the edges closed using a fork. Brush the tops with egg mixture and sprinkle with sesame seeds.



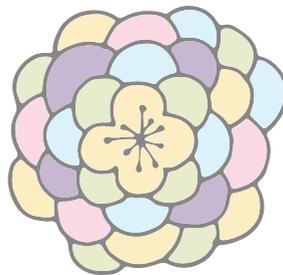
Bake in the oven for about 25 minutes, or until the pastry is golden and cooked through. Remove from the oven and leave to cool for 5 minutes.

Serve with extra tomato chutney and a simple green salad.

The pasties keep in the fridge for up to 4 days and can be reheated.



This recipe is an edited extract that features in ***Eat This, My Friend*** by Jade O'Donahoo and is published by **Hardie Grant Books**, \$24.99, available now in all good bookstores and **online**.



# WHAT ARE YOUR FAMILY FOOD RULES?

WORDS **BRON BATES**

PHOTOGRAPHY **FEATHER AND STONE**



## **BRON BATES CONSIDERS THE DOS AND DON'TS OF DINNER TIME WITH KIDS.**

When I was growing up, there was an unspoken rule in our house that every meal must include something green. Thus, spaghetti with a side of peas.

Now that I'm the parent, I think I'm pretty relaxed about meals. I'm not a patient or enthusiastic cook, but like every family we have food rules, including the unspoken ones.

### **1. 'SOMETIMES FOODS' ARE NOT 'TREATS'.**

We try to be careful about the language we use, including the way we speak about food, so we call sugary, salty or heavily processed foodstuffs like cakes and chips 'sometimes foods' instead of 'treats'. I've explained to the kids that they're not 'treats' because they don't really make their bodies feel good. I then explain that what are treats are fruits and veggies because all the goodness in them helps their bodies grow and be healthy. They do not always buy this, but I give it a go because I think using the word 'treat' elevates the already inflated status of junk food.

### **2. YOU DON'T HAVE TO EAT EVERYTHING ON YOUR PLATE.**

As an adult, sometimes I'm hungry and sometimes I'm not. I'm guessing my kids are the same. I don't want them to feel guilty about how much or how little they eat, or feel that they have to eat it all even if they're not hungry. I want them to listen to their bodies rather than just eating because they're told to.

### **3. YOU DON'T HAVE TO SIT AT THE TABLE UNTIL YOU FINISH YOUR FOOD.**

As a child, I would be left sitting at the table for ages because I

hadn't eaten all my food. To rescue myself, rather than eat the veggies (I love a Brussels sprout now, but then not so much) I'd hide them in a tissue and throw them behind the furniture. Yep. I learnt then that making kids stay at the table so they'll eat just doesn't work.

#### **4. DESSERT IS NOT A REWARD FOR FINISHING A MEAL.**

This point relates to all three points above. 'Sometimes foods' don't need to be held up as any more special than kids already feel that they are. If we're having dessert, everyone will be offered some as long as they...

#### **5. GIVE EVERYTHING A TRY.**

#### **6. ...UNLESS THEY REALLY DON'T WANT TO.**

I'll definitely encourage my kids to eat, but if they choose not to I'm not going to worry too much. They're not going to let themselves starve, so as long as there will be healthy food offered again at the next mealtime, they'll be okay. (N.B. none of my kids have had any particular health issues that make this dangerous in any way).

#### **8. WE EAT TOGETHER AT THE TABLE (USUALLY).**

I have my husband to thank for this. When we moved into a home with a dining room, we started the daily ritual of eating dinner together. Sometimes we laugh, sometimes we cry. Sometimes we talk through the best and worst parts of our day together. But it's true family time and I really value it. Full disclaimer: when I was single mum, my eldest son and I would watch Gilmore Girls while we ate dinner together. Sometimes when it's just the kids and me, we'll eat like this again and I love that too.

**9. THERE ARE NO PHONES AT THE TABLE. SEE ABOVE.**

**10. WE TRY NOT TO USE LABELS.**

We try very hard not to compare or label the kids because of their food preferences. So while one of the kids could be said to be 'fussy', instead of labeling, we try to be encouraging and allow space to grow and learn new tastes. Honestly, it is awkward for me when other adults expect my kids to eat meals and they refuse, but I also truly think that with food, like with everything, we all have our different preferences, and that's okay.

