

Kingston

Foster Carers'



Recipe Collection

2011



Councillor Bamford
with baby Jonah

Foreword

Councillor Patricia Bamford

Executive Member for Safeguarding and Children First
Royal Borough of Kingston upon Thames

“There is so much joy to be found in food. Not just in the eating but in the preparation too, and when I read the recipes and the comments I can just imagine the fun to be had!

This is just the right sort of recipe book to get the best for children and families, particularly those in need of extra nourishment. Read on and enjoy the results. There is something for everyone.”



Introduction

Anne Harvey-Jenner

Team Leader, Fostering Team
Royal Borough of Kingston upon Thames

“Welcome to our Collection of recipes from Kingston foster carers. Most of us appreciate how important food is to our general sense of well-being, both emotionally and physically. In fostering, the smell, taste and texture of food can go a long way to helping a child of any age feel more at home in what can be a frightening new environment. Carers who provide the food that children like, or are familiar with, can help a child feel wanted, cared-for and nurtured. Knowing the significance of food is one of the skills of fostering. Carers understand that taking the time to cook up a familiar meal, snack or treat can mean a lot to a child who is away from their home and family.

This Collection reflects the wide range of cultural backgrounds of both our carers and the children they look after. Some of the recipes are very simple, others involve a little more time to prepare. What they all have in common is that they have been eaten and enjoyed by children or young people.

We hope you will enjoy trying some of the ideas yourself.”

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Main meals and savoury snacks

Jayne's Spicy Cauliflower Bake

Ingredients

450g floury potatoes, cubed
Small cauliflower in florets
1 onion, chopped
1 tablespoon vegetable oil
1 tsp cumin seeds
1 tsp turmeric
200 ml semi skimmed milk
1 beaten egg
110g mature cheddar, grated

Jayne says:

"This recipe is a hit with the baby, older children and adults."

Method

Pre heat oven to 200°C (400°F, Gas mark 6).

Put the potatoes on to boil for 15 minutes. After 5 minutes, place the cauliflower on top of the potatoes to steam. In a separate pan, cook onion in oil with the spices. When cooked, mash the potatoes and lightly chop the cauliflower. Add all the other ingredients and stir all together.

Put in the oven and bake for 25 mins until puffed and golden.

Val's Fresh Cod with Vegetable Mash

Ingredients

Cod fillets (1 per person)

Mashed potatoes

Grated cheese

Broccoli

Peas

Val says:

"Make food preparation a part of play. Children enjoy cutting out shapes from the raw or cooked vegetables."

Method

Cook the cod in oven with butter. Cover with mashed potato, sprinkle with cheese and put back in the oven for a few minutes until brown. Serve with a mash of boiled broccoli and peas.

Liane's Savoury Puffs

Ingredients

Packet puff pastry
Cheese (cheddar or parmesan)
Pepper
Milk for brushing
Chilli powder (optional)

Liane says:

"These are also good as nibbles when made smaller. They can be reheated the next day too."

Method

Use self raising flour to roll out the pastry to a rectangle about 30cm x 15cm (pastry thickness about 1/2 cm).

Grate the cheese over this and add a pinch of pepper to taste. Chilli powder or paprika could also be added if wished.

Start rolling from the 15 cm edge to make something resembling a Swiss roll. Use milk brushed along the edge to seal.

Cut into 1 or 2 cm pieces (this can easily be done with an ordinary table knife).

Place each round on a baking tray and flatten to look like a biscuit.

Brush with milk and place in a hot oven, 200° C (400° F, Gas Mark 6) for about 10 minutes or until crispy and risen slightly.

Cool on a wire tray.

Jennie's Vegetarian Lasagne

Ingredients

1 packet Quorn mince
1 tin tomatoes
1 packet white sauce mix
All the left over cheese in the fridge
Whatever vegetables you can smuggle past
– carrots, courgettes, celery, mushrooms all
seem to work
1 onion
Packet of lasagne

Jennie says:

*“Serve with lively
conversation or loud
music to distract from
the vegetables!”*

Method

Chop and fry the onion. Fry the Quorn mince, add the onions and the tomatoes and heat through.
Chop the vegetables as small as possible and fry off.
Make the white sauce as the packet directs.
Layer up the vegetables, lasagne and Quorn mixture with the white sauce then cover with as much cheese as possible. Bake in the oven until bubbling.

