

## ***Grandma's Kitchen Capers***

One of the joys of having grandchildren around is teaching them how to cook. Mums of very young children are often too busy feeding the family to show them how the food is prepared, but grannies have had years of practice, and passing on your skills can be lots of fun.

Try to choose dishes that the kids will enjoy eating as well as cooking, and get them involved in making meals that they don't have at home.

Baking cakes and muffins is ideal, as it means that they can take home the result of their hard work at the end of the day, and share their goodies with mum and dad too.

Working in the kitchen also teaches children what is good for them and what is bad. They may want to bake nothing but chocolate cakes, so try to steer them towards healthier alternatives.

*NB. Always remember that safety is very important and young children should be kept away from hot pans, kettles and ovens. It is also wise not to let the children 'lick the bowl' if raw eggs have been used. Experts still advise against eating raw eggs and many parents would not allow their children to lick the spoon or bowl with cake mixture on it.*

Here are a few ideas for some great things to make with the grandchildren.

### TRADITIONAL LEMONADE

When kids think of lemonade, they usually imagine the clear, fizzy variety in bottles, so this home-made version might take some getting used to. Remember to warn them it will be cloudy

## GRANDMA'S KITCHEN CAPERS

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and still. A lovely refreshing summer drink with no preservatives or artificial colours in sight, it does, however, contain a lot of sugar, unless you choose the low-sugar alternative shown below.

### ***You will need:***

6 lemons • 6 cups of water  
1 cup sugar • sprig of fresh mint (optional)

### ***Method:***

- 1 Using a potato peeler, peel the rind from two lemons and squeeze the juice from all six lemons.
- 2 Place the rind in a bowl, cover with the sugar and pour over one cup of boiling water, then stir to make sure the sugar is properly dissolved. Allow to cool.
- 3 Strain this syrup into a serving jug, and stir in the juice and the remaining cold water.
- 4 Add mint, if required, and serve chilled. Makes eight servings.

Make a special pink lemonade by adding a little cranberry juice. For a low-sugar alternative, skip the sugar syrup stage and substitute with 2 cups of white grape juice.



## CHICKEN NUGGETS

### SERVES FOUR

Most kids adore chicken nuggets, but the shop-bought varieties aren't the most nutritious. These quick-and-easy nuggets will win you the kids' approval, and you (and the children's parents) can rest assured that you know exactly what's in them.

#### *You will need:*

- 500 g (1 lb) boneless chicken breasts
- 100 g (3.5 oz) fresh breadcrumbs
- pinch of salt (optional)
- 1 egg
- 5 tbsp of sunflower or rapeseed oil

#### *Method:*

- 1 Cut the chicken breasts into chunks of about 5 cm (2 inches) squared.
- 2 In a large bowl or shallow dish, mix the breadcrumbs and salt (if used).
- 3 Beat the egg in a bowl.
- 4 Dip each chicken piece into the egg, then in the breadcrumbs, turning until they are well coated.
- 5 Place the chicken pieces in breadcrumbs on a baking sheet and chill in the fridge for 10 minutes.
- 6 Then, heat the oil in a large frying pan and fry the nuggets for 10–15 minutes until they are cooked through.
- 7 Remove excess oil by placing the nuggets on kitchen towel, then serve with oven chips and ketchup.

## FRUITY SCONES

MAKES TWELVE

***You will need:***

225 g (8 oz) self-raising flour  
60 g (2 oz) soft butter or margarine  
60 g (2 oz) caster sugar  
60 g (2 oz) sultanas  
150 ml (5 fl oz) milk

***Method:***

- 1 Put the flour in a mixing bowl and add the butter or margarine and the sugar.
- 2 Rub in with your fingers until the mixture has the consistency of breadcrumbs, then stir in the sultanas.
- 3 Pour in half of the milk and stir, then keep adding the milk until you have a soft dough.
- 4 Knead the dough lightly on a floured surface.
- 5 Roll out the dough to a thickness of 2 cm (0.75 inches). Cut into shapes with a floured round or bevel-edged cutter.
- 6 Place the shapes on a greased baking tray.
- 7 Bake in the oven at 230°C (450°F or Gas mark 8) for 10 minutes until golden. Then leave to cool on a wire rack.

‘There’s no place like home . . . except Grandma’s!’

**AUTHOR UNKNOWN**

## TRIFLE POTS

### MAKES FOUR

These are simple and involve no cooking, so they are great to make with younger children. They look scrumptious if made in glass dessert dishes, glass tumblers or large wine glasses.

#### *You will need:*

- 4 fairy cakes (shop-bought or previously made by you!)
- 2 tsp strawberry jam
- 2 tbsp fruit juice (raspberry or cranberry work best, but orange will do)
- 400 g (14 oz) fresh strawberries (quartered) or raspberries
- 300 ml (10 fl oz) custard
- 100 ml (3.5 fl oz) whipping cream
- chocolate flakes or grated chocolate

#### *Method:*

- 1 Cut each fairy cake lengthways and sandwich back together with jam.
- 2 Divide each cake into four pieces and place at the bottom of each glass.
- 3 Add the fruit juice to moisten the sponge.
- 4 Divide the quartered strawberries or the whole raspberries between the four glasses.
- 5 Add a layer of custard.
- 6 Whip the cream until thick, then dollop on top of the custard.
- 7 Sprinkle with chocolate.