



Meal & Memories are Made Here

A compilation of family-friendly recipes with tips on how to adapt to your family and how to get your kids into the kitchen, ensuring they enjoy the process and learn from it.



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Culminating Assignment OHEA Self-Study Course

What to Expect

For my culminating assignment, I have created a document filled with a variety of family-friendly recipes from my favourite cookbooks, websites, and personal creations. I enhanced these recipes by adding tasks for children of various ages to get them involved in the recipe and teach them kitchen literacy and skills. I also sprinkled in a few nutrition facts throughout. **My hope is that this document will provide guidance that can be adapted and implemented to all types of recipes outside the confines of this manual.**

As an avid cookbook collector (*I have included a picture of my collection below*), I have noticed time and time again that cookbooks are deemed “family-friendly” or full of “family-friendly recipes”; however, they only focus on ensuring a family eats together, not preparing the final recipe together. Why not get the family engaged throughout the whole preparation process?

I appreciate your time and hope that my passion for home cooking, baking, and nutrition knowledge are evident in each of these pages.

Thank you,

Abigail



About the Author

Abigail is an alumna of both the University of Guelph and Fanshawe College, having completed the BAsC - Applied Human Nutrition program and the Agri-Business Management program, respectively. She currently works as a Customer Service Coordinator. In her spare time, she loves to crochet, read, and collect cookbooks. The star cookbook of the collection is the 1952 Good Housekeeping complete suite of 20 mini cookbooks. She also loves to cook and bake, regularly experimenting with new recipes and techniques. She lives on a farm with her partner, their Australian Shepherd “Peaches”, and many cows.

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Important Note from the Author

The “Tips and Tricks” associated with each recipe are meant to shed light on the details and possibilities of each recipe, to help you and your family get the most out of them. The hope is that after reading through these “Tips and Tricks” you will be able to extrapolate the information to your family, your interests, and other recipes. **The “Tips and Tricks” for each recipe are not an all-inclusive list.**

Recipe #1: Dutch Baby

Recipe Source: Kramis, S., & Kramis Hearne, J. (2013). *Cast Iron Skillet Cookbook*. Sasquatch Books

Ingredients

- 2 tbsp. butter
- 4 extra-large eggs
- 2/3 cup all-purpose flour
- 2/3 cup milk



Steps

- 1) Preheat oven to 425F.
- 2) To prepare the Dutch Baby, melt the butter in a 12-inch cast iron skillet over low heat.
- 3) Mix the eggs, flour, and milk in a blender on medium speed, until just combined (5-10 seconds).
- 4) Pour the batter into the skillet with the melted butter.
- 5) Bake until the top puffs up and is slightly golden, about 25 minutes.
- 6) When the Dutch Baby is done, serve immediately.

Tips and Tricks

- ⇒ This is a great option when you are looking for something quick to prepare, as it requires no monitoring like regular pancakes or French toast.
- ⇒ BONUS - It only dirties a few dishes!
- ⇒ The eggs in this recipe are a good source of protein.
- ⇒ What child doesn't love controlling the blender speed and watching everything come together?
 - This is a perfect opportunity to discuss safety when using the blender.
- ⇒ Your family can get creative with, and personalize, the toppings.
 - Bananas and peanut butter
 - Strawberries and chocolate chips
 - Granola
 - Sautéed peppers and cheese – a great savory option
 - Yogurt and berries
 - Classic pancake toppings – syrup and butter
- ⇒ This pancake rises VERY significantly and differently each time, so it is fun for everyone to watch.
- ⇒ This recipe provides a great opportunity for children to practice cracking eggs.
- ⇒ You could even have some holiday/event fun with this recipe – think red Dutch Baby for Christmas or your child's favourite colour for their birthday.
- ⇒ While cast iron's ability to conduct and hold heat makes it an excellent cooking tool, it also means it remains quite hot for a while – a good opportunity to discuss proper handling of hot pans.