Val's Bread Pizza

Ingredients

Pitta bread, ordinary bread or toast

Tin of tomatoes

Toppings: mushrooms, olives,
pepperoni, cheese

Val says:

*"This is an easy
one that children
love to help with."*

Method

Children can cut the bread/toast into shapes with cutters. Top the bread shapes with tinned tomatoes and let the children choose what other toppings to put on such as mushrooms, olives, pepperoni and cheese. For a final flourish add a fresh basil leaf. Place under the grill until bubbling.

Meg's Bobotie

Ingredients

1kg minced meat
 1 large onion
 25ml (2 tablespoons) oil
 1 thick slice of bread
 250ml milk
 12.5ml (1 tablespoon) apricot jam
 50ml (4 tablespoons) lemon juice
 75g seedless raisins
 10 dried apricots
 30ml (2 heaped tablespoons) curry powder
 (vary this according to your audience)
 5ml (1 teaspoon) each salt and pepper
 6 bay or lemon leaves
 2 eggs

Meg says:

“This is a traditional South African dish and providing you don’t make it too spicy, it usually goes down well with children.

The same recipe can be made with any white fish.”

Method

Saute the onions in the oil. Soak the bread in half of the milk. Mix all the ingredients together except the eggs, remaining milk and bay leaves. Spoon into a casserole and press in the bay leaves. Beat the milk and eggs and pour over the meat. Bake for approximately 45 minutes in a medium oven (180°C, 350°F, Gas Mark 4). Serve with rice, chutney, desiccated coconut and sliced banana.

Mary's Eggy Bread

Mary says:

Ingredients

3 eggs

Sliced bread

Little oil for frying

Baked beans (optional)

"This is a tasty weekend treat that the children can help with – don't worry if some goes on the floor!"

Method

Beat the eggs. Dip slices of bread into the eggs and fry in the oil until crisp. Serve with baked beans.

Souad's Kofta Tagine

Ingredients

500g minced meat
 2 large onions finely chopped
 1 tin chopped tomatoes
 5 eggs (one per person)
 1 cup of vegetable or beef stock
 1 hand full of herbs – parsley or coriander
 cumin, salt, paprika
 Black pepper
 Olive oil (or cooking oil)

Souad says:

"This Moroccan dish is a great family favourite!"

Method

In a large bowl mix the meat, half the chopped onions, half of the herbs, then season with salt & pepper, cumin and paprika and a tablespoon of oil. Mix well and form into small meat balls.

In a large pan fry the remaining chopped onion in 4 tablespoons of oil until soft. Then add the meat balls and fry together for 10 minutes on a medium heat. When the meat balls start to brown, add the chopped tomato, season with a little salt and black pepper and paprika. Then add a small cup of stock, cover with a lid and allow to simmer for 20 min over a medium heat.

Uncover and break the eggs into the pan, keeping each egg whole and leaving space between each egg. Sprinkle with the rest of the herbs and cover for a further 5 min until the eggs become firm. Serve with crusty bread and salad.

Karen's Savoury Mince Trio

Ingredients

1 tray of minced meat
1 onion, chopped
1 tin tomatoes
Gravy granules

Method

Boil mince and onion together, add tinned tomatoes. Thicken with gravy granules. Then use the mixture as the basis of these three meals:

Karen says:

"These recipes are good to teach to teenagers who are preparing to live independently. The meat mixture is cooked once and is then used to make three simple, nutritious and filling dishes for freezing."

Spaghetti Bolognese

Serve with spaghetti or pasta shapes.

Chilli Con Carne

Add chilli powder to the mince mixture.
Serve with rice.

Shepherd's Pie

Add a tin of baked beans to the mixture.
Top with mashed potato and grated cheese.
Put under the grill to brown and crisp.

Kaltoum's Couscous

Ingredients (serves 6-8)

1 kilo of couscous
 1 kilo chicken or lamb
 3 medium onions
 1 tin tomatoes
 8 carrots
 1 green cabbage
 3 medium turnips
 2 medium courgettes
 4 small pieces of pumpkin
 1 tin of chick peas
 Coriander, ground ginger, turmeric,
 black pepper, salt
 Olive oil

Kaltoum says:

“Everyone seems to love couscous and this is a nutritious version that teenagers in particular enjoy. It’s very important to steam the couscous twice to make sure that it is properly cooked and soft.”

