



# Kids in the kitchen

Recipes for kids of all ages



Westinghouse



## Kids in the Kitchen and Westinghouse

We have been in Australian kitchens for over sixty years and firmly believe that the kitchen is the heart of the home.

However, cooking from scratch is on the decline and there is an increase in Australian families eating pre-prepared and packaged meals. Gone are the days when parents passed on their sacred family recipes and cooking skills to the next generation. Now, with today's hectic lifestyles, family recipes are dying out and the phrase 'just like mum used to make' is heading towards extinction.

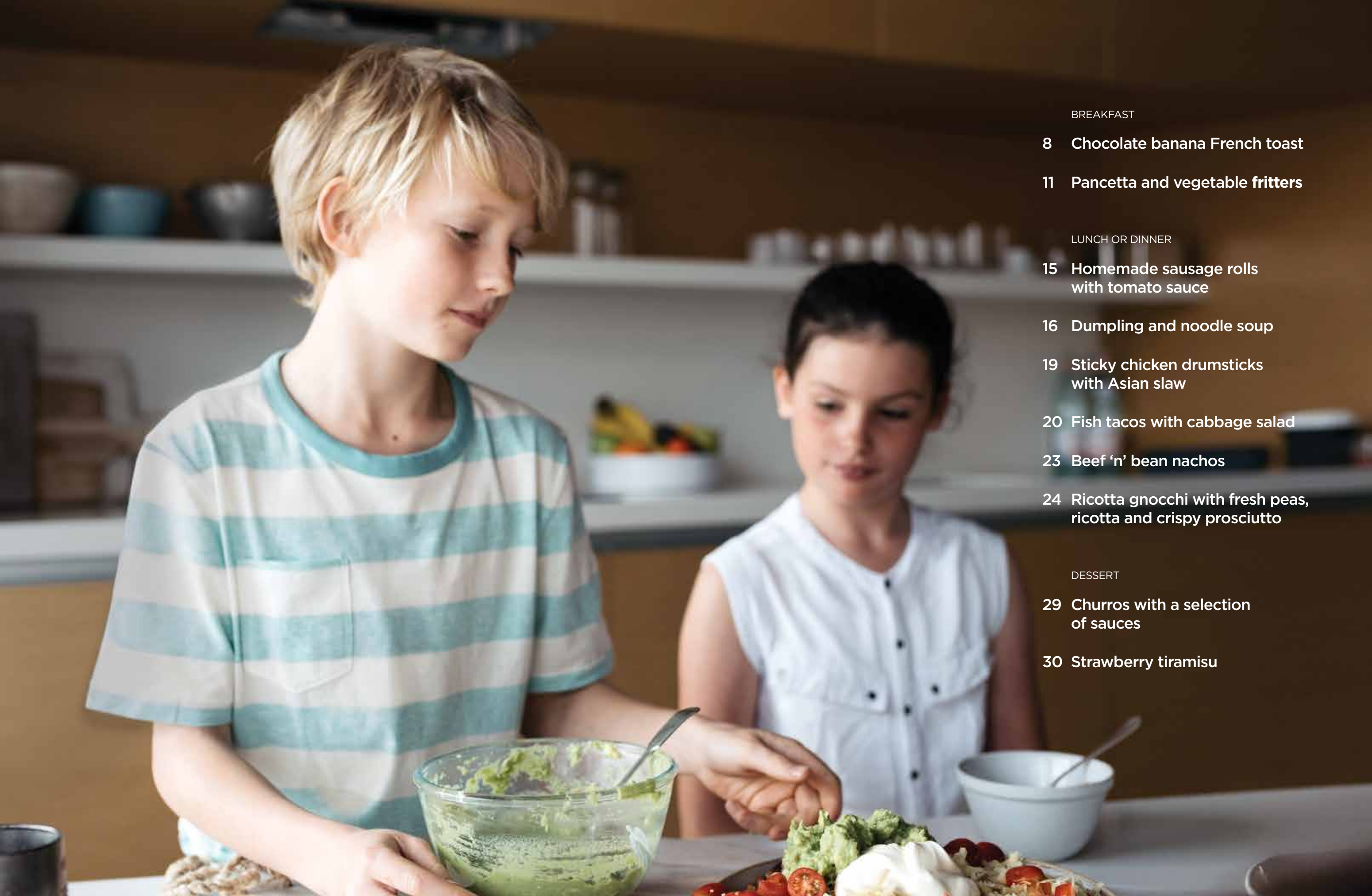
At Westinghouse, we believe cooking should be a fun activity which can be enjoyed with your kids (it's possible we promise!), so we've teamed up with Australia's favourite home cook and mum, Julie Goodwin, to help us create delicious recipes for you to cook together.

