

JUMP

A MAGAZINE FOR GROWING FAMILIES

ISSUE 07 WINTER 2009

**"MY CHILD
HELPED ME FIND
MY DREAM JOB"**
MOTHERS OF RE-INVENTION

GREAT DAMES

Top of the panto pops

SOUND ADVICE

Love me love my tunes

TOYS FOR THE BOY

Kirsty Gallacher & son

IT'S
SNOW
TIME

Wonderful winter woollies

HAVE A BALL!
Fun and frolics
indoors and out



COMFORT COOKING >> BEAUTY BOOSTERS >> TRADITIONAL TOYS & MORE

Annabel's



MINI FISH PIES

Prep time **20 minutes**
Cook time **45 minutes**
Makes **4-6 portions**
Suitable for freezing

Annabel says: "I design the menus for one of the largest chains of nurseries in the UK, and one of the children's favourite dishes is this fish pie. I also have a range of food in supermarkets called Eat Fussy and one of my most popular recipes in the range is a version of this fish pie. Making food look attractive is important, so it seems much more appealing to make individual fish pies rather than have a dollop of food on the plate."

Tip: the old saying that "fish is good for the brain" is absolutely true. Oil-rich fish such as salmon, tuna and sardines are especially good brain boosters. This is down to their high levels of omega-3 essential fats, which are vital for brain function and can also help the performance of dyslexic and hyperactive children. Children should eat oily fish like salmon once or twice a week.

Ingredients

For the topping

- 800g potatoes
- 30g butter
- 7 tbsp milk
- 4 tbsp freshly grated Parmesan
- 1 egg, lightly beaten
- Salt and freshly ground black pepper to taste

For the sauce

- 45g butter
- 1 large shallot, diced
- 2 tbsp white wine vinegar
- 45g flour

- 450ml fish stock
- 6 tbsp double cream
- 1½ tsp fresh dill or chives, chopped
- Salt and freshly ground black pepper to taste

For the filling

- 250g salmon, skin removed and cut into 2cm chunks
- 250g cod, skin removed and cut into 2cm chunks
- 150g small cooked prawns
- 70g frozen peas

Method

- Pre-heat the oven to 200°C/400°F/Gas 6.
- Boil the potatoes in salted water for around 15 minutes. Drain and mash with the butter, milk and Parmesan and season to taste.
- To make the sauce, melt the butter and sauté the shallot for 5-6 minutes until soft.
- Add the white wine vinegar and boil for 2-3 minutes until the liquid has evaporated.
- Stir in the flour to make a roux. Add the fish stock gradually and then cook over a medium heat, stirring continuously.
- Bring to the boil then cook, stirring until thickened.
- Remove from the heat and stir in the cream and the chopped dill or chives. Season well as the fish is unseasoned.
- Divide all the fish and peas among four or six mini ramekins (depending on size) and pour over the sauce.
- If you have time, allow the fish, pea and sauce filling to cool and become less liquid and easier to cover with the mashed potato, without it sinking into the filling.
- Brush the potato topping with a little beaten egg, then bake for 25 minutes.

MINI CHICKEN PIES

Prep time **15 minutes**
Cook time **47 minutes**
Makes **4 portions**
Suitable for freezing - freeze the pies before the baking stage and defrost overnight in the fridge before baking

Annabel says: "Children eat with their eyes as well as their tummies. Making individual portions in ramekins is so much more appealing and if you like, you can decorate the potato topping with faces made from vegetables. Sweating the vegetables slowly with the thyme and then reducing the white wine vinegar gives a lovely flavour. These tasty chicken pies also freeze well so you could serve one and freeze three for days when you don't have time to cook."

Tip: if you cut the chicken across the grain into thin slices it breaks up the fibres and helps to tenderise the chicken.



winter warmers

Ingredients

- 45g butter
- 1 large shallot, diced
- 1 medium carrot, diced
- ½ small leek, thinly sliced
- ¼ tsp fresh thyme leaves, chopped
- 4 tsp white wine vinegar
- 20g cornflour
- 400ml chicken stock
- 2 tbsp crème fraîche
- Salt and freshly ground black pepper to taste
- 225g chicken breast or thigh, cut into bite-sized pieces
- 500g potatoes, peeled and cubed
- 15g butter
- 3 tbsp milk
- 1 egg white, lightly beaten (optional)

Method

- Preheat the oven to 200°C/400°F/Gas 6.
- Melt 30g of the butter and sweat the vegetables and thyme for ten minutes, until soft.
- Add the vinegar and boil until the vinegar has evaporated then stir in the cornflour.
- Add the stock a little at a time to make a smooth sauce, then add the crème fraîche and season to taste with salt and pepper. Allow to cool.
- Boil the potatoes in salted water for around 15 minutes. Drain and mash with the remaining butter and the milk and season to taste.
- Put the chicken into the base of ramekins or small dishes (I use 9.5cm diameter ramekins) and spoon the sauce on top.
- Spoon on the mash and fork the surface of each pie or put the potato into a piping bag and pipe a layer of fluffy potato over the chicken filling.
- Put the dishes on a baking sheet and bake for about 20 minutes.
- The tops can be browned further under a hot grill and will brown nicely if you brush them with a little egg white.



