

THE PARENTING EDITION

FROM SHEERLUXE

Real Food Kids & Adults Will Love



When it comes to child-friendly food, nobody does it better than Annabel Karmel – her recipes have become legendary. Her latest cookbook is designed to feed the whole family, so everyone can enjoy meal time together. With over 100 simple and delicious dishes to choose from, here are some of our favourites...

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SAVE TO MY FAVOURITES



Mini Toad In The Hole

Transform a traditional hearty British dish into one ideal for little ones – kids and adults alike will love this mini version of a much-loved classic.

Prep: 10 minutes

Cook: 40-45 minutes

Makes: 12 mini toad in the holes

INGREDIENTS:

- 12 cocktail sausages
- 100g of plain flour
- 2 eggs
- 175ml of whole milk
- Sunflower oil, for greasing

METHOD:

1. Preheat the oven to 200°C/400°F/Gas 6 and brush a 12-hole muffin tin with oil.
2. Put the sausages on a baking sheet and roast them in the oven for 10–15 minutes until nearly cooked and very lightly golden.
3. Whisk the flour, eggs and milk together in a large bowl with an electric hand-held whisk until smooth. Transfer the batter to a jug.
4. Put the greased tin in the oven for 10 minutes until very hot, then remove it and immediately pour the batter mixture into the holes, until each are half-filled with batter.
5. Put a cocktail sausage in the middle of each hole filled with batter, put back in the oven and cook for 15 minutes until well risen and golden brown.



Crispy Baked Cod With Sweet Potato Chips

Fish and chips can still very much be on the menu if you're trying to put more healthy food on the family table – simply make a few tweaks so it's less 'naughty' and more nutritious.

Prep: 15 minutes
Cook: 30 minutes
Makes: 2 portions

INGREDIENTS:

- 4 tbsp of plain flour
- 1 egg, beaten
- 40g of cornflakes, crushed
- 2 skinless cod fillets (about 150g)
- Salt and pepper

For the sweet potato chips:

- 3 sweet potatoes, cut into wedges
- 2 tbsp of sunflower oil

METHOD:

- Preheat the oven to 200°C/400°F/Gas 6 and line 2 baking sheets with baking parchment.
- Put the flour in a bowl, the beaten egg in another bowl and the crushed cornflakes in a third bowl.
- Season the cod with a little salt and pepper and coat each fillet in the flour, then the egg, then the crushed cornflakes. Arrange the coated fillets on one of the lined baking sheets.
- Toss the sweet potato wedges with the oil, season lightly with salt and pepper and spread them out on the second lined baking sheet. Put the sweet potato chips in the oven and bake for 30 minutes, turning the chips halfway through the cooking time. When you turn the chips, add the fish to the oven and bake for 15 minutes until golden and cooked through.
- Remove the chips and baked cod from the oven and serve straight away, with the cod wrapped in paper cones if you wish.



Butter Chicken With Yellow Rice

My Butter Chicken is one of the most popular dishes I make and is based on this very recipe. It's a mildly spiced tomato-based curry, which is suitable for the whole family. Serve it with yellow rice for the finishing touch.

Prep: 15 minutes
Cook: 40 – 45 minutes
Makes: 4 portions
Suitable for freezing

INGREDIENTS:

- Knob of butter
- 1 large onion, chopped
- 2cm piece of fresh root ginger, peeled and grated
- 2 garlic cloves, crushed
- 1 tsp of garam masala
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 1 tsp of sweet smoked paprika
- 2 tbsp of tomato puree
- 200ml of chicken stock
- 1 tbsp of mango chutney
- 2 skinless chicken breasts, diced
- 1 tbsp of sunflower oil
- 6 tbsp of full-fat Greek yoghurt
- Salt and pepper
- Spring onion slivers, to garnish (optional)

For the yellow rice:

- ¼ tsp of turmeric
- 200g of Basmati rice

METHOD:

- To cook the yellow rice, put the turmeric in a saucepan of boiling water. Add the rice and stir, then reduce the heat and simmer for 12–15 minutes until the rice is just tender. Drain well and leave to steam in the sieve, covered, for 5 minutes.
- To make the curry, melt the butter in a saucepan over a medium heat. Add the onion and fry for 3–4 minutes until softened, then add the ginger, garlic and spices. Cook for 30 seconds, then add the tomato puree and stock. Bring to the boil then reduce the heat and simmer for 10 minutes. Add the mango chutney and remove from the heat.
- Season the diced chicken with a little salt and pepper. Heat the oil in a frying pan until hot, then add the chicken and fry briefly until browned but not cooked through. Add the chicken to the sauce and simmer for 5–7 minutes until cooked. Stir in the yoghurt just before serving. Serve the butter chicken with the yellow rice and garnish with spring onion slivers, if you like.
- The butter chicken can be frozen for up to three months. Cook from frozen for about 20 minutes at 180°C/350°F/Gas 4, or until warmed through, or defrost and heat through in a pan.



Plum & Blueberry Crumble

Crumble is such a great dessert: it's so easy to prepare and never disappoints. Swap the plums and blueberries for your family's favourite fruit or choose what's in season for a versatile year-round pud.

Prep: 15 minutes

Cook: 35-40 minutes

Makes: 6 portions

Suitable for freezing

INGREDIENTS:

- 1 tbsp of ground almonds
- 30g of butter
- 1kg of ripe red plums, halved and stoned
- 50g of light muscovado sugar
- 150g of blueberries

For the crumble topping:

- 150g of plain flour
- 175g of light muscovado sugar
- 150g of ground almonds
- 150g of unsalted butter, chilled and diced
- Generous pinch of salt
- 1 tbsp of demerara sugar

METHOD:

1. Preheat the oven to 180°C/350°F/Gas 4. Sprinkle the almonds over the base of a shallow baking dish, about 2 litre/3½ pint capacity.
2. Melt the butter in a large saucepan over a medium heat, add the plums and sprinkle with the muscovado sugar. Cook for 5 minutes (or less if the plums are very ripe) until soft. Spoon the plums and cooking liquid into the dish and scatter over the blueberries.
3. To make the crumble topping, put the flour, muscovado sugar, ground almonds, butter and salt in a food processor and blitz until the fine crumbs are just starting to cling together (avoid over-processing the mixture). Alternatively, rub the butter into the flour, ground almonds, sugar and salt in a bowl with your fingertips.
4. Scatter the crumble topping over the fruit and sprinkle the crumble with the demerara sugar. Bake in the oven for 30–35 minutes until the crumble is lightly golden and bubbling at the edges.
5. The cooked crumble can be frozen (once cooled) for up to 2 months. Defrost, then reheat in the oven at 180°C/350°F/Gas 4 for about 20 minutes, or until heated through.

Buy *Real Food Kids Will Love: Over 100 simple and delicious recipes for toddlers and up* by Annabel Karmel [here](#).



Real Food Kids Will Love by Annabel Karmel, From £7.99 | Amazon