Method

Sauce

Fry the onions with the meat in olive oil. When brown add the tinned tomatoes, allow to simmer, then add the following spices: 2 tsp black pepper, salt, 2 tsp of ginger, 1 tsp of turmeric. Stir and add the carrots, turnip and cabbage, as they need the longest to cook. Then add 5 medium glasses of water and boil for 20 min before adding the remainder of the vegetables.

Couscous

Place couscous in a bowl, drizzle with olive oil, making sure all the couscous is covered. Add 1 1/2 glasses warm water, mix, then leave for 5 min. Separate all the couscous with your hands then put into steamer until it starts to steam. Remove from steamer, add salt and another glass of water and mix. Put couscous back in the steamer until it starts to steam. Remove from the steamer. Place the couscous on a plate with the meat and vegetables on top.

Souad's Lentil Soup

Ingredients

500g lentils
 2 large finely chopped onions
 4 carrots, grated
 3 sticks of celery, finely chopped
 1 tin chopped tomatoes
 3 tablespoons, tomato puree
 2 teaspoons ground ginger
 Salt, pepper and paprika
 2 litre of veg or chicken stock
 Fresh parsley

Souad says:

“With this soup you can make it as thick or light as you want, simply by reducing or adding stock.”

Method

In a large pot fry the onions and celery in the olive oil on a moderate heat until soft. Add the carrots and lentils, stirring for 2 mins. Add the chopped tomatoes and season with salt and pepper, ginger and paprika. Add the stock and stir. When the liquid begins to boil, cover and allow to cook on a medium heat for 35 – 40 minutes until the lentils are soft. Before serving the soup, mix the tomato puree in a bowl with a couple of spoons of hot water. Add to the pot and sprinkle with parsley, cover again for 10 minutes. Serve with crusty bread drizzled with olive oil.

Vilma's Pastel de Choclo (Corn and Meat Pie)

Ingredients (serves 12)

6 large ears of corn, (or cheat and use tinned/frozen sweet corn)
 8 leaves of fresh basil, finely chopped
 1 teaspoons salt
 3 tablespoons butter
 1/2-1 cup milk
 4 large onions, chopped
 3 tablespoons oil
 450g finely ground lean beef
 Salt and pepper to taste
 1 teaspoon ground cumin
 4 hard-boiled eggs, sliced
 1 cup black olives
 1 cup raisins
 12 pieces of chicken, browned in hot oil, seasoned with salt, pepper and cumin
 2 tablespoons confectioner's (icing) sugar

Vilma says:

"This is a popular Chilean recipe and is good for a large family or party! Since we are vegetarian, I substitute the meat and chicken with Quorn which works equally well but doesn't require as much cooking time."

Method

Grate the corn kernels or blend with a hand blender if using tinned or frozen corn. Heat the corn, chopped basil, salt and butter in a large pot. Add the milk little by little, stirring constantly until the mixture thickens. Cook over low heat for 5 minutes. Leave to one side while you prepare the meat filling. Fry the onions in oil until transparent, add the ground meat and stir to brown. Season with salt, pepper and ground cumin. To prepare the pie use an oven-proof dish that you can take to the table. Spread over the bottom of the dish the onion and ground meat mixture. Arrange over this the hard boiled egg slices, olives and raisins. Put the chicken pieces on top, bone the chicken if you like. Cover the filling with the corn mixture. Sprinkle the sugar over the top. Bake in a hot oven 400° F (200° C, Gas Mark 6) for 30-35 minutes until the crust is golden brown. Serve at once.

Meg's Cheesy Tortillas

Ingredients

Flour tortillas

Grated cheese (Red Leicester, cheddar or similar)

Dolmio sauce or any similar prepared tomato sauce

Chopped cooked chicken or ham (optional)

Val says:

"A very quick after-school snack with ingredients you usually have to hand."

Method

Heat a non-stick frying pan over a medium heat. Place a tortilla in the pan and spread a spoonful of the Dolmio sauce over half of it. Add a handful of grated cheese and some of the chopped meat. Fold the tortilla in half and cook for a couple of minutes on each side until the cheese has melted. Cut into thirds or quarters and serve.