By teaching your children to cook from a young age, and have an appreciation for home cooked meals, you will benefit them for life. Furthermore, children whose parents cooked from scratch are more likely to cook for their children and also pass these family traditions and recipes down to the next generation, and so on.

So have fun, make a mess and enjoy!







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## Breakfast





# Goopy chocolate and banana French toast

Serves 4

## INGREDIENTS

- 4 tbsp chocolate spread
- ½ cup of cream
- 2 tbsp caster sugar
- 1 tsp vanilla bean paste
- 3 large eggs
- 1 pinch cinnamon
- 8 slices of café style white bread or brioche toast
- 1 large banana
- 2 tbsp butter

## To serve

- Maple syrup
- 1 cup fresh blueberries

## METHOD

1. Place sugar, cream, cinnamon, vanilla bean paste and eggs into a bowl. Whisk until well combined.
2. Cut banana into 3rds and each piece into 3 lengthways (you should have 9 pieces in total)
3. Place a chopping board onto the bench. Dip 1 side of the bread into the egg mixture, place the dipped side down onto a chopping board. Spread the side facing up (undipped side) with chocolate spread (all the way to the edge), place 2 slices of banana on the bread.
4. Dip another piece of bread one sided into the egg mixture, place the undipped side on top of the bananas, press down around the edges.
5. Repeat with the remaining 6 slices of bread. You should have 8 sandwiches.
6. Heat a large non-stick fry pan to a medium temperature, add 1 tbsp of butter into the pan.
7. Once the pan is hot use an egg flip to place 1 sandwich in the pan and cook for 2-3 minutes until golden. Use a spatula to flip it over and cook for 2-3 minutes on the other side.
8. Add a little more butter to the pan if needed and repeat step 6 for the remaining 3 sandwiches.
9. Cut in half on a plate and serve with a drizzle of maple syrup and fresh berries.

## Kids in the kitchen can:

- Measure the ingredients and whisk the egg mixture together
- Slice the banana
- Dip and assemble the sandwiches
- Older kids (10+) may also help to fry the French toast







# Pancetta and vegetable fritters

Serves 4

## INGREDIENTS

- 5 eggs
- 4 tbsp grated parmesan cheese.
- 2 medium zucchini
- 100g pancetta
- 1 small tin sweet corn
- 1 tbsp milk
- ¼ cup plain flour
- ¼ cup self raising flour
- 2 shallots

## Avocado salsa

- 1 avocado
- ¼ purple onion
- 80g of feta cheese
- 12 cherry tomatoes
- 1 tbsp olive oil
- ½ tbsp lemon juice
- 2 sprigs parsley

## METHOD

### Fritters

1. Grate the zucchini into a sieve over a large bowl and allow water to drain off. Pat dry with paper towel. Drain tinned corn.
2. Crack the eggs into a large bowl. Add the milk and whisk until combined.
3. Finely dice the pancetta and thinly slice the shallots.
4. Add the plain and self raising flours and grated cheese.
5. Sprinkle with salt and pepper.
6. Add the zucchini, shallots, corn and pancetta. Mix to combine.
7. Your mixture should be thick. If necessary add another tablespoon of self raising flour.
8. Place 2 tbsp of oil into a large nonstick fry pan. Allow the pan to reach a medium temperature.
9. Dollop 2 tbsp of the mixture per fritter into the pan. You should make 12 fritters in total.
10. Cook for 4 minutes either side. You should notice the mixture begins to bubble around the edges. Fritters should be golden both sides.