**Photography by** Feather and Stone  
**featherandstone.co**



# Meikle Logi Lambo

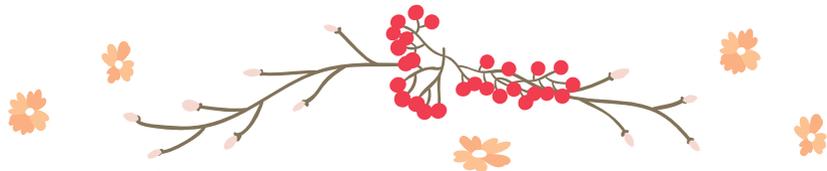


**WHY NOT ENJOY THIS DISH ON EASTER SUNDAY, PREPPED AND COOKED SIMPLY, WITH LOTS OF GARLIC AND ROSEMARY AND A HEARTY SERVING OF ROASTED VEGGIES.**

The lamb used in this recipe has normally been reared in the field in front of us, to the left of us or a mile up the road from our house “Meikle Logie”, hence the title of this recipe.

The meat is as local as you can get, and without a doubt this is the best way to eat meat. It is well worth asking your local farmer if they will sell you some meat, or your local butcher if they source locally. Not only will you probably get a cheaper price than you would for cuts of meat that have been flown around the world twice over, but the quality of the meat and the welfare of the animals will be much better. It is good to support the committed farmers close to you, and relying on their products might introduce you to new cuts of meat you wouldn't otherwise try.





# Ingredients

1 leg of lamb, about 2 kg  
(4lb 8oz)  
2 garlic bulbs large bunch  
of rosemary  
1 lemon, quartered  
4 banana shallots, quartered  
Olive oil  
200g potatoes  
2 red onions  
200g parsnips  
200g celeriac

200g carrots  
200ml lamb or vegetable stock  
200ml red wine  
1 large leek, roughly chopped  
100g (3 ½ oz) French beans,  
trimmed  
200g (7oz) frozen peas  
Small bunch of fresh mint  
leaves picked and chopped  
Salt and freshly ground  
black pepper

**Serves 6-8**

# Method



Prepare the lamb the night before cooking. Put the leg of lamb into a roasting tray, then make lots of small slits across the surface using a sharp knife.

Peel the cloves of one of the garlic bulbs and slice them roughly.

Stick a slice of garlic into each cut. Break off pieces of rosemary from one third of the sprigs and also stick these into the cuts. Cover the lamb with clingfilm and refrigerate overnight.

Preheat the oven to 200°C (400°F), Gas Mark 6. Remove the clingfilm from the lamb. Add the remaining rosemary sprigs to the roasting tray.





Halve the remaining garlic bulb horizontally and add it to the tray.

Squeeze the juice from the lemon quarters over the lamb, then add the squeezed-out pieces of rind to the tray, too.

Arrange the quartered shallots around the meat. Drizzle 2 tablespoons of olive oil over the lamb and season with salt and pepper. Roast for 1½ hours.



Remove the tray from the oven (leave the oven switched on), cover the lamb with kitchen foil and then a few tea towels and leave it to rest for at least 30 minutes, although 1 hour is best.

While the meat is resting, prepare the vegetables. Peel then cut the potatoes, onions, parsnips, celeriac and carrots so that they are chopped into pieces of roughly the same size.

Place the chopped veggies in a roasting tray, drizzle in about 2 tablespoons of olive oil, season with salt and pepper and toss to coat the vegetables in the oil. Roast for 30 minutes or until the vegetables are almost cooked.



Meanwhile, make the gravy. Drain off the lamb juices from the roasting tray and strain them into a saucepan. Add the stock and wine. Bring the mixture to the boil, then simmer for about 10 minutes until the liquid has reduced by roughly half and has thickened slightly.





Remove the roasting tray with the veggies from the oven once the veggies are nearly cooked, stir in the chopped leek and the French beans so that they get a good coating of oil and roast for a further 10 minutes.

Bring a kettle of water to the boil. Place the peas in a bowl and cover with boiling water. Leave to stand for 2 minutes, then drain. Put the peas into a bowl and stir through the chopped mint.

Place all the vegetables on a big platter. Arrange the lamb and shallots on top. Carve the meat and serve with the gravy.