Recipe #2: Never Fail Banana Muffins

Recipe Source: Febrey, L. (2001). *Our Favourite Recipes: Neonatal Intensive Care Unit St. Joseph's Health Care*. Rasmussen Company

Ingredients

- ¾ cup sugar
- ½ cup butter
- 1 egg
- 2 mashed bananas
- 1 tsp vanilla
- 1 ½ cups flour
- 1 tsp baking soda
- ¼ cup water

Steps

- 1) Mix all ingredients together.
- 2) Pour into greased or lined 12 muffin tin.
- 3) Bake at 375F for 15 minutes.



Tips and Tricks

- ⇒ With basic ingredients and no “fancy” techniques required, just stirring, this is a phenomenal recipe to introduce baking to your child.
- ⇒ Your baby or toddler can even be involved in the mashing of the bananas in this recipe.
 - Place the bananas in a Ziploc bag and have them mash them in their highchair. Not only could this be an enjoyable experience for them, but will also help them develop their motor skills.
- ⇒ Similar to the Dutch Baby recipe, you can get creative with add-ins for this recipe.
 - Walnuts (BONUS: high in magnesium and omega-3s)
 - Blueberries
 - Chocolate chips
- ⇒ This is a great recipe to “play around with”. It’s a fun activity and learning experience for your child. (*Note: I have tried all the below adjustments and they all end in an edible, though very different, finished product.*)
 - Try maple syrup instead of sugar – how does this affect the taste?
 - Try excluding the baking soda – how does this affect the shape and size?
 - Try 3 mashed bananas instead of 2 – how does this affect the texture?

Recipe #3: Cheesy Ranch Tacos

*** This recipe has been adjusted slightly from the original source.

Recipe Source: Shull, S. (2020). *Cheesy Ranch Tacos*. <https://mixandmatchmama.com/2020/08/cheesy-ranch-tacos/>

Ingredients

- 2 tbsp oil
- 1 lb ground beef and 1 lb ground turkey
- 1 packet of Ranch seasoning (the powdered mix)
- 1 packet of low sodium taco seasoning
- ½ cup ranch dressing
- 2 cups shredded cheese
- Taco shells – soft or hard

Steps

- 1) Preheat oven to 400F.
- 2) In a large skillet heat the oil, and add the ground beef and ground turkey. Break into small pieces while cooking. Cook fully – until the meat is browned through (no red internally) - about 10-15 minutes.
- 3) Add the taco seasoning and mix in completely – you may need to add a dash of water.
- 4) Add the ranch seasoning packet and remove from the heat.
- 5) Stir in the ranch dressing and then the cheese. Can be eaten in soft taco shells or hard taco shells.

Tips and Tricks

- ⇒ The versatility of this recipe makes it perfect for the whole family to enjoy. It can be enjoyed ...
 - In hard shells or soft shells, as mentioned in the recipe
 - On a salad
 - Scooped with tortilla chips
 - In lettuce wraps
- ⇒ This is an excellent introductory recipe to stovetop cooking.
 - Since this recipe is prepared one step at a time (i.e., There are no components that are cooking or being prepared simultaneously), it is perfect recipe for an older child to learn to prepare, as they can solely focus on the step at hand and master those skills.
- ⇒ It is a great recipe to learn about how meat progresses in colour and texture as it cooks, and to learn the signs of when meat is fully cooked.
 - The meat will start out gummy in texture, and become crumbly once it is cooked.
 - The meat will brown as it cooks. Once it is fully cooked it will be brown through (no red in the middle). A great way to check doneness is to cut the largest meat crumble in half and ensure it is brown in the middle.
- ⇒ You could sauté peppers with the meat as it cooks to increase the fibre and vitamin C.

Recipe #4: Everyday Bread Dough

Recipe Source: Gerard, T. (2019). *Half Baked Harvest Super Simple*. Clarkson Potter Publishers

Ingredients

- 1 cup warm whole milk
- 1 packet instant dry yeast
- 1 tablespoon honey
- 2 large eggs, beaten
- 4 tablespoons salted butter, melted
- 3 ½ to 4 cups all-purpose flour
- ½ teaspoon salt

Steps

- 1) Combine the milk, yeast, honey, eggs, butter, 3 ½ cups flour and the salt, in the bowl of a stand mixer. Beat until the flour is completely incorporated, 4 to 5 minutes. If the dough is sticky, add the remaining ½ cup flour.
- 2) Cover the bowl with plastic wrap and let sit at room temperature until doubled in size, about 1 hour.
- 3) At this point the dough can be used as directed within any recipe of your choice.