### Smashed avocado salsa

1. Cut from the tip to the base of the avocado. Twist to separate and remove the seed.
2. Scoop out the flesh of the avocado into a medium bowl, top with lemon juice and mash with a fork.
3. Cut cherry tomatoes into quarters, dice the feta cheese and finely chop the onion and parsley. Add these to the bowl.
4. Sprinkle with salt and pepper drizzle with olive oil and toss to combine.
5. To serve, place 3 fritters on a plate with a dollop of salsa.

### Kids in the kitchen can:

- Measure the ingredients
- Grate the zucchini
- Mix all the fritter ingredients together
- Scoop out the avocado and toss the salsa





Lunch or dinner





# Homemade sausage rolls and tomato sauce

Serves 4

## INGREDIENTS

### Sausage rolls

- 400g beef mince filling
- 1 egg
- 2 sprigs parsley
- 1 piece bacon
- ½ cup bread crumbs
- 2 shallots
- 1 tsp mustard powder
- 1 small carrot
- 1 zucchini
- Salt and pepper
- 1 tbsp tomato sauce

### Pastry

- 1 ¼ cups plain flour
- 125g butter
- ½ tsp salt
- 4 tbsp iced water
- Extra 1 tbsp milk for brushing

### Tomato sauce

- 500g good quality vine ripened tomatoes (must be super ripe - or good quality tinned tomatoes)
- ¼ cup red wine vinegar
- 3 tbsp brown sugar
- Pinch of salt and pepper
- ¼ tsp Worcestershire sauce
- 1 small brown onion
- 1 tbsp olive oil

## METHOD

### Sausage rolls

1. Pre-heat oven to 200°C. Line a biscuit tray with baking paper.
2. Place butter and flour into a bowl. Rub the mixture between your index finger and thumb until mixture resembles breadcrumbs. Add a pinch of salt and pepper.
3. Add the salt and half the iced water. Mix to combine. Add a little bit of water at a time until the pastry forms a ball.
4. Knead the dough on the bench a few times until it looks smooth. Roll to 1cm flat, wrap in plastic and place into the fridge.
5. Grate the carrot using the finest side of the grater. Grate the zucchini onto a strainer, push out all of the excess liquid. Dry on paper towel.
6. Place zucchini and carrot into a bowl.
7. Whisk the egg.
8. Finely dice shallots, parsley and bacon.
9. Add all ingredients into a large bowl and mix to combine.
10. Remove pastry from the fridge. Lightly flour a rolling pin and roll pastry to 0.5cm thick with a rolling pin, trim edges to be a rectangle. Cut rectangle into 6x6cm squares.
11. Divide the filling evenly onto each piece of pastry. Place filling on one edge and roll.
12. Place onto baking tray, brush with milk and bake for 20 minutes or until golden.

### Tomato sauce

1. Remove stem from the tomato and mark an X in the bottom of the tomato with a sharp knife. Fill a large bowl with boiling water. Place the tomatoes in the bowl. Place a round cake tin with a little water on top to keep tomatoes in the bowl. Allow to sit for 5 minutes.
2. Drain the tomatoes and rub skin off.
3. Finely chop onion.
4. Place olive oil into a small non stick saucepan and place onto a low heat. Slowly sweat and caramelize the onions, this may take up to 20 minutes.
5. Whilst onions are cooking finely dice the tomatoes.
6. Once the onions are cooked, place all remaining ingredients into the skillet and bring to the simmer. Allow to simmer for 20-25 minutes, the mixture should be nice and thick.
7. Using a stick blender, blend until smooth. Strain mixture using a sieve and set aside to cool.

