



Winter 2017

Nourishing, simple ideas for serving fresh fruit and veg to kids



Warm up with immune-boosting kumara. Its firm flesh becomes deliciously tender and sweet when roasted, which kids love.

Recipe back page.

Inside: Warming winter recipes with fruit and veggies + top apple info + more
Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas

Eat Well

Time for winter baking with fruit and veggies

Turn on your oven to banish the winter chills with these tasty favourites. Full of immune-boosting vitamins, cauliflower is a one of the most popular veggies this season. Even the pickiest of eaters will enjoy the tender cauliflower florets 'hidden' in this creamy cauliflower mac 'n' cheese.

There's no better morning wake-up call than the welcoming aroma of muffins baking in the oven. These delicious café-style pear and muesli muffins topped with a little pear 'hat' are so appealing.



Cauliflower mac 'n' cheese

Preparation 25 mins | Cooking 45 mins | Serves 6

- 4 thick slices day-old wholegrain bread, crusts removed and torn into 2-3cm pieces
- 2 garlic cloves, crushed
- 1 tbs chopped thyme
- 50g butter, melted
- 1 medium cauliflower, trimmed and cut into medium florets*
- 1½ cups macaroni pasta
- 2 cups milk
- 1 tbs Dijon mustard
- 2 tbs plain flour
- 1 cup reduced-fat grated cheddar cheese
- ½ cup grated parmesan

*You'll need about 650g cauliflower florets.

Step 1 Preheat oven to 180°C fan-forced. Grease a shallow 8-cup ovenproof dish. Combine bread, garlic, thyme and 1 tbs melted butter in a medium bowl. Mix until bread is lightly coated. Set aside.

Step 2 Bring a large saucepan of salted water to the boil. Add cauliflower and macaroni and cook for 8-10 minutes or until pasta is just tender. Drain and return to the pan. Set aside.

Step 3 Meanwhile, to make cheese sauce, add remaining melted butter and mustard to a medium saucepan over medium heat and heat until foaming. Add flour and cook, stirring with a wooden spoon for 1 minute, until bubbling. Remove from heat and gradually add milk, ¼ cup at a time, stirring continuously. Return to heat and simmer, stirring occasionally, for 8-10 minutes or until thickened. Remove from heat and stir in both cheeses.

Step 4 Pour cheese sauce over cauliflower and pasta. Stir to combine. Spoon mixture into prepared dish. Sprinkle top with bread mixture. Bake for 25-30 minutes or until golden. Stand for 5 minutes and serve.



Pear & muesli muffins

Preparation 25 mins | Cooking 25 mins + cooling time | Makes 6

- 6 small just-ripe (about 140g each) pears (like Williams or Packham)
- 1 tbs lemon juice
- 1½ cups self-raising flour, sifted
- ⅓ cup caster sugar
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ¾ cup buttermilk
- 2 free-range eggs, lightly beaten
- ½ cup rice bran or vegetable oil
- ¾ cup natural muesli
- 2 tbs demerara sugar or raw sugar

Step 1 Preheat oven 180°C fan-forced. Line a 6 hole x ¾ cup capacity muffin pan with café papers or large muffin papers.

Step 2 Cut 3 cm from the top of each pear, leaving the stem intact. Set tops aside. Quarter, core and finely chop 3 of the remaining pears. Gently toss chopped pears in lemon juice. The remaining unchopped pears are not required for this recipe – give them to the kids to nibble on while the muffins are baking.

Step 3 Combine flour, caster sugar and spices in a large bowl. Make a well in the centre. Whisk buttermilk, eggs and oil in a jug until well combined. Add buttermilk mixture, chopped pears (drain juice) and ½ cup muesli to dry ingredients. Stir until just combined (don't overmix).

Step 4 Spoon mixture into prepared pan. Gently press a pear top (stem-side up) into the centre of each muffin. Sprinkle with remaining ¼ cup muesli and the demerara or raw sugar. Bake for 20-25 minutes or until skewer inserted comes out clean. Stand for 10 minutes in pan then turn out onto a wire rack to cool and serve.

IT'S APPLE SEASON...

Crunchy Australian-grown apples are now at their best in your local greengrocer. For optimum crispness and flavour, store apples in the fridge rather than in the fruit bowl. With so many apple varieties from which to choose, we've narrowed down the ones that kids are sure to enjoy for their vibrant colour and delicious flavour...



JAZZ

Subtly sweet with crunchy dense white flesh, the Jazz is small to medium in size but big on flavour. This variety tends not to bruise easily so it's a great 'on-the-go snack' for busy kids.



KANZI

This eye-catching glossy reddish-pink apple is new on the market and its season is short. The Kanzi has crunchy dense tangy flesh and is a cross between Royal Gala and Braeburn varieties. It's best stored in the fridge.



GREENSTAR

Related to the famous Granny Smith apple, the Greenstar has a fresh intense taste, crisp white flesh and outstanding crunch. Owing to its high vitamin C content, this variety tends not to discolour once cut, which makes it perfect to slice or toss into lunch box fruit salads.



PINK LADY

Sweet and crunchy with dense fine flesh and attractive rosy skin, the Pink Lady comes in a range of sizes. The smaller ones are the ideal snack size for little hands.



GRANNY SMITH

This classic green apple is bright and vibrant with delicious sweet white crunchy flesh. It's at its best for eating fresh in winter. It's also the perfect cooking apple.



