

food

2 girls with a blog

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MONDAY, 12 MAY 2014

Dear Blog!

Sorry for completely neglecting you over the past month. After starting a new job, I've found myself with no extra time to devote to what I love most - hanging out in the kitchen!

The good news to come out of this however, is that I have had a chance to sample many delicious local Portuguese dishes which I will very soon make available for those wanting to try something different! Mostly each dish is seasoned in advance and cooked nice and moist. There will also feature a sweet section

Seeing as summer is making an odd appearance here and there, I will also get working on the BBQ recipes! Hard to believe its that time of year already. Feel free to glance back over last years BBQ posts.

Other than that, sit tight and prepare for the summer rush.

Laura x

Posted by 2 Girls with a Food Blog at 13:16 0 comments

SUNDAY, 30 MARCH 2014

Do you need a PA?

Clever Cards

When it comes to birthdays do you need a P.A. to buy, write and send your cards? Do you need someone to remind you when someone's birthday is coming up? or do you find yourself just send belated cards?

I was all of the above until I discovered Clever Cards when watching The Late Late Show a few months back. I was given the opportunity to send a free card and did so to try out their system and have not looked back or missed an occasion yet!

A TASTE OF OUR BLOG



blogger effect

Vote for me in the #BEBAwards

FRIENDS THAT BLOG TOGETHER STAY TOGETHER!

About Me...

We are two best friends that blog about food. We both started while at home with our kids and it has grown into a passion from there. We hope you enjoy our blog and please feel free to contact us with your comments or just to say hi!

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Blog...

LAURAS INSTAGRAM



REBECCA'S INSTAGRAM

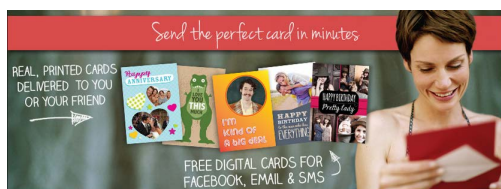


Clever Cards has an app that you can download on your phone or you can sign up from your laptop. It has the option of accessing your Facebook page where it accesses all your friends birthdays and sends you reminders when they are coming up. It also accesses their photos so you can use these when creating cards.

Cost wise, it is great value for money and includes the option of posting your card direct to the receiver. I sent a card this week for Mother's Day from the comfort of my living room for €3.49 including postage. I am abroad at the moment so this saved me money too. You can pay via

Paypal as well as visa/debit cards and the best part is that Clever Cards are **Irish!**

Never miss another occasion!
<http://www.clevercards.com/>



Posted by 2 Girls with a Food Blog at 15:39 0 comments

Labels: 2 girls with a food blog, birthdays, clever cards, friends, greeting cards, personal assistant, special occasions

THURSDAY, 27 MARCH 2014



Another treat for Mother's Day with thanks to Folláin

FOLLÁIN Jams have let 2 Girls with a Food Blog in on their secret ingredients to make this Mother's Day a *sweet* one. We couldn't resist giving some of the recipes a go and particularly enjoyed The FOLLÁIN Mess. All the recipes are focused around being active with the children in the kitchen this Mother's Day which is my favourite line from the songbook!

Including children in the kitchen builds confidence, co-ordination, independence, builds on motor skills and other developmental areas as well as building vocabulary and so many areas in math's. All this while having FUN with the family.

Here is how we got on and below are some other recipes to give a try yourselves.

The FOLLÁIN Mess

Most kids like to create a bit of a mess in the kitchen, and this delicious, easy to make recipe gives them full licence to do just that! It also only takes ten minutes to prepare.

Wash and slice a handful of strawberries. Whisk 200ml of double cream, and stir in 4 tbsp of FOLLÁIN STRAWBERRY JAM (you can choose between FOLLÁIN 'EXTRA FRUIT' or FOLLÁIN NO ADDED SUGAR).

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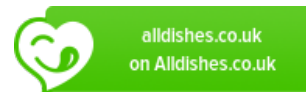
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pinterest

REBECCAS NUM NUM CUPCAKES BLOG

Blog...





Spoon a layer of the Strawberry cream into two empty jam jars, then add a layer of crumbled meringue, topped with a layer of the fresh strawberries. Repeat the steps until the jam jars are full.



It didn't take long to find a nice pink ribbon around the house to complete the edible gift for Mother's Day. All we need now is a spoon! (we did indeed try it out for ourselves and will definitely be making it again).



The good news is that we spotted FOLLÁIN Jams on offer in SuperValu this week so get down there to take advantage.

Bloggers Required

I'm a
PR friendly
blogger

mummies targeting
newbie foodies and the
early education of
children in the kitchen

BLOG ARCHIVE

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.....and as promised some more recipes for you to chose from with thanks to our friends at
FOLLÁIN

FOLLÁIN'S Simple No Added Sugar Jammy Biscuits

These easy to make biscuits are the ultimate treat, and best enjoyed fresh, toasted by successful chefs over a glass of chilled milk.

Rub 200g of self-raising flour together with 100g of caster sugar and 100g of melted butter until the mixture resembles fine bread-crumbs. Add 1 lightly beaten egg. Roll the dough to a thickness of 2cm, and cut into shapes, circles, hearts, dinosaurs – anything goes! Make a small indentation into the dough, and spoon one of the FOLLÁIN NO ADDED SUGAR JAM range into the middle, you can choose between; STRAWBERRY, RASPBERRY, APRICOT, BLACKCURRANT, and ORANGE.

If Kids and Dads want to treat Mum in the old-fashioned way to a decadent breakfast in bed, FOLLÁIN has some great ideas kids can try with supervision of course!

Folláin's Apricot Jam Breakfast Muffins

These tasty treats can be prepared the night before, and cooked to perfection the next morning.

Simply combine 2 free-range eggs with 150ml of natural yoghurt, with two tbsp. of FOLLÁIN NO ADDED SUGAR APRICOT JAM, one mashed banana, 50 ml of Rapeseed Oil, 4 tablespoons of Honey and one teaspoon of Almond Extract. Mix in a bowl along with 200g of wholemeal flour, 50g of porridge oats, 1.5 teaspoon of bicarbonate of soda and 2 tablespoons of mixed seeds. Divide into 12 Muffin cases and bake for 30 minutes, perfect served fresh out of the oven with good coffee.

If Mum is a fiery sort, then Folláin's Mexican Eggs with Spicy Relish is the perfect way for her to start her day! Sauté one small onion and once golden add a finely diced chili and small onion. Add a tin of chopped tomatoes and a generous dollop of FOLLÁIN IRISH TOMATO RELISH, seasoning with salt and pepper to taste. After 15 minutes, spoon the mixture into small baking bowls, and crack an egg into each bowl, bake in the oven for 12 minutes and serve with a wedge of lime, a spoon of guacamole, and some chopped coriander.

Folláin features three different ranges, including; Folláin Extra Fruit Traditional Irish Preserves, Folláin No Added Sugar Preserves and Folláin No Added Sugar or Salt Relishes. The ranges are available from leading supermarkets and independent retailers nationwide, log onto Follain.ie for more information.

Folláin products contain no artificial ingredients, no colourings, no flavourings, no preservatives, no additives and no GM ingredients. They are also fat free, gluten free and suitable for vegetarians. The fruit is meticulously hand prepared and cooked in kitchen style conditions but with the highest level of quality control assured each step of the way.

For more information on the full range of Folláin products and to get some great recipe ideas, log onto www.follain.ie, or like the [Facebook.com/FollainIrishPreserves](https://www.facebook.com/FollainIrishPreserves) or follow the conversation on [@FollainJams](https://twitter.com/FollainJams).