Julie's Chicken Wraps

Ingredients

One chicken breast per person

Tortillas

Cucumber

Carrots

Grated cheese

Mayonnaise

Tomato ketchup

Julie says:

"The children have a great time making their own chicken wraps. They make a mess too but it is always an enjoyable dinner time!"

Method

Cut cucumber and raw carrots into strips and put them in separate bowls. Slice chicken breasts, fry in butter with a little salt and pepper until slightly crispy and place in a serving bowl. Wrap tortillas in foil and warm them for a few minutes in the oven.

Put the tortillas, chicken, carrots, cucumber, a small bowl of grated cheese, mayonnaise and tomato ketchup on the table and let everyone help themselves!

Mary's Beef Casserole with Dumplings

Ingredients

500g stewing/braising steak
Onions
Peppers, carrots, mushrooms
50g shredded suet
100g self raising flour
3 tablespoons cold water
Salt and pepper

Mary says:

*"Dumplings are
an occasional
treat and make
this casserole
good comfort
food in winter!"*

Method

Fry beef. Chop onions and fry. Chop other vegetables. Place in casserole dish with meat and onions and cover with water. Add a stock cube. Put into a low oven (180°C, 350°F, Gas Mark 4) for three hours.

Dumplings

Mix together suet, flour and water and form into balls.

Around half an hour before the end of cooking, place the dumplings into the casserole with the meat and vegetables.

Serve with mashed potato and green beans.

Tricia's Quinoa

Ingredients (Serves 3 - 4)

1 cup of quinoa
 Ginger, chopped
 Garlic, chopped
 Chilli, chopped
 Onions, chopped
 Carrot, diced
 Baby corn, chopped
 Mushrooms, sliced
 425 ml vegetable stock

Tricia says:

"We serve the quinoa with fish."

Place one salmon fillet per person onto a piece of foil, season with lemon juice and black pepper, wrap and place in a pre-heated oven Gas Mark 3 (170°C or 325°F) for 15 minutes or until cooked."

Method

Wash the quinoa in cold water and place in a saucepan. Add all the other ingredients to the saucepan. Quinoa can be bland so add as many flavours and vegetables as you like. It's a good way of using up left over vegetables from the fridge.

Pour the stock into the saucepan and bring to the boil, uncovered. Boil rapidly for 10 minutes. Then remove from the heat, put on the lid and leave for 20 minutes. The liquid will be absorbed.

Nora's Chicken Stew

Ingredients

Chicken pieces (one portion per person)
Potatoes
Carrot
Onions
Garlic
Stock cube

Nora says:

"This easy dish is popular when something simple and comforting is required."

Method

Fry the chicken and place in a pan with a little water . Add the potatoes, carrot and onions, garlic and a stock cube. Simmer for ½ hour and thicken with chicken gravy granules.

Kaltoum's Loubia (white beans)

Ingredients

500g of dry white beans
300g of beef
1 onion
1 tin of chopped tomato
Coriander
Parsley
Garlic
Olive oil
Water
Cumin
Turmeric
Chilli powder

Kaltoum says:

“Serve with ciabatta, french bread or pitta bread and feta cheese.”

Method

Soak the beans for 3 hours in luke-warm water. Fry the onions and meat in olive oil in the pressure cooker then add 1 tin of chopped tomatoes and 8 cloves of chopped garlic. Allow to boil then add the beans along with the following spices; 1 tsp of black pepper, 1 tsp of cumin, 1/2 tsp of turmeric, 1/2 tsp of chilli powder. Add 2 cups of water, the chopped parsley and coriander, stir it all up then close the pressure cooker and let it cook for 30 mins.

Tricia's Cheesy Toast

Tricia says:

Ingredients

Two slices of bread
Tomato puree
Dried basil
Cheese

"You can be creative with this. For our deluxe version, ciabatta, naan or French bread can be substituted for normal sliced bread. A slice of ham can be added on top of the basil followed by some sliced mushrooms or fresh tomatoes. We also use any pieces of cheese that need using up. Delicious!"

Method

Lightly grill the bread on one side. Turn over, spread with a thin coating of tomato puree. Sprinkle on some dried basil and top with slices of cheese. Grill until the cheese has melted and is golden brown.

Meg's Risotto D'Oro

Ingredients (Serves 4 – 6)

675 ml (3 cups) carrot juice
 675 ml (3 cups) celery juice
 50 ml (¼ cup) olive oil
 420 g (1 ¾ cups) Arborio rice
 ½ teaspoon minced garlic
 100ml (½ cup) white wine
 ½ cup sliced carrots
 ½ cup green beans cut into 2.5cm pieces
 ½ cup chopped courgette
 ½ cup sliced red pepper
 ½ cup fresh or frozen peas
 1/3 cup sliced spring onions
 100ml (4 tablespoons) butter
 ¾ cup grated Parmigiano-Reggiano cheese
 5 ml (1 teaspoon) salt
 2.5 ml (½ teaspoon) ground black pepper
 1 tablespoon parsley

Meg says:

“The children enjoy making this one and there are lots of jobs for everyone, so a good one for a winter’s afternoon when you need a project. If you have a vegetable juicer, making the juice to start with is part of the fun, but fresh vegetable juices are also fairly widely available.”

Method

In a saucepan, combine the carrot and celery juices and bring to a simmer. In a large heavy bottomed pot, heat the olive oil over a medium heat. Add the rice and garlic and stir together until the rice is coated with the oil. Add the white wine and bring to the boil, stirring constantly until the wine is absorbed. Add the carrots and green beans. Ladle ½ cup of the hot juice to the saucepan and stir until it is absorbed. Continue with the rest of the juice adding ½ ladle at a time, letting it absorb before adding more. Keep stirring as this is what makes the risotto creamy. When three quarters of the juice has been added (after 15-20mins), stir in the remaining vegetables. Continue ladling and stirring in the remaining juice for about another 10 minutes. The rice should be *al dente*. Stir in the butter and ½ cup of the cheese. Season with salt and pepper. Serve the risotto sprinkled with parsley and the remaining cheese.

Nora's Chicken Curry

Ingredients

Chicken (small pieces)
Onion
Curry powder
2-3 tablespoons of yoghurt
Chilli powder
Salt
Black pepper
Thyme

Nora says:

“You can make this mild or hot, depending on how much chilli you use!”

Method

Mix chicken pieces, curry powder and yoghurt together and leave to marinate for a while.
In large pan fry an onion and add marinated chicken to brown.
When the chicken is brown and crispy, cover with water and add some fresh thyme and fresh chilli. Cover with lid and leave to cook on a low heat until cooked.

Karen's Quick Tuna Pasta

Karen says:

Ingredients

1 onion
Tin of tomatoes
Tin of tuna
Pasta

"This can also be served with rice. It is a good standby when time is short and an easy dish for teenagers to learn to make themselves."

Method

Chop an onion. Place in a pan with the tomatoes and cook over a medium heat. When the onion is cooked, add the tuna and heat through.

Serve with pasta.

Sweet treats

Audrey's Rock Cakes

Ingredients

225g plain flour
½ tsp baking powder
75g butter
2 heaped tablespoons sugar
1 egg – well beaten
2 tablespoons milk
3 heaped tablespoons currants or sultanas

Audrey says:

"I make these once or twice a week. They are perfect for children to help with and it doesn't matter what shape they are."

Method

Rub butter into flour. Add dry ingredients and mix well. Add beaten eggs and milk to the mixture, which should be a stiff consistency. Pile into heaps on a greased baking tray and bake for 15 – 20 mins at 210° C (400°F, Gas Mark 6).

Chris's Bread & Butter Pudding

Ingredients

225g bread (stale) with crusts removed
 275 ml milk
 50g butter
 75g soft brown sugar
 2 level teaspoons mixed spice
 1 beaten egg
 175g mixed fruit
 Freshly grated nutmeg

Chris says:

"My mum made this dish and I always think of her when I make it. My own children and my foster children all seem to love it so it has become a family favourite! This tastes great served hot with custard."

Method

Pre-heat oven to Gas Mark 4 (180°C, 350°F)
 Butter an oven proof dish (1 ½ litres)
 Break bread into pieces and place in a pan. Pour over the milk, stir and leave for 30 mins.
 Stir again, add the melted butter, sugar, spices and egg.
 Beat mixture well, making sure there are no lumps. Stir in mixed fruit.
 Place in dish and sprinkle with nutmeg.
 Bake for 1 ¼ hours.
 5 mins before the end of cooking time, sprinkle with the sugar.
 Test with a fork – if fork comes out clean it is cooked.