GOLDEN DELICIOUS

With crisp juicy flesh and golden yellow-green skin, the Golden Delicious is a top apple for cooking and is also great for eating fresh.



ROYAL GALA

Small to medium in size with aromatic sweet crunchy flesh and glossy skin, this immensely popular variety is a great snack apple for active kids.

Apple pie filling and great ways to use it

Preparation 15 mins | Cooking 30 mins | Makes 2 cups

This delicious mixture tastes like an apple-pie filling. It keeps in an airtight container in the fridge for 5 days.

1.5kg Golden Delicious or Granny Smith apples
Juice of 1 lemon
1¼ cups water
2 tbs cornflour
⅓ cup caster sugar
1 tsp ground cinnamon
½ tsp ground nutmeg

Step 1 Peel, core and chop apples into 2-3cm pieces. Place into a large bowl. Drizzle with lemon juice and ¾ cup of the water. Set aside.

Step 2 Whisk remaining ½ cup water and cornflour in a teacup until smooth. Place cornflour mixture into a large saucepan over medium heat. Stir in sugar, cinnamon and nutmeg. Stir until mixture comes to the boil (it will not be smooth).

Step 3 Add apple mixture and stir to combine. Bring to the boil, stirring often. Reduce heat, cover and gently simmer over medium-low heat, stirring occasionally, for 15-20 minutes until apples are very tender. Set aside to cool in the saucepan.

4 quick ways to use apple-pie filling

1. Spoon apple pie filling over hot porridge.
2. Swirl chilled apple pie filling through yoghurt and top with some toasted muesli.
3. Add apple pie filling to crepe and pancake fillings.
4. Serve bowls of warmed apple pie filling with a drizzle of custard.



Go for Kumara

Bright orange-fleshed kumara is a delicious immune-boosting root vegetable packed with nutrients and fibre. It's a rich source of beta carotene, which the body converts to vitamin A, and vitamin C, an immune system essential. Kumara also contains vitamin E that helps protect cells.

Often referred to as orange sweet potato, kumara can be substituted for traditional potatoes in many recipes. It's a top vegetable for soups, mashing, cutting into wedges, roasting or baking.

Choose firm kumara and store in a dark, cool and well-ventilated place. Use within 2 weeks.



ROASTED KUMARA WITH EGGS & AVOCADO SALSA

Perfect for an easy brunch, lunch or dinner (pictured front cover)

Prep 15 mins | Cook 1 hour | Serves 4

4 small (about 250g each) kumara (orange sweet potato), washed, scrubbed & dried
4 small free-range eggs

Avocado salsa:
1 small ripe avocado, diced
200g grape tomatoes, halved & sliced
1 tbs lemon juice
2 tbs chopped coriander leaves

Step 1 Preheat oven 180°C fan-forced. Place kumara on a baking tray lined with baking paper. Cover with a sheet of foil. Bake for 1 hour 10 minutes or until tender. Remove from oven. Set aside to cool slightly.

Step 2 Using a small sharp knife, make a deep cut lengthways down the centre of each kumara. Gently push the kumara ends towards the centre to create an opening. Repeat with remaining kumara. Crack an egg into each kumara. Return to oven and bake for 12-15 minutes or until yolk is just firm. Set aside to cool slightly.

Step 3 Meanwhile to make salsa, combine tomatoes, avocados, lemon juice and coriander in small bowl. Season with salt and pepper to taste. Top each kumara with avocado salsa and serve.

Seasonal Produce Guide

What's best this winter...

FRUIT	VEGGIES
Apples	Beetroot
Avocados	Broccoli
Banana	Brussels sprouts
Custard apples	Cabbage
Grapefruit	Carrots
Kiwifruit	Cauliflower
Gold	Celeriac
Green	Celery
Lemons	Eggplant
Mandarins	Fennel
Nashi	Jerusalem artichokes
Oranges	Kohlrabi
Navel	Kumara (sweet potato)
Blood	Leeks
Cara cara navels	Mushrooms
Pears	Onions
Packham	Parsnips
Beurre Bosc	Potatoes
Corella	Pumpkin
Pomelo	Silverbeet
Quince	Spinach
Rhubarb	Swede
Strawberries	Turnips
Tangelos	

essentials... top fruit in winter



Cara Cara navel oranges

Grown in Australia and virtually-seedless, these oranges have deep rosy-orange juicy flesh. They're refreshingly sweet due to their low acidity and are a must-have citrus for winter fruit salads and lunch boxes. Find them in your greengrocer from mid-June to July. Brimming with nutrients, they're a very good source of vitamin C. Half a large Cara Cara navel supplies the recommended daily intake.



Rhubarb

This versatile glossy red-stemmed fruit is at its peak in cooler months. Choose bunches with firm stems. Trim and discard the leaves, and wash the stems well before cooking. Stew, roast, poach or microwave rhubarb. Rhubarb teams really well with apple and pear.



Packham pears

A favourite pear, the Packham has delicious white flesh and perfect crunch. The green skin becomes less intense and the flesh softens when fully ripe. Greener-skinned fruit is crisp and partners perfectly with cheese, or sliced and added to winter salads. Opt for smaller pears. This variety can be used in the pear and muesli muffin recipe on page 2.

Visit www.freshforkids.com.au for more quick & easy recipe ideas!

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