### Kids in the kitchen can:

- Rub the flour and the butter together
- Roll out the dough
- Grate the vegetables and help push the liquid out of the zucchini
- Remove the parsley leaves from the stalks



# Dumpling and noodle soup

Serves 4

## INGREDIENTS

### Dumplings

- 500g of lean pork mince
- 4 shallots
- 2 garlic cloves
- 2 sprig of coriander
- 1 tsp sesame oil
- 1 tsp salt
- 1 tsp pepper
- 1 pinch powdered ginger
- 24 wonton wrappers

### Soup

- 1 x 200g packet dried egg noodles
- 2L chicken stock
- 1 tbsp soy sauce
- 1 cm piece of ginger
- 1 shallot (reserve the top)
- 2 bunches baby bok choy

### Adult extras

- 2 shiitake mushrooms (soaked for 10 min and sliced)
- 2 sprigs coriander
- 1 birds eye chili
- 100g bean sprouts
- ¼ shallot top thinly sliced

## METHOD

### Dumplings

1. Remove coriander from stalk. Finely chop coriander, garlic and shallots.
2. Place mince, sesame oil, garlic, coriander, shallots, salt, pepper and ginger in a bowl. Mix until well combined.
3. Fill a small bowl with water. Line a tray with baking paper and spray with vegetable oil.
4. Roll meat mixture into 24 even balls.
5. Moisten the edge of the wonton wrapper with water. Place a ball of the filling mixture into the center of the wonton wrapper, bring 1 corner up to meet the opposite corner, press down gently around the edges and place onto the baking paper. Repeat with the remaining mixture.

### Soup

1. Finely chop the shallot and remove the skin from the ginger
2. Place the stock, ginger and shallot into a large stock pot, bring to a simmer for 2 minutes. Remove ginger.
3. Cut baby bok choy bunches in half lengthwise and rinse well. Cut the stem into 3 pieces and the leaves into 2.

4. Add the stems and the wontons into the stock and cook for 4 minutes. Add the noodles and bok choy leaves into the pot and cook for a further 4 minutes.
5. Adult toppings; wash the mint and coriander, remove from stems, roughly chop into large pieces. Finely slice chili on the diagonal.
6. Serve ladles of soup, dumplings and noodles in a bowl. Top with the adult topping as desired.

Tip: you can make wontons in advance and freeze. Simply place wontons in a single layer in a freezer bag or container and freeze.

### Kids in the kitchen can:

- Pick the coriander sprigs off the stalks
- Stir the dumpling mixture
- Help to form the dumplings
- Older kids (10+) may also help finely chop the dumpling ingredients

### Adult extras

Often children do not like the complexity, spiciness, and colours of food that adults do. Make the adult extra topping and sprinkle onto the top of the soup just prior to serving.







# Sticky chicken drumsticks with Asian slaw

Serves 4

## INGREDIENTS

### Drumsticks

- 8 chicken drumsticks
- ¼ cup soy sauce
- ¼ cup sweet chilli sauce
- 2 cloves of garlic
- ¼ tsp mustard powder
- 1 tbsp honey
- 1 pinch salt and pepper

### Asian Slaw

- ½ wombok (Chinese cabbage)
- 1 carrot
- 2 tbsp sesame seeds
- ½ purple onion
- 4 sprigs of coriander
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 3 tsp soy sauce
- 1 clove of garlic
- 1 shallot
- 1 pinch salt and pepper

## METHOD

### Chicken drumsticks

1. Preheat oven to 180°C.
2. Finely chop garlic and place into a large bowl. Add soy sauce, sweet chilli sauce, honey, mustard powder, salt and pepper into the bowl with the garlic. Stir to combine.
3. Add chicken drumsticks to bowl and rub mixture into each drumstick.
4. Cover and refrigerate for 30 minutes.
5. Line a baking tray with baking paper, place chicken drumsticks onto tray, bake for 30 minutes.
6. Turn chicken drumsticks and bake for a further 15-20 minutes or until cooked.