Enjoy

Laura x

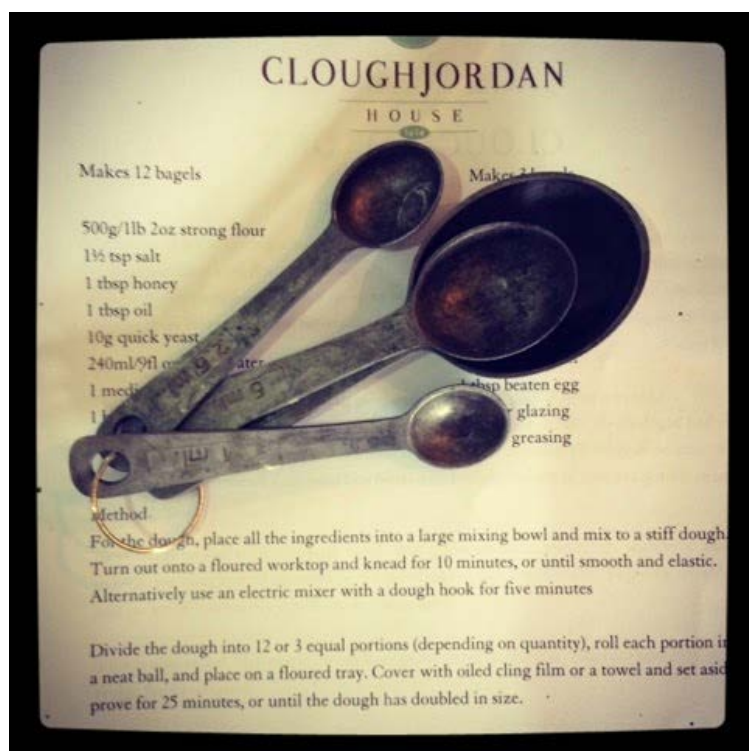
Posted by 2 Girls with a Food Blog at 14:44 0 comments



Labels: 2girlswithafoodblog, edible gifts, eton mess, follain jams, follain preserves, food blogger, mothering sunday, mothers day, supervalu, the follain mess

TUESDAY, 25 MARCH 2014

Cloughjordan guest house + cookery school



We arrived late on Friday evening the twinkly lights that hung from the trees led me up the stoney driveway. I knew instantly I was in for a treat. You see for me its all about the character and story behind the venue that makes a place unforgettable .



Cloughjordan house just so happened to be one of those uniquely stunning places. It had an incredible French feel to the exterior, I think the term effortlessly chic comes to mind, it turns out the original building is over 400 years old and has been in the Baker family since 1914. How amazing is that.

As it was late when we arrived we were welcomed by a roaring fire in the large living room where I might add the Baker family have an honesty bar that is just tops in my books.



For the short time I was there it was obvious to see that this guesthouse and cookery school was run like a finely tuned engine all thanks to Sarah and Peter. Sarah is a Ballymaloe trained cook and holds the reigns firmly for their state of the art cookery school which was once the coach house back in the day.



Upstairs from the cookery school are two large guest rooms with beautifully spacious en suites and to my delight had underfloor heating. Not only that but there was a full range of the Burren Perfumery products for us to tuck into, if you are not familiar with this Irish company they make gorgeous body products using organic essential oils. With combinations like Bergamot and lemon or fennel and mint I found no need for perfume, and if I'm brutally honest I may have used more of the body lotion than needed.





The next morning we set off to the main house for breakfast snapping pics along the way. It was then we got a guided tour by The man himself Peter, he showed us the impressive ball room where wedding season gets into full swing from May. And what a venue for your wedding with their over sized open fire and burlap bunting not to mention the large marquee, how whimsical how romantic.





Now breakfast in Cloughjordan house can't be over looked we started with gorgeous organic Glenisk yogurts such as Mango and blueberry followed by a full Irish but the trick with this full Irish is Peter and Sarah rear the pigs on their own farm that you then have the privilege of enjoying for your breakfast.



