



RUSH'S KITCHEN CHRONICLES

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Get those kids to the kitchen!

Fun and Healthy recipes that you can make with your children

Children are a fussy lot. Some days they love veggies, the next day spinach is their mortal enemy. Nothing orange can touch their plates! Fish can swim in their tummies... They will find all kinds of reasons to fuss over their food. And then the battle with rice and curry every day! Just like we get bored with the same food every day, kids also get tired of the same old rice, curry and lentils on a daily basis.

Children also take more interest in the food if they help out in the preps and cooking. Get them in the kitchen with you and make them chop or mix and taste. The end result will be yummy food and an accomplishment that they would love to eat. Here are a few recipes – snacks and main meals that you can try with your kids.

PIZZA TOASTS

Everyone loves a slice of cheesy pizza. This is a quick everyday alternative to ordering in or making pizza from scratch. Pizza Toasts were our family favourite growing up. I have given a simple recipe here but you can go creative with the toppings and also let your child choose them. I have included a homemade pizza sauce recipe but you can also use a store bought one if you want.

Ingredients

Pizza Sauce (homemade or bottled)

4 sausages cut up in circles
2 cups grated Kissan/cheddar or mozzarella cheese
Tomato, thinly sliced
Green Capsicum, thinly sliced
Oregano

4 slices of bread - toasted

Method

Pre-heat the oven – if you have the grill option, use it. This mode gives the best results. Take a baking tray lined with baking sheet or foil. Place the toasts on the tray and put a big spoon of pizza sauce on the toast. Spread the sauce evenly all over the toast. Top the sauce with a layer of grated cheese. I like putting a lot of cheese and I love cheese! Then place the other toppings – sausage, tomato and capsicum. Sprinkle a big pinch of oregano over the toppings. Place in the oven for 10 to 15 minutes or until the cheese melts. Cut in half and serve.

Microwave version:

If you are strapped for time or do not have an oven at home you can easily make these toasts in the microwave. Follow all the steps as above, when you are done place the toasts in the microwave for 30 seconds on high.

Homemade Pizza Sauce

500g tomatoes, chopped or diced (can be replaced by canned tomatoes)



10 garlic cloves, finely chopped
5 garlic cloves, sliced
1 onion, diced
3 tbsp tomato puree
1 tsp dried basil
2 tsp dried oregano
1 tsp sugar
Salt and pepper to taste
½ cup olive oil

Method

Put a saucepan on the stove, and pour the olive oil and heat. Add the onions and garlic and cook till soft. Add the chopped tomatoes. Stir and mix in the tomato with 3

tablespoons of water. When the tomatoes start going soft, add the tomato puree. Stir and mix. Lower the heat to low and stew the tomatoes for half an hour. Check that it doesn't burn. Add basil, oregano, sugar, salt and pepper. Stir to mix. Simmer the sauce for another five minutes and take it off the heat.

Cool and keep it in jars. You can use this sauce for 2 weeks.

SNEAKY HEALTHY CHICKEN NUGGETS

Getting children to eat healthy food is always a nightmare. A great way of getting veggies into their diet is to cleverly disguise them into their favourite food items.

Ingredients

500g minced chicken
1 cup carrots, grated
1 can corn, washed, drained and chopped into smaller pieces)
2 eggs
Salt to taste
Pepper
¼ cup fresh breadcrumbs for nugget mixture