TURKEY MEATBALLS WITH SPAGHETTI

Prep time **20 minutes**

Cook time **25 minutes**

Makes **4 portions**

Suitable for freezing - freeze the meatballs in the sauce and cook the spaghetti fresh

Annabel says: "A delicious meal for the whole family, this is a pretty versatile recipe. You can make the meatballs from veal, chicken or beef as well. They also make good finger food served on their own and I often find that small children are more tempted to eat food that they can pick up with their fingers. The apple gives the meatballs a good flavour and keeps them lovely and moist. The reason I add apple to the meatballs is that I could never get my son to eat chicken or turkey when he was little but he loved fruit, so I came up with a this recipe and hey presto, he couldn't get enough of them."

Tip: the tomato sauce is good with pasta on its own without the meatballs. Adults can spice it up by adding more chilli flakes or some chopped red chilli together with the garlic.

Ingredients

For the meatballs

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 40g white breadcrumbs (approx. 2 slices)
- 50ml milk
- 250g turkey mince
- 1 small apple, peeled and grated
- 1 tsp fresh thyme leaves
- 1 tbsp flour to dust hands

- 3 tbsp sunflower oil for frying
- ½ tsp salt and freshly ground black pepper

For the sauce

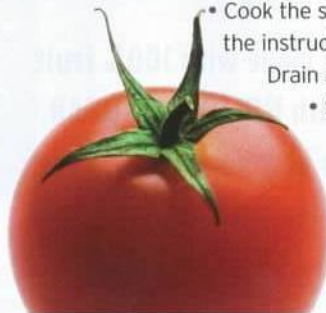
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 600g (one and a half tins) of chopped tomatoes
- 100ml water/chicken stock
- 1 tbsp tomato puree
- 2 tsp sugar
- ¼ tsp oregano
- Pinch of dried chilli flakes
- Salt and freshly ground black pepper to taste

To finish

- 200g spaghetti
- 1 tbsp parsley or basil, chopped

Method

- Heat the oil in a pan and fry the onions for the meatball and the sauce gently for about ten minutes until softened.
- Meanwhile soak the breadcrumbs in the milk for ten minutes in a large bowl.
- To make the sauce, transfer half the sautéed onion to a pan.
- Add the crushed garlic and sauté for one minute, then add all the remaining ingredients and simmer covered for seven minutes.
- To make the meatballs, add the turkey mince, grated apple, thyme, sautéed onion, salt and black pepper to the soaked breadcrumbs and mix together.
- Using floured hands, form teaspoons of the mixture into small balls.
- Heat the sunflower oil in a frying pan and brown the meatballs.
- Transfer the meatballs to the pan of tomato sauce and simmer for eight to ten minutes uncovered.
- Cook the spaghetti according to the instructions on the packet. Drain and toss with the sauce.
 - Sprinkle with a little chopped parsley or basil. ▶



RHUBARB AND PEAR CRUMBLE

Prep time **25 minutes**

Cook time **35 minutes**

Makes **6 portions** (suitable for 1 year+)

Suitable for freezing - freeze unbaked

Annabel says: "You can't beat a good crumble - and this is one of my favourites. If your child isn't keen on eating fruit you might be able to tempt them with this fruity crumble. Rhubarb is one of the best fruits for making crumble (well, strictly speaking, rhubarb is a vegetable!), as the slightly tart fruit combines well with the sweet crumble topping."

Tip: put ground almonds into the dish before adding the fruit to help soak up some of the juices and stop the crumble from becoming soggy.

Ingredients

For the fruit

- 25g butter
- ½ tsp ground ginger
- 4 tbsp demerara sugar
- 4 ripe pears, peeled, cored and cut into chunks
- 400g rhubarb, cut into 2cm pieces
- 2 tbsp ground almonds

For the topping

- 50g rolled oats
- 100g plain flour
- 55g amaretti biscuits, crumbled
- 85g unsalted butter, cut into cubes
- 55g demerara sugar
- Large pinch of salt



Method

- Pre-heat the oven to 200°C/400°F/ Gas 6.
- Melt the butter in a large pan, add the ginger and sugar and allow to dissolve.
- Add the pear and cook on a low heat for two minutes until softened.
- Stir in the rhubarb and cook for two minutes.
- Sprinkle the base of an ovenproof dish (or several individual dishes) with the ground almonds and spoon the fruit on top.
- To make the topping put the oats, flour, amaretti biscuits and a large pinch of salt in a food processor and whiz into crumbs.
- Add the butter and pulse until it has disappeared, then add the sugar and pulse once or twice to combine.
- Spread the crumble over the top of the fruit and bake in the centre of the oven for about 35 minutes until lightly golden. ●



WIN this kitchen!