Tips and Tricks

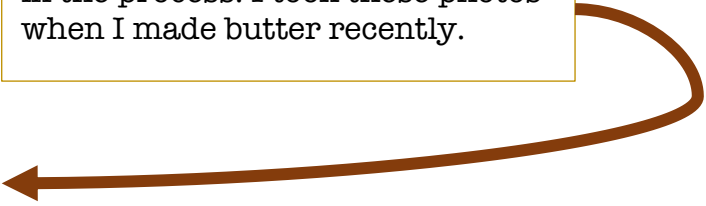
- ⇒ Numerous recipes for this dough can be found here (by searching “Everyday Bread Dough”, on the Half Baked Harvest website): <https://www.halfbakedharvest.com/?s=everyday+bread+dough>
- ⇒ This recipe can also be mixed by hand, with a dough hook or wooden spoon. Not only is this a great workout, it is also a good learning opportunity to watch the ingredients come together and observe when the dough is the proper consistency. You should not see any flour and the dough should be a voluminous ball (i.e., Not flaking).
- ⇒ This dough is EXTREMELY versatile – you can make everything from a loaf of bread to cinnamon buns.
 - You can engage your kids, no matter their age, in shaping buns, rolls or breadsticks. They might enjoy playing around with the dough and creating a shape and watching it grow as it bakes, and then observing what it looks like after it has baked.
- ⇒ BONUS – Since this is not a time-consuming bread recipe (i.e., It does not need to rest overnight like some recipes), it is perfect to learn from, as if something goes awry, you have not devoted an extreme amount of time (and we all know that can be very frustrating).
- ⇒ This is a great recipe to make in a pinch.
- ⇒ Try making this dough into a loaf of bread, and then compare with a piece of store-bought bread.
 - Do they differ in taste?
 - How does the consistency differ?
 - Which does your family prefer more?



This past Christmas I used the “Everyday Bread Dough” recipe and made it into a braided cinnamon bun wreath. It was delicious and very fun to plan out (e.g., Determining the size to cut the three pieces to braid, meticulously braiding the pieces so all of the filling did not fall out, and figuring out how large I needed the wreath so it would properly bake in my skillet).



While your dough is resting you could even make some homemade butter to go with your rolls or bread. All you need to do is put 1 litre of heavy whipping cream into a stand mixer on medium/ high and wait. This is an extremely cool process to observe, as the cream changes so drastically at each step in the process. I took these photos when I made butter recently.



Recipe #5: Egg Cups

Recipe Source: Created and tested in my own kitchen ☺

Ingredients & Steps

- 1) *Preheat oven to 350F.*
- 2) *Spray a 12-muffin tin with cooking spray.*
- 3) *Crack 1 full egg into each cup. Whisk slightly with a fork.*
- 4) *Add any desired mix ins – such as meats, cheeses, veggies (see list of suggestions below).*
- 5) *Bake for 20 minutes, until the eggs are opaque and the edges are golden.*

Tips and Tricks

- ⇒ The mix in list is ENDLESS (you only need to be mindful of cutting the mix-ins small enough that they will soften in the oven). Here are some tried and true ones from my kitchen ...
 - Broccoli and cheese
 - Salami, cheese and red pepper
 - Crumbled breakfast sausage
 - Feta and red pepper
- ⇒ While this recipe is very simple it offers many ways for your children to get involved. They could simply suggest a flavour combination they would like to try or safely practice their knife skills by preparing the mix ins – chopping salami is going to require different coordination than chopping carrots. A young child could also help sprinkle the toppings in, learning about what a good amount is so it cooks properly and tastes good.
- ⇒ These are a great protein and fat source for breakfast, and can be combined with a piece of toast or some oatmeal for a satiating meal.
- ⇒ BONUS - These will last in the fridge for about a week.



