

How shall I feed him?



CHILDREN'S MEALS
and
PUDDING RECIPES

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Your Children's Meals

WHETHER your children grow up to be strong and sturdy adults depends to a large extent upon the food you give them now. A child's muscles, bones and teeth are only as good as the food from which they are built. Since he is not able to eat large quantities at one meal it is important that everything he has should be really nutritious.

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A Child Needs These Foods

Foods that Build Muscle:

Milk. Cheese. Eggs. Meat or Fish.

Food for Teeth and Bones:

Milk. Cheese. Hard Foods to bite on (e.g., rusks, crusts, raw apple, raw carrot).

Foods for General Upkeep of the Body and Protection against Infection:

Vegetables.

Fruit.

Wholegrain porridge and wholemeal or brown bread.

Butter or table margarine.

Water.

IN THESE QUANTITIES DAILY for children up to six years.

Milk— $1\frac{1}{2}$ pints up to 5 years, 1 pint thereafter.

Meats—Meat, fish, rabbit or poultry—1 or more servings.

Eggs—One.

Fruit—One serving of citrus or two servings of other fruit.
Citrus fruit, pawpaw, rockmelon and tomato are best for vitamin C.

Vegetables—Two servings in addition to potatoes. Green vegetables, cauliflower and carrots are best.

Butter or Table Margarine— $\frac{1}{2}$ -1 oz.

Wholegrain Cereals—Porridge and brown or wholemeal bread.

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MILK. See that each child in the family actually consumes his full allowance (1-1½ pints) and that it is not kept for other purposes. He can take it as a drink, with porridge, and in desserts, sauces and soaps. If he is not over-enthusiastic about drinking milk, vary it by flavouring with cocoa, honey, vanilla essence or caramel, or brighten it with a drop of colouring. Attractive mugs or glasses often help. Powdered milk is excellent as a substitute or as an extra.

CHEESE. Serve with salads, in sandwiches, grated on top of cooked dishes, or plain. Cheese is easily digested as long as it is well chewed or grated. Cheese may be substituted for meat.

MEAT. Use lamb, mutton, beef or fish. Lamb's fry and kidneys are particularly valuable. Corned beef and minced steak are suitable for children. Sausage mince is usually fatty and may be highly seasoned. It is, therefore, not desirable.

FRUIT AND VEGETABLES. Most children need little encouragