

Junior

FEBRUARY 2007
WWW.JUNIORMAGAZINE.CO.UK

Kate Winslet, Tom Dixon
& Christian Lacroix
design... for children!

COLD WEATHER FUN
... and dear old Grandma's
homespun health remedies

THE *Wonder* YEARS

Whatever happened to
a carefree childhood?

* **PLAY** good old-fashioned
games to inspire your
child's imagination

* **RECREATE** simple
pleasures to evoke
happy memories

* **ENJOY** the best
years of their lives

**FASHION
SPECIAL**

27 pages of exciting
trends for Spring
& Summer

ISSUE 90 £3.50
02
9 771461 362051





My food diary

Ann's February

WE ARE IN the midst of a winter wonderland as our farmers offer up hearty winter vegetables for our table: cabbages, carrots, and turnips, Brussel sprouts, celeriac, Jerusalem artichokes, purple broccoli, celery, leeks, parsnips and radishes... I love to eat all these root and ground veggies, either alone or combined in satisfying stews and soups that even finicky eaters like. And let's not forget, apples and pears are still in abundance – wholesome and easy snacks you can offer your children.

This is a cosy time of the year and my children are content. They actually enjoy going to bed early, as the wintry night takes away their sunshine. My seven-year-old daughter, Halle, says she dreams she is playing all the time.

Just when the quietness of winter has settled in, February comes along with a celebration of love, all in the name of St Valentine. From as far back as the Middle Ages, February 14 has been the special day to go looking for love. It's fun to see the children getting into the celebration by making pink tissue paper roses and delicate hearts cut out from red paper. Tiny boxes with edible sugar-coated hearts, silly, yet simple verses inscribed on them find their way into my kitchen.

Together, Halle and I make valentine cards for all her classmates. Each one has a Valentine's message inscribed within – 'Hearts unite', 'Two is better than one', 'Lockets in love', 'Surprise me' and the one we all want to hear as many times as possible, 'Will you be my Valentine?'

Vegan Chocolate Cupcakes with Chocolate Frosting

Makes 12 medium-size cupcakes

Cupcakes ingredients

- 250g rye flour
- 125g unsweetened cocoa powder (such as Green & Blacks)
- 175g maple or brown sugar
- Pinch of salt
- 150 ml pure maple syrup
- 100ml soya oil
- 250ml plain soya milk
- 1tsp bicarbonate of soda
- ½tsp vanilla extract
- 50g unsweetened dairy-free choc chips
- 1tsp flax seeds

For the frosting

- 250g silken tofu (extra firm – vacuum packed)
- 30ml pure maple syrup
- ½tsp vanilla extract
- 200g unsweetened chocolate chips (melted)

Method

Preheat oven to 350°F/Gas 4. Line a muffin tray with paper liners or use silicone muffin pans that require no liner or additional oil. Sift the dry ingredients together in a medium bowl.

Whisk all wet ingredients together in a large bowl. Pour the dry into the wet and mix until smooth. Fold in the chocolate chips. Spoon the batter into the muffin pan, filling them three-quarters full. Bake for 15 to 18 minutes or until a toothpick comes out clean. Allow to cool. In a food processor, whip the ingredients for frosting until smooth. Set in the fridge for an hour. Spread a generous amount over each cupcake.



Food & drink

Ann Gentry talks hearty winter vegetables and cooks up a lovin' spoonful for St Valentine's Day



Made with love

What better way to show loved ones the place they hold in your heart than with a sweet little token of your affection. The people at Waitrose and Sainsbury's have clearly been busy embracing their romantic sides. They're both offering a selection of goodies to help celebrate St Valentine's Day. *Left* Gingerbread people with pink icing hearts, 49p each from Waitrose. *Right* Large pink marshmallow heart lollipop with icing decoration, 79p each from Sainsbury's.



IN ASSOCIATION WITH

Kellogg's

Rice Krispies Multi-Grain, the delicious fun-shaped cereal made from rice, oats and corn that contains a natural prebiotic to help keep children's tummies healthy

I can't live without my...

French Silicone Miniature Muffin Pan

I love these food-approved silicone moulds. They're flexible and ideal for sweet, savoury, hot and cold preparations. Silicone is non-stick, so you use less fat, as there is no need to grease the moulds for every use. They're easy to clean and come in a range of bright colours. Muffin pan £9.95 from www.wheesh.com

On Junior's shopping list this month

* Laptop lunch box £12.49: an ingenious design, with mini boxes to keep lunch fresh and tasty from www.laptoplunches.co.uk

* Sipahh milk-flavouring straws, designed to encourage reluctant milk-drinkers. Available in chocolate, banana, strawberry and caramel flavour; £1.99 for 10, from Sainsbury's.

* *Caribbean Cooking For A Cause* by Morgan Freeman and Friends (Rodale, £20). An exotic mix of starters, main courses, drinks and desserts. Morgan's 'friends' include Tom Hanks and Gary Rhodes. Proceeds go to the Grenada Relief Fund.



Breakfast

Rice Krispies Multi-Grain are a fun way to give children the natural prebiotics they need for good digestive health



What's so great about... flax seeds

The ancient flax seed (also known as linseed) has become our modern miracle food. They contain alpha linolenic acid, a plant-derived Omega-3 fatty acid, similar to those found in oily fish. You can substitute flaxseed mixture for eggs in home-baking recipes; 1tbsp milled flax seed, plus 3tbsp water = 1 egg. Delicious on cereals too.



Six steps to happy packed lunches

Now that both of my children are at school, preparing and packing a healthy lunch for them every day is a challenge, but I think I have finally figured this task out. Here are six steps that are both good for your children and the planet.

- 1 The night before, pack food in a lunch box not a paper bag and store them in the refrigerator overnight.
- 2 Make sure you have a set of containers that your child likes and can open easily. Avoid plastic bags, plastic wrap and aluminium foil whenever possible. With a resealable container, children can save uneaten food so you can see exactly what they are eating.
- 3 Use a cloth napkin instead of paper. Not only does this save trees but also I believe it is the beginning of good manners.
- 4 Buying lunch foods in larger containers instead of single-serve packages costs less. Buy large-size pots of yogurt or fromage frais and spoon into a smaller container. Buy quality bulk items, such as nuts, seeds and dried fruits.
- 5 Don't send a whole apple or carrot in the box; instead cut up fruits and vegetables. This way children can eat a little and save the rest for later. It's easier to eat a wedge or two then reseal the container to finish later.
- 6 Use a refillable drink bottle filled with water instead of juice, fruit-flavoured or fizzy drinks. Water is what our children's bodies need. And most juice pouches and boxes are not recyclable.

“ Every child should learn to cook and we need to keep banging on about the basics ”

Chef Gordon Ramsay on educating children about food



PHOTOGRAPHY: DAVID HANDELY, STILL LIFE: KEVIN NIXON. SEE STOCKISTS ON PAGE 160 FOR DETAILS OF FEATURED PRODUCTS