This edited recipe features in and is from **Gatherings** by Flora Shedden and is published by **Hachette Australia** (Mitchell Beazley), in hardback at \$39.99 and ebook \$19.99, available now in all good bookstores and **online**.



# LIFE LESSONS & LASTING RECIPES FROM



*Margaret Fulton*

**WE CHAT TO KATE GIBBS, GRANDDAUGHTER OF MARGARET FULTON, ABOUT HER FOODIE HERITAGE AND HER NEW 'FOODOIR' MARGARET AND ME.**

**Your book is as much about family history as it is about delicious recipes with wonderfully rich personal anecdotes throughout. Do you think listening to the stories of your grandmother and mother as you were growing up helped you feel more connected to the family 'foodie' legacy?**

Growing up, most of the stories were there to make my sister and I laugh. For example, the time my grandmother made my mother eat the cauliflower with maggots in it – a story my mother swears by and my grandmother dismisses as fiction (and which I somehow omitted from the book), but so many of all of our stories come from food, don't they?

I hear people talk about how their mother always overcooked the brussels sprouts or how their father made the best omelettes. As children, we make mud pies in the garden or try to create our own ice-cream flavours using things from the pantry – we vividly remember the collection of Easter eggs from



when we were five, or the smell of an aunt's chops with fried tomato and HP sauce. Our childhoods are made up of these stories because how we eat as children and how we connect with food has such a massive impact on the rest of our lives – how we perceive food, our health, our time spent with family and friends, how we value the environment.

I never really noticed the Fulton food legacy until I was in my twenties. Growing up, the concept of going into a food career didn't interest me so much. I just wanted to always cook and eat, really well – once you've grown up with beautiful, real, home-cooked food that brings the family together every night, there's no going back. Some of the best stories were always about my father's parents, who grew all their own fruit and vegetables when he was a boy in New Zealand. They lived almost completely off a small block of land with five children. That amazes me, and I believe stories such as this are the best possible legacy you can give your children.



**One of the stories you relay is about how your mother was left to her own devices one evening as a child and made a coq au vin, which your grandmother and her friends found when they came home from their night out – do you think we need to allow our kids more freedom to develop their own cooking skills?**

The story is incredible for so many reasons. It probably belies how loving my grandmother was to my mum, and what a team they were. I think this story shows how mum was left alone, but also how much she had learned from watching my grandmother cook constantly.

My mother could do this, and wanted to do this, because it was a skill Margaret had. Children learn by seeing first, then by doing. My mother's initial attempts at cooking were a disaster (as another story in the book shows), but she worked at it because she grew up learning – by spending time in the kitchen watching my grandmother cook, tinkering with whisks and pans and knowing what ingredients were, she knew that good food only came from cooking, not from the boxes of takeaway and packets of things we now pick up in supermarkets.

I don't necessarily think we need to allow our children more freedom in the kitchen, but rather spend more time in there ourselves. Prop them up on the bench, talk to them about what you're doing as you do it, give them ingredients to taste and play with while you cook. It shouldn't feel like a lesson, it should just feel like good company and a good chat. In doing this, hopefully you can show them that through this wonderful alchemy, dinner is made.





## **Why you think it's important for parents to choose seasonal foods?**

Food eaten in the right season simply tastes better. Taste an asparagus in season, and then try one out of season, the difference is remarkable – I think nature knows better than we often do. In summer, when rocket and salad greens, cucumber and tomatoes spring into season, we feel like salad. In the cooler months I want to turn to rhubarb and apple pie, fennel roasted with pork and Jerusalem artichokes. Also knowing about seasonality connects us with what we're eating. We respect the ingredient more, knowing what's best right now. Eating seasonally means more varied diets, which is a healthier way to live as well. The offshoot of all this is caring about the impact of what we eat on the environment. Eating seasonally is a more gentle, respectful and much more interesting approach to food and cooking.

## **Do you have any advice on buying seasonally for time-poor parents?**

We can't all skip through the forests swinging wicker baskets on Tuesdays, but we can all attend local growers markets every now and then, and make a simple tomato salad drizzled with extra virgin olive oil and scattered with a few basil leaves to smell and taste summer on the plate.