Recipe #6: Basic Beer Pizza Dough

Recipe Source: Rice, L. (2020). *Beer Bread*. Countryman Press

Ingredients

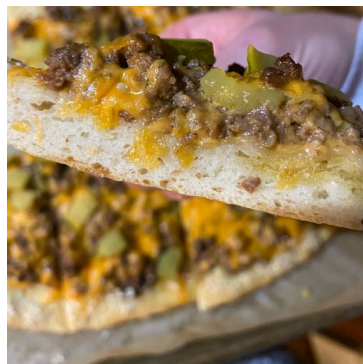
- 2 ½ cups all-purpose flour
- 2 ¼ teaspoons active dry yeast
- 6 ounces (¾ cup) beer
- 1 teaspoon sea salt
- 2 tablespoons olive oil

Steps

- 1) Add the flour and yeast to a bowl. Slowly pour the beer in. Mix until combined.
- 2) Mix in the salt and then the oil.
- 3) Knead the dough for 5-8 minutes until it becomes a smooth ball.
- 4) Place the ball of dough in a bowl that has been greased with olive oil. Cover and let it rise until it's doubled in size, 60 to 90 minutes.
- 5) Transfer the dough to a flat surface. Roll or press into a 14-inch circle. Add the toppings and bake according to your pizza recipe, generally at 450F for 15 to 20 minutes.

Tips and Tricks

- ⇒ This dough is simple to make and always turns out spectacularly – a nice airy crust.
- ⇒ Kneading the dough to the proper consistency is a great activity for kids to learn and practice with this recipe.
- ⇒ You can shape this dough into multiple mini pizzas and have everyone make their own personal pizza – Family Pizza Night!
- ⇒ This recipe is great for learning to work with a rolling pin, including applying appropriate pressure and ensuring you evenly spread the dough.
- ⇒ BONUS – This dough can be frozen and bakes up just fine after freezing. Simply wrap it in plastic wrap after kneading and pop in the freezer. Remove it from the freezer the night before you want to enjoy it and put it in the fridge. Take it out of the fridge and place on the counter, 1.5 to 2 hours before you intend to make your pizza.



Where to Find More Meal Ideas

Below is a list of some of my favourite websites or chefs from whom you can find new recipe or meal ideas.

Half Baked Harvest	<p>https://www.halfbakedharvest.com/</p> <p>This chef, Teighan, also has a spectacular presence on her Instagram, where she posts regularly preparing recipes step-by-step on video.</p>
Mix and Match Mama	<p>https://mixandmatchmama.com/posts/food/</p> <p>Shay, at Mix and Match Mama, is the queen of “themed” meal ideas for all holidays and occasions – they are very fun!</p>
The Pioneer Woman – Ree Drummond	<p>Ree has various cookbooks that are all spectacular. I highly recommend her most recent: “The Pioneer Woman Cooks: Super Easy”</p>
Six Sisters Stuff	<p>https://www.sixsistersstuff.com/</p>
Shelf Cooking Meal Plan	<p>https://shelfcooking.com/</p> <p>This site offers a weekly meal plan, that is emailed each Friday. The plan is budget conscious and focuses on using what you have on the shelf.</p>
Venison for Dinner	<p>https://venisonfordinner.com/</p>



A loaf of my Lindt chocolate bread and a loaf of my old cheddar cheese bread.

Recipe References

Febrey, L. (2001). *Our Favourite Recipes: Neonatal Intensive Care Unit St. Joseph's Health Care*. Rasmussen Company

Gerard, T. (2019). *Half Baked Harvest Super Simple*. Clarkson Potter Publishers

Kramis, S., & Kramis Hearne, J. (2013). *Cast Iron Skillet Cookbook*. Sasquatch Books

Rice, L. (2020). *Beer Bread*. Countryman Press

Shull, S. (2020). *Cheesy Ranch Tacos*. <https://mixandmatchmama.com/2020/08/cheesy-ranch-tacos/>