### Asian slaw

1. Wash wombok and carrot.
2. Grate carrot, finely shred wombok and thinly slice the onion. Remove coriander sprigs from stem. Toss together in a large bowl.
3. Finely chop shallot and garlic clove. In a small jug, mix shallot, sesame oil, olive oil, soy sauce and sprinkle with salt and pepper.
4. Drizzle over salad 5 minutes before serving.
5. Sprinkle with sesame seeds to serve.

### Kids in the kitchen can:

- Measure the ingredients
- Make and stir the marinade
- Rub the marinade into the chicken drumsticks
- Grate the carrot
- Remove coriander sprigs from the stalks
- Make the dressing
- Older children (10+) can also help chop the shallots and garlic



# Fish tacos

Serves 4

Taco night is a fun way for everyone make their own dinner. This recipe is calculated for 3 tacos per person.

### INGREDIENTS

- 12 small soft tacos
- 700g white fish
- 2 small avocados
- 1 tbsp lemon juice
- 100g mixed baby tomatoes
- 1 baby cos lettuce
- ¼ purple cabbage
- 8 tbsp grated cheese
- 1 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tbsp olive oil
- 4 pickles
- 2 cobs corn
- 4 tbsp aioli

### METHOD

1. Remove the coriander leaves from the stalks. Chop the coriander and set aside.
2. Slice the tomatoes in half.
3. Rinse and dry the cos lettuce. You can serve the cos whole or thinly sliced.
4. Place aioli into a serving bowl.
5. Thinly slice the pickles.
6. Remove the seeds from the avocados, slice into thin wedges.
7. Boil the corn for 5 minutes until tender and set aside.
8. Dice the fish into 1.5cm chunks. Sprinkle the fish with salt, pepper, cayenne and smoked paprika. Drizzle with remaining lemon juice.
9. Place oil into a medium non-stick fry pan. Heat to a medium heat and fry the fish until golden and cooked through.
10. Heat a grill pan to high. Spray with oil and cook soft tacos for 30 seconds each side until coloured, serve on a plate. Place corn onto grill plate and allow to get some colour.
11. Place all bowls of ingredients into the middle of the table and assemble your own tacos.

### Kids in the kitchen can:

- Pick the coriander sprigs from the stalks
- Wash and dry the lettuce
- Scoop out the avocado wedges
- Make the fish seasoning and toss the pieces of fish into the crumb
- Assemble all the ingredients on share plates
- Older children (10+) may also slice the tomato







# Beef ‘n’ bean nachos with all the toppings

Serves 4

## INGREDIENTS

- 300g veal mince
- 300g beef mince
- 2 small avocados
- 8 tbsp grated cheese
- 1 tsp paprika
- 1 tsp cumin
- 2 cloves of garlic
- 2 shallots
- 1 tbsp olive oil
- 2 tsp lime juice
- 400g tin kidney beans
- 400g tin cherry tomatoes or crushed tomatoes
- 1 fresh jalapeno
- 1 tbsp tomato paste
- 4 tbsp sour cream
- 8 tortillas or 1 bag corn chips
- 1 tsp garlic powder
- 1 tsp smoky paprika