When Sarah popped out from the kitchen I had to ask where her sausages were from and she proudly told us all they were their own produce along with the eggs, bread and when in season the tomatoes and mushrooms. You can't get better than that.



On to the best part, the baking class. As an avid baker and creative cake maker this course was right up my alley. On the agenda for the day was a wide range of recipes which pleasantly surprised me as the course would only be four hours long. For a cooking course that is plenty of time but for what Sarah had planned for us that day it just showed her skill of time management and an obvious art of keeping her cool..



We made a yeast bread in the form of cumin and cheese baguettes and honey bagels. Then it was on to puff pastry these two genres take time to develop so in between proving and rolling we made chocolate eclairs with Glenisk cream filling and lastly an apricot and walnut soda bread.



Now I'm sure you can understand my amazement at Sarah's ability to multitask without breaking a sweat.

During the class everyone got stuck in, the atmosphere was fantastic we all had the craic and every few hours we were fuelled by coffee and the promise of enjoying the fruits of our labour.

With each recipe came different techniques and tricks for the class to absorb, and when it comes to teaching you either have the ability to translate it to others or you don't I don't think I need to tell you if Sarah has that ability.



She did say though that bakers are born not taught and I would whole heartily concur. There is a science to baking and I think if you have patience and precision your half way there.



At the end not only did we get to bring home our masterpieces that weren't devoured at lunch but everyone received a more than generous gift bag full of Glenisk's organic yogurts, creams and milk range.



When I was chatting to Sarah before I left she was telling me how in May she will have a guest speaker Emer O'Connor a nutritionist at the cookery school where she and Sarah will be focusing on baby and toddlers nutrition in the class, which myself and Laura are big advocates of as we have three young girls between us.

I was also introduced to Peter and Sarah's daughter Julie who is in her second year in UCC where she's studying food marketing and entrepreneurship. Julie also teaches cookery classes and hosts parties for young children how perfect would that be for birthday parties. It really is a family run business.

Family establishments like Cloughjordan house and Glenisk will only get stronger and stronger in their field as they strive for excellence in what they produce and I am delighted to have been apart of their baking weekend.

Enjoy
Rebecca x

This piece on Cloughjordan house and cookery school can also be found on my other blog
www.thehappcakeandbakeblogger.com

Posted by 2 Girls with a Food Blog at 13:47 0 comments



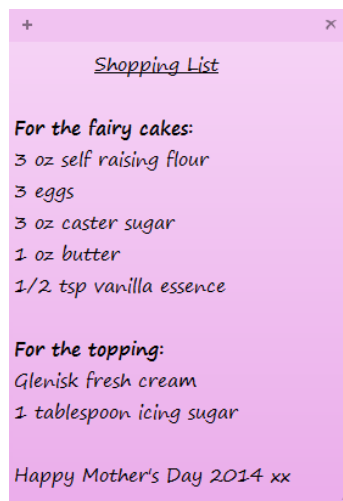
Mother's Day (recession proof) gift idea

This is guaranteed to earn you brownie points.....

In preparation for Mother's Day let us introduce to you this simple but lovely gift idea.

Breakfast in bed with a hamper basket including the ingredients for fairy cakes that mummy can make with her lil ones during the day. It is an inexpensive way to spend the day but priceless in what can be taken from the event. Someone can be on standby taking pictures as mammy and the kiddies are hard at work. The only terms and conditions are that kids clean up or Daddy!!!

This is the shopping list for the hamper (don't forget to add mum's favourite breakfast items to the bottom of the list)



Now all you need is a basket something like this one and some wrapping for it. I got my basket in a Christmas soap hamper so recycle whatever you have at home. Pop all your ingredients in. Write down how to make the fairy cakes and stick it in there too. Finally wrap it all up (if you have some wrapping paper or clear paper to recycle use these) and seal it with a kiss and a homemade card. She'll be so excited!



The fairy cakes are very easy to bake and the decorating is the best fun. It also adds a very personal and loving touch for any mummy / mama / mathair / ma / mammy/ mum / mam and the list goes on.