## **Is foraging with children for seasonal produce something you think parents could consider a family activity?**

I'd actively avoid foraging for mushrooms (as I did with the chef in the book) for safety reasons, but I know chefs who will take their four year olds foraging on Sydney's foreshore for samphire





and other sea vegetables on weekends. It will only be used in a small way in the kitchen, but what a fun culinary adventure and lesson for children. Sneak a lemon from a neighbour's tree that's overhanging your fence, that's kind of foraging – at least it's a lesson where food comes from. Go fishing and point out the oysters growing on the rocks, or the nasturtiums spouting out of the wall (even if you choose not to eat them). We can't get all our groceries from the urban sidewalks and local parks, so get kids to smell the produce when shopping.

Smell a summer mango, point out how suddenly the cucumbers look a bit sad, reveal how many different types of mushrooms there are as the weather cools, and how we missed them through summer.

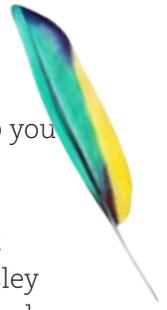
**What are your top three recipes from the book you'd recommend parents make for or with their children?**

Cooking with kids can be a nightmare. The sheer mess, the constant distractions, the wandering off mid task – children really can make cooking a chore. I'm impressed if any parents can get a child to stay in the kitchen long enough for an entire recipe, but I'd say pick something the child will want to eat.

Learning early on to connect with ingredients before they become dinner will impact how they see the food they eat for the rest of their lives – I love that my mother learned how to gut fish when she was a toddler, so she has never been squeamish around meat. Give them real tasks – I'd get asked to pick specific herbs from the garden which helped me identify them, and I've never forgotten.

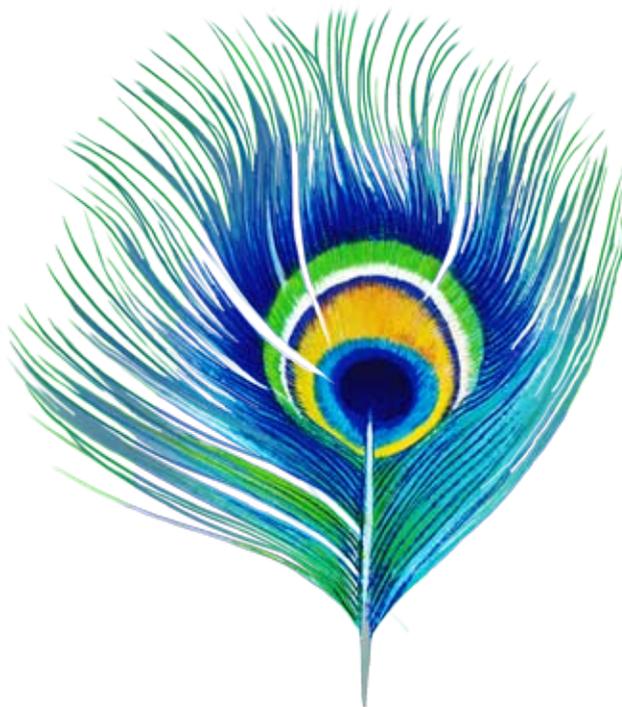
Even asking a child to get the parsley from the bottom of the





fridge is something. Get kids to feel the lamb shoulder, help you roll it in string and slow-roast with braised artichokes from my book – help stop them turning into one of those adults who can put flesh in their mouths and chew, but not touch it raw with their fingers. Get them to tear up the parsley for the Spanish salad, gently stir the chocolate for the custard-filled profiteroles, or pour the batter into the pan for the homemade crumpets.

Cooking with kids can be hard, but involving them in even smallest way with real tasks (not just decorating cupcakes) is really powerful. I think even just getting them to hang out with you in the kitchen is something. Whatever they do, however small the task, they will love the meal even more for being involved.





# Dessert

A collection of various donuts is arranged on a pink background with a black polka-dot pattern. The donuts include: a plain glazed one, a yellow one, a chocolate one with colorful sprinkles, a white one with coconut flakes, a chocolate one with yellow sprinkles, a plain one, a chocolate one with white frosting, a white one with colorful sprinkles, a plain one, a chocolate one with yellow sprinkles, a plain one, a white one with colorful sprinkles, a chocolate one with yellow sprinkles, a plain one, a white one with coconut flakes, and a chocolate one with yellow sprinkles.