Enter the free prize draw for a chance to win one of **Annabel Karmel's** new play kitchens...

Children love copying their parents doing everyday chores. What's more, role-play games around the house are great for instilling confidence and sparking your child's imagination. They can also help kids acquire vital knowledge, as well as having a huge amount of fun.

With this in mind, Annabel Karmel (annabelkarmel.com), the UK's foremost author on children's food, has joined forces with Step 2, a leading toy manufacturer, to design the ultimate Annabel Karmel play kitchen, complete with a 24-piece accessory set, aimed at preschoolers and toddlers aged two or over.

The Step 2 Annabel Karmel Kitchen is a great introduction to kitchen play, just the right size for budding chefs to practise their

cooking skills. Little ones will love the special frying pan and boiling pot with lid, which activate electronic sizzling and bubbling sounds on the stove. The kitchen also features a toy microwave with an electronic keypad, adding an extra level of creative fun.

The Step 2 Annabel Karmel Kitchen is worth £99.99 and is accompanied by a free copy of Annabel Karmel's children's cookery bestseller, *Cook It Together* (Dorling Kindersley, £7.99).

Jump has a Step 2 Annabel Karmel Kitchen to give away. To be in with a chance, simply write your name, address and phone number on a postcard and send it to: Jump Competition, PML, 1st floor, Mermaid House, 2 Puddle Dock, London EC4V 3DS.

You can also enter the prize draw by email. Send your details to: competition@programmemeater.com



COMPETITION RULES

• Competition closes on January 31, 2010 • Competition is closed to employees of Bounty, Step 2, PML, and Annabel Karmel companies • The judges' decision is final and no correspondence will be entered into.

The Step 2 Annabel Karmel Kitchen is available from Hamleys, John Lewis, Sainsbury's, amazon.co.uk and step2direct.co.uk




annabel karmel
eat fussy



One of seven delicious toddler meals from Annabel Karmel's **Eat Fussy** range.

This **Tasty Chicken & Rice*** is made with a delicious tomato sauce enriched with vegetables that will tempt the fussiest eater!

Also in the range are our bestselling **Salmon & Cod Fish Pie** and **Beef Cottage Pie**.

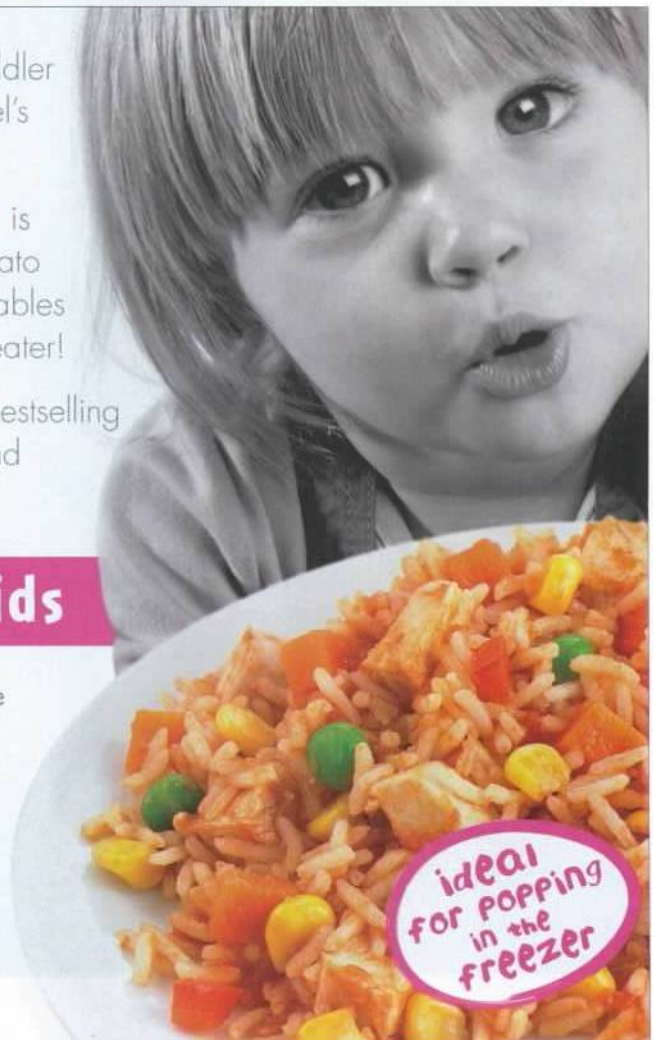
for Busy Mums & Hungry Kids



The **Eat Fussy** range is available in the chilled aisle at **Tesco**, **Sainsbury's**, **Morrisons**, **Budgens** and **Ocado.com**

For recipes & latest offers, visit www.annabelkarmel.com or chat to us via Facebook & Twitter.

* for 12 months+ £2.29 for 220g



ideal for popping in the freezer