Method:

1. Mix the sugar and butter together. Make sure to have the butter at about room temperature so it's soft.
2. Next add the eggs and continue to mix for about 2-3 minutes.
3. Sieve in the flour and mix again until it forms a smooth mixture.
4. Divide into your cases and pop in the oven at 180°C for about 15-20 minutes until golden. Check with a fork to see that they are cooked by pressing gently and then checking that there is no raw mixture coming off.
5. Remove from the oven and place on a wire rack to cool while you prepare the topping!

For the decoration:

To transform these simple fairy cakes into dazzling fairy winged / butterfly cakes simply whip your Glenisk Fresh Cream and remove the tops off each fairy cake as in the photo below.



It's time to get messy (just in case you haven't already!!) Queue Camera!

Using an icing bag or just a spoon add cream to the top of each headless fairy cake and then add the wings as in the picture below. Finally to add the magic, sieve icing sugar over the top.

Feel free to be more inventive if you wish but make sure to let us in on your secret!





Have fun and Happy Mother's Day to all those hard working Mama's out there - Enjoy being spoilt.

From all of us here at 2 Girls with a Food Blog xx

Posted by 2 Girls with a Food Blog at 09:59 0 comments



Labels: cooking with kids, early education, gift ideas, Kids cooking, mothering sunday, mothers day

THURSDAY, 6 MARCH 2014

A berry berry super smoothie

So for three days this week I took a deep breath and delved into the world of JUICE DETOXES, morning noon and night all I was allowed to have was colourful juices packed with vitamins, minerals and anti oxidants.

Why did I decide to try this extreme health kick, well I just felt zonked like I was wondering around all doomy and gloomy just going through the motions. Which is not a good thing for anyone especially when I'm chief in charge of our two gorgeous girlies while the hubby is working away. You gotta be on top of your game or they'll gang up on you and take control ha ha.

One of the smoothie/juices that was by far my fave and one that I shall have on a regular basis is this berry jam packed smoothie



For this recipe you will need

- 1 cup of whole milk organic yogurt like Glenisk
- 1 cup of blueberries
- 1 cup of blackberries
- 1/2 a pineapple
- 1/2 a cup of ice

Firstly I cut the skin off the pineapple and pop in the juicer. Next in your blender add the yogurt, berries, pineapple juice and ice and whizz until smooth. It's a simple and quick as that my little ones adored the colour and flavour of it. This recipe made two big glasses of the purple stuff...

Enjoy
Rebecca x

Posted by 2 Girls with a Food Blog at 08:58 0 comments 



Coconut pancakes served with a LOVELY fried egg!

This morning we had a real treat of coconut pancakes served with a fried egg. Coconut pancakes are gluten free and dairy free (use coconut milk and almond butter). They are also much healthier for you than regular pancakes and much more filling which means you eat less! I also used cooking shapes to encourage my lil one to eat her breakfast as she doesn't usually like pancakes but will Hoover them up with a little creativity! I also involved her in the process which means she can learn her shapes and even fractions by cutting the shapes in half. It's all fun and very much indirect learning but it works!



What you will need:

- 2 eggs (room temperature)
- 1/2 cup of milk (cows or coconut will work)
- 2 teaspoons of honey
- 1/4 cup of coconut flour
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of sea salt

Method:

Beat 2 eggs in a bowl using a hand mixer until fluffy, probably about 1.5 minutes. Next add in the milk and honey and beat for a further minute. Next sieve the dry ingredients together and add the wet ingredients to the dry mixing together as you do. Mix until well blended together. Fry on a medium heated pan using almond butter or oil depending on your dietary requirements.





Posted by 2 Girls with a Food Blog at 07:54 0 comments [M](#) [e](#) [t](#) [f](#) [p](#)

Labels: 2girlswithafoodblog, allergy, coconut flour, fussy eaters, kids with allergies, wheat allergy

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