# 10 FOOD TRENDS WE WILL BE TRYING IN 2017

WORDS **JENNA TEMPLETON**  
PHOTOGRAPHY **JENNY'S COOKIES**

## **WE HAVE SCoured THE INTERNET TO FORECAST THE MAJOR FOOD TRENDS YOU GUYS WILL BE OBSESSING OVER IN 2017. ENJOY THIS LIST, WE CHECKED IT TWICE!**

Last year the internet was going cray-cray for extreme milkshakes, smoothie bowls and toast art, but that's all in the past. Now it's 2017 and we're predicting the new 'Instagram worthy' food trends grabbing our attention and making their way into our 'to try' list, Pinterest boards and mouths.

### **1. DONUT WALLS**

Everyone loves a quality donut and these donut walls are the 2017 answer to the dessert bar craze. You can bet that this year's brides or expecting mums will be asking for a donut wall at their next wedding or baby bash! All you need is a pegboard, hooks and a delicious selection of donuts.

For another donut alternative, we are also seeing them used at ice-cream cones at fetes and festivals.

### **2. UNICORN TOAST**

Any toast art...or unicorn fan will LOVE this Unicorn Toast – with all the colours of the rainbow spread all over it. A combination of cream cheese infused with natural and edible pigments like beetroot juice and berry powder, cooked up by food stylist Adeline Waugh. This has to be the ultimate party toast! #toasttherainbow

### **3. GRILLED RAINBOW TOAST**

How can we make a melted cheese toastie even better? Just make it rainbow and add sprinkles of course.

# DONUT WALL





# UNICORN TOAST

#### **4. SPIRAL FOOD**

Yep! The subtitle says it all – food that has been ‘spiralised’. Shredded or grated up and layered out in a tart for example to look like a rainbow of food in a spiral.

#### **5. LAYERED DIPS**

Would you like to eat from a layered nacho dip served in a cup? They can be made in a snap and are mess-proof, which makes for a good portable meal you can easily hold in your hands...on the move.

Speaking of dips – we could go to town with a funfetti one! Dipping biscuits in sweet yogurt goodness – yes please!

#### **6. UP-STYLED FAIRY BREAD**

While we personally think that this Aussie national treasure should NEVER be tampered with...we can't help but be a little intrigued fairy bread that has been given a little...makeover with a pop in the toaster and dusted with edible glitter and icing...

#### **7. AVOCADO BURGERS**

Aussie financial statistics are saying that Millennials can't afford to buy into the housing market because of smashed avocado on sourdough toast – a popular brunch option indeed. So who knows what will happen to the economy once these avocado burgers hit mainstream cafes?

#### **8. RAINBOW SUSHI**

No surprise here why this sushi will be a winner with sushi loving kids (and adults...), just look at it...its rainbow!

# FUNFETTI DIP



# RAINBOW SUSHI

## 9. FERMENTATION

Every year there always seems to be something that brings us back to basics, and ignites a spark to inspire us to revisit a traditional method. We're putting our bets on pretty things in jars – fermented.

## 10. ALL THINGS DECONSTRUCTED

Did you see the deconstructed Bunnings Sausage Sizzle that ended up being an early April fools? Well they were kind of on to something as 'deconstructed' food, prepared on a wooden board is almost common place at fancy restaurants and trendy cafes around OZ. I must admit, I can really see the Instagram potential in some of these deconstructed favourites aka 'things organised neatly'.

Ok! Who is hungry now?!

Remember you read it here first folks!

**Photography by** Jenny Cookies, Adeline Waugh: Vibrant & Pure, If You Give A Blonde A Kitchen, Ellie Bullen: Elsa's Wholesome Life

Donut Wall  
Jenny's Cookies  
**jennycookies.com**

Funfetti Dip  
If You Give A Blonde A Kitchen  
**ifyougiveablondeakitchen.com**

Unicorn Toast  
Adeline Waugh: Vibrant & Pure  
**vibrantandpure.com**

Rainbow Sushi  
Elsa's Wholesome Life  
**elsaswholesomelife.com**

# VANILLA CUSTARD DOUGHNUTS



**INDULGE IN THIS LIGHT AND FLUFFY DOUGHNUT FOR DESSERT WITH A YUMMY CRÈME CENTRE.**

## **BRIOCHE DOUGH**

### INGREDIENTS

250ml (1 cup) full-cream (whole) milk  
10g (2 teaspoons) dried yeast  
75g (1/3 cup) caster (superfine) sugar  
2 eggs, at room temperature, lightly beaten  
485g (3¼ cups) plain (all-purpose) flour  
1 teaspoon salt  
75g butter, cut into small pieces, softened

### METHOD

Warm the milk in a small saucepan over low heat until it is lukewarm, then stir in the yeast, sugar and eggs.