Souad's Fruity Coolers

Milkshake

Ingredients

570 ml milk
 2 apples, peeled and sliced
 2 bananas, sliced
 1 pot of yoghurt (any flavour)

Method

Put all the ingredients into a food mixer and mix for 20 – 30 seconds.
 Serve chilled.
 For banana milk shake omit the apple.
 For apple milk shake omit the banana!

Panashee

Ingredients

570 ml milk
 1 apple, peeled and sliced
 1 banana, sliced
 1 small avocado, peeled and sliced
 7 strawberries
 1 pot of yoghurt (any flavour)

Method

Put all the ingredients in a food processor and mix for 20-30 seconds. Serve chilled.

Also try: nectarine, peaches, water melon

Souad says:

“These are super nutritious drinks that appeal to children. Experiment with different fruits and have fun.”

Ewan's Cake

Ewan says:

Ingredients

2 eggs
 150g sugar
 1 pot of plain or vanilla yoghurt (or 3 heaped tablespoons of yoghurt)
 150g flour
 1 ½ teaspoon of baking powder
 100ml vegetable oil

“ If you are adding fruit to the cake, you can swap plain yoghurt with fruit yoghurt (use organic yoghurt for more flavour). Match the yoghurt flavour to the fruit you are using (e.g. strawberry yogurt if you add strawberry to the cake, etc)”

Method

Preheat oven at 180°C (350°F, Gas Mark 4)
 Beat the eggs and sugar together until the mixture turns pale.
 Add the yoghurt and mix.
 Add flour and baking powder and mix till it is smooth and without any lumps.
 Gradually add the oil while mixing.
 Cook in oven for about 45 minutes

Ideas for flavour:

- add the zest and juice of 2 tangerines to the batter, dust the top of the cake with icing sugar and tangerine zest
- mash a couple of bananas, add them to the batter along with walnuts, decorate with walnuts and dried banana
- just add golden syrup to the batter
- cut strawberries in smallish pieces add them to the batter, once cake cooked and cooled down, cut the cake in two. Add fresh strawberry and whipped cream on the bottom layer, cover these with the top layer. Dust top with icing sugar and few fresh strawberries to decorate
- add lime zest and desiccated coconuts to batter. Do a cream cheese icing (1 tub of Philadelphia cream cheese mixed with 100g icing sugar) cover top of the cake with it and sprinkle with lime zest
- dissolve a few spoons of cocoa powder in a little warm milk and add to batter
- add small pieces of apple and some golden syrup to the batter
- dissolve a couple of teaspoons of coffee in a little warm water, add to the batter
- add dried apricot bits and white chocolate buttons (raspberry and white chocolate buttons works nicely as well)
- for the children, once the batter is ready, split it into different bowls, add a little food colouring to each bowl then put the different coloured batters in the mould. Using a fork slightly mix the batters so it gives a marble effect. Once cooked cover cake with lots of sprinkles!
- In short about any fruit or idea that can come from what's in your cupboards!

Fruit and Choc Delights

Two short and sweet treats!

Linda's fruit surprise

Choose any fruit that the children like, typically, melon, pineapple, strawberries, kiwi fruit. Cut up and serve with a little pot of Nutella for dipping.

Sharon's chocolate banana

Let the children peel a banana and cut in half or chop up. They can then spread Nutella on top and add hundreds and thousands.

Linda and Sharon say:

"These are simple but yummy ways to involve some fruit - always useful when children refuse to eat it!"

Hannah's Banana Cake

Ingredients

3 ripe bananas
 175g margarine
 175g brown or caster sugar
 3 eggs
 175g self-raising flour
 1 teaspoon baking powder
 Icing for glaze

Hannah says:

"This cake takes just 10 minutes to make and once cooked needs another 10 minutes cooling time— if you can wait that long!"

Method

Pre-heat the oven to 180°C (350°F, Gas Mark 4).
 Grease a 1 kg loaf tin.
 Mash the bananas.
 Stir in and mix with the margarine, sugar, eggs, flour and baking powder, and milk.
 Pour the mixture into the loaf tin.
 Place in pre-heated oven and cook for 1-1.5 hours until firm to the touch (or insert a skewer into the middle of the loaf tin - if it comes out clean, it's cooked).
 Allow to cool for 10-15 minutes before removing from tin.
 Glaze and decorate if you wish.