## METHOD

1. Remove the seeds from the avocados. Place the flesh into a bowl with lime juice, salt and pepper. Mash with a fork.
2. Finely chop the shallots and the garlic
3. Place half the olive oil in a medium fry pan, heat to a medium heat. Add the shallots and garlic, cook for 2-3 minutes until they soften. Add the beef mince, sprinkle with salt and pepper. Use the back of a wooden spoon to break the mince continuously. Cook until golden brown.
4. Sprinkle mince with cumin and paprika and stir through the meat in fry pan. Add the tomato paste, 100ml of water and bring meat to a simmer.
5. Add the tinned tomatoes and kidney beans, stir to combine then simmer for 10-12 minutes.
6. While the beans are simmering, turn the oven to 180°C fan forced. Line 3 baking trays with paper. Spray the tortillas with oil and sprinkle with garlic powder and paprika. Using kitchen scissors cut each tortilla into 10 pieces and arrange on baking trays.
7. Bake for 6-8 minutes until golden.
8. Finely slice the jalapeno.
9. Divide the tortilla chips or corn chips amongst 4 plates, top with ¼ the meat mixture and ¼ of the cheese. Microwave for 45-60 seconds (or until the cheese melts).
10. Top with a dollop of sour cream, guacamole, a spoon of beans and a pinch of sliced jalapenos (if desired).

### Kids in the kitchen can:

- Measure the ingredients
- Mash the avocado
- Combine the salsa ingredients
- Prepare the tortillas
- Assemble the plates
- Older kids (10+) may also slice the shallots and garlic



# Ricotta gnocchi served with fresh peas, ricotta and crispy prosciutto

Serves 4

## INGREDIENTS

### Gnocchi

- 300g waxy potatoes
- 150g ricotta cheese (medium stiffness)
- 125g plain flour
- 1 egg
- ¼ tsp nutmeg
- ½ tsp salt
- ¼ tsp pepper
- ½ cup finely grated parmesan
- Extra plain flour for dusting

### Sauce

- 100g butter
- 1 tbsp lemon juice
- 1 tbsp lemon zest
- 4 thin slices prosciutto
- 100g fresh ricotta
- 100g of peas
- 60g grated parmesan
- Salt and pepper

## METHOD

1. Place a medium saucepan of water to boil. Add 1 tsp salt.
2. Peel and quarter potatoes.
3. Place into boiling water and boil for 15-20 minutes until cooked (avoid over testing the potatoes as this can make them water logged).
4. Drain potatoes and allow to cool for 5-10 minutes. Mash with a potato masher or push through a sieve/ricer into a large mixing bowl.
5. Push the ricotta through a sieve/ricer into the same bowl with the potatoes. Whisk the egg in a small bowl and add to the potato mixture.
6. Add the nutmeg, salt, pepper and parmesan. Mix to combine.
7. Spray a biscuit tray with oil. Divide dough into 4. Place 1 piece of the dough onto a lightly floured surface. Using your fingertips roll into a 1.5 cm thick sausage.
8. Cut each strip into 2cm pieces. Place each piece onto a greased tray. Repeat with remaining mixture.
9. Place a medium saucepan of water to boil and add 1 tsp salt. Cook the gnocchi in batches until they begin to float (do not over crowd the pan). Remove with a slotted spoon and place onto the oiled tray. Repeat until you have no gnocchi left.
10. Sauce: finely slice the prosciutto. Place a medium pan onto a high heat and fry the prosciutto for a few minutes until golden. Remove from the pan and set aside.
11. In the same pan add the butter, lemon juice and peas. Simmer for 1 minute. Turn the temperature to high. Add the gnocchi and prosciutto back to the pan and allow the gnocchi to get some colour.
12. Plate four portions of the gnocchi. Sprinkle with parmesan, dollop on the ricotta and sprinkle with lemon zest.