Put the flour and salt in the bowl of an electric mixer fitted with a dough hook. Add the wet mixture to the flour and mix until a loose dough has formed.

Increase the speed to medium-high and mix for 5 minutes. Add the softened butter and mix until it is incorporated and the dough becomes smooth and elastic, approximately 5 minutes.

Place the dough in a large greased bowl. Cover with plastic wrap and leave in a warm place until it has doubled in volume, approximately 40 minutes. Your dough is now ready to use.

Preheat the oven to 180°C. Line a 12-hole standard 250 ml (1 cup) muffin tin with paper cases.

Empty the dough from the bowl onto a lightly floured surface. Roll the dough into a rectangle, approximately 25×48 cm, and around 1 cm thick. At this point, you can make the chocolate or cinnamon sugar variation.

## RASPBERRY JAM

### INGREDIENTS

1 vanilla bean  
1kg (8 cups) raspberries, fresh or frozen  
495g (2¼ cups) caster (superfine) sugar  
juice of 1 lemon

### METHOD

Split the vanilla bean in half lengthways, then scrape the seeds from the halves using the tip of a sharp knife.

In a heavy-based saucepan, put the raspberries, sugar, lemon juice, vanilla bean and seeds, and 125 ml (½ cup) water.

Stir constantly over low heat until the sugar is dissolved, approximately 5 minutes.

Bring to the boil, then reduce the heat. Simmer uncovered, stirring occasionally, for approximately 20-25 minutes, until the mixture will jell when tested on a cold saucer.

Discard the vanilla bean. Stand the jam for 10 minutes to settle before pouring into hot sterilised jars.

**Note** Store in a cool, dark place for up to 12 months. Once opened, keep in the fridge and use within 1 month.

**Jelling test** Drop a teaspoon of mixture onto a saucer that has been chilled in the freezer. Return to the freezer for a few minutes. If jelled, it will have formed a skin that wrinkles when pushed with a finger.

**To sterilise jars** Clean jars with hot soapy water, rinse well, then drain and place on a baking tray and put into a 120°C oven for 20 minutes, until they are fully dried.

# MAKING THE VANILLA-CUSTARD DOUGHNUTS

## INGREDIENTS

1 quantity Brioche Dough  
Vegetable oil, for deep-frying  
Cream 165g (½ cup)  
Raspberry Jam  
Sifted icing sugar, to coat

**Makes 12**

## METHOD

Lightly grease a baking tray. Empty the brioche dough from the bowl onto a lightly-floured surface.

Divide the dough into 12 portions, and roll each portion into a taut bun. Place on the prepared tray, leaving plenty of room between them so they don't stick together when proving. Loosely cover with plastic wrap and leave in a warm place to prove, approximately 30 minutes until the dough has almost doubled in size.

In a deep-fryer or a medium saucepan, heat 5cm of vegetable oil to 160°C, using a thermometer.

When using hot oil, be extremely careful – do not leave unattended!

Gently remove the buns from the tray, taking care not to deflate the dough.

Do not overcrowd the deep-fryer – fry only 3 or 4 at a time for 3 minutes on each side or until golden brown.

Remove the donuts from the deep-fryer and drain well on paper towel. Set aside and allow to cool completely before filling.

Fill a piping (icing) bag fitted with a wide 1.5cm plain nozzle with the diplomat crème.

Roll each donut in icing sugar. With a small serrated knife, make a cut halfway through the donut.

Fill with a dollop of jam, and generously pipe diplomat crème into each donut.

Dust with extra icing sugar. Best eaten within 3-4 hours.



This recipe features and is from ***The Cook and Baker*** by Cherie Bevan + Tass Tauroa, published by **Murdoch Books**, \$49.99, available now in all good bookstores and **online**.

# See you in our next issue!



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TO PICK UP  
YOUR CHILD!**

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