Jayne's Ginger Biscuits

Jayne says:

Ingredients

350g self raising flour
250g granulated sugar
1 egg
110g butter
75g golden syrup or treacle
1 tbsp bicarbonate soda
2 tbsp ground ginger

“These are lovely fresh from the oven and fill the house with the delicious smell of baking!”

Method

Add ginger and bicarbonate of soda to the flour. Rub in the butter. Add the sugar. Warm the syrup and add to the beaten eggs. Add to dry mix. Shape into small walnut sized balls. Bake 20 mins in moderate oven 140°- 150° C (300°F, Gas 2).

Meg's Iced Chocolate Latte

Meg says:

Ingredients (serves 12)

255g bottle of 'Crackin' chocolate dessert topping
 canned whipped cream
 3 litres milk
 250 ml of chocolate dessert topping
 2 litres chocolate and vanilla swirl ice-cream
 2 x 30g Flake bars

"This one started out as a birthday party special, but has proved so popular that we make it whenever anyone feels the need for a treat. The variations are endless and it can be anything from a slightly fancy glass of milk to a rather decadent dessert. The quantities in the original recipe serves 12 as it was part of a party menu, but can easily be scaled up or down."

Method

- Drizzle the 'crackin' topping down the inside of pre-chilled glasses and allow to set.
- Combine the milk and topping in a large jug and pour into the glasses.
- Add a large dollop of ice-cream to each glass and a good squirt of cream.
- Sprinkle the flake on top and serve with long spoons and drinking straws.

Souad's Orange and Carrot Juice

Ingredients

3 carrots, peeled and diced
3 oranges, peeled and cut into slices
568 ml orange juice
1 teaspoon of rosewater

Souad says:

"This recipe can be adapted for other uses. Use more carrots for a carrot salad. Add more orange juice for a thinner juice."

Method

Put carrots and oranges with half the orange juice into a food mixer/processor and mix for a few seconds until smooth. Add the remaining juice and the rose water. Mix again for 20 seconds and serve.

Liane's Sweet Puffs

Ingredients

Packet puff pastry
chocolate spread (Nutella)
ground almonds (optional)

Alternative fillings:

Honey, jam, lemon curd, condensed milk.

Liane says:

"These are great when eaten warm and so easy to make on a table with the children."

Method

Use self raising flour to roll out the pastry to a rectangle about 30cm x 15cm (pastry thickness about 1/2 cm).

Spread with the filling of choice.

Start rolling from the 15 cm edge to make something resembling a Swiss roll. Use milk brushed along the edge to seal.

Cut into 1 or 2 cm pieces (this can easily be done with an ordinary table knife).

Place each round on a baking tray and flatten to look like a biscuit.

Brush with milk and place in a hot oven 200°C (400°F, Gas Mark 6) for about 10 minutes or until crispy and risen slightly.

Cool on a wire tray.

Last word.....

In praise of Tea and Toast!

John and Julie say:

“Having fostered for more years than we care to think about, we are very aware of the power of food with some young people, particularly in terms of making them feel good. It is always comforting to them to have something warm in their belly and this can also give them the feeling of being loved through the food. Care must always be taken to ensure that food does not replace actual love, care and attention, but aids and supports it.

One of our top tips when children and young people have been up since the early hours, is to ensure they have a breakfast of cereal and fruit or fruit juice and then if they are at home mid-morning, we have what we call “Tea & Toast”. It does not literally have to be tea, as many young people do not like tea, but a hot chocolate with squirty cream and marshmallows on top is warm, sugary and shows the young people that you are putting time and thought into providing for them.

We also offer a couple of rounds of toast with butter or margarine for a carbohydrate boost (this can work wonders for concentration with some). We actively avoid topping this up with sugary foods such as jam or chocolate spread but instead promote the likes of Marmite or peanut butter.

Many of the young people that we have worked with over the years have looked forward to our mid-morning “Tea and Toast” sessions when we all stop what we are doing. It gives us all an opportunity to take a breath and review how the morning has gone and talk about what we are going to do next. It’s a way of providing active support to the young people which helps them feel valued and listened to!”