### Kids in the kitchen can:

- Peel the potatoes
- Mash the potato and put through the sieve/ricer
- Push the ricotta mixture through the sieve/ricer
- Roll the gnocchi
- Using a butter knife, cut the gnocchi into shapes





Dessert







# Churros

Serves 4

## INGREDIENTS

For this mixture you will need a strong piping bag to get the star shaped churros

### Churros

- 250ml water
- 100g salted butter
- 1 cup plain flour
- 2 eggs

To toss in:

- 1 cup of caster sugar
- 1 tbsp of cinnamon

For frying:

- 2L of vegetable oil

### Dulche De Leche

- 395g tin sweetened condensed milk
- 40g butter
- 1 tbsp golden syrup
- ¼ cup brown sugar

### Chocolate sauce

- 400g milk or dark chocolate melts
- ½ cup thickened cream

## METHOD

1. Place water and butter into a small saucepan, bring water to the boil.
2. Whilst the water and butter comes to the boil. Whisk the eggs and set up a bench top or stand mixer with the paddle or double hook attachment.
3. As the water has boiled, remove from the heat and add the flour. Stir until the mixture is a ball and comes off the sides. Set aside for a few minutes to cool.
4. Whilst mixture is cooling make the chocolate and Dulche de Leche sauce.
5. Dulche de Leche: Place all ingredients into a small saucepan, stir until sugar dissolves and simmer on a low temperature for 6-8 minutes.
6. Chocolate sauce: Place a small saucepan with 400ml of water to boil. Place chocolate and cream into a small bowl on top of the saucepan with water, stir regularly until chocolate melts.
7. Once churros mixture has cooled, place into a bowl and turn onto a slow speed. Add egg mixture slowly until well combined.
8. Place oil into a medium saucepan (it should be 6-8cm deep). Heat to approximately 160°C (you can use a temperature probe, or test the oil with a small piece of the churros mixture). It should rise to the top and bubble.
9. Whilst the oil is heating, place sugar and cinnamon into a bowl. Line a plate with paper towel.
10. Fit a piping bag with a star tube. Place half of the churros mixture into a piping bag.
11. Pipe 10cm lengths of the churros mixture into the oil (cut the churros from the piping bag with scissors). Fry for 1-2 minutes (or until golden) and turn the churros.
12. Remove the churros from oil with tongs and place onto paper towel. From the paper towel, place into sugar and toss to coat churros.
13. Repeat step 9 until you have no mixture left.
14. Pour sauces into separate bowls, serve churros on a plate and allow people to dip their own churros into sauce.

### Kids in the kitchen can:

- Toss the churros in sugar (just be careful they are not too hot)
- Older kids (10+) can help with the sauces



# Strawberry tiramisu

Serves 4

## INGREDIENTS

- 500g strawberries
- 600ml thickened/heavy cream
- 300g mascarpone cheese
- 1 tsp vanilla bean paste
- 2 tbsp Cointreau (optional)
- 100ml orange juice
- 4 tbsp caster sugar
- 2 tbsp icing sugar plus more for serving
- 2 pieces of sponge cake (10x15cm) or 16 savoiardi biscuits

## METHOD

1. Finely chop  $\frac{3}{4}$  of the strawberries. Place chopped strawberries, orange juice and caster sugar into a small sauce pan. Simmer on a medium heat until strawberry dissolves.
2. Using a hand blender puree the mixture. Place mixture onto a brownie pan and allow to cool.
3. In a medium bowl, beat the cream until soft peaks form. Add the icing sugar, vanilla bean paste and mascarpone. Beat until well combined.
4. Get the serving tray or glasses ready
5. Cut the sponge or savoiardi to fit the serving tray or glasses. Place the sponge fingers into the strawberry mixture and allow to sit for 30 seconds each side.
6. Layer the biscuits at the bottom of each glass or tray, top with a dollop of the strawberry mixture (if making the adult version drizzle some Cointreau onto the biscuits), top with cream. Repeat to produce another layer, and until you have no more biscuits left.
7. Refrigerate for at least 2 hours.
8. Thinly slice the remaining strawberries and layer on top of tiramisu. Before serving, dust with icing sugar.

## Kids in the kitchen can:

- Measure the ingredients
- Beat the cream and mascarpone together
- Coat the sponge with the strawberry mixture
- Arrange the strawberries
- Pipe the cream on top
- Older kids (10+) may also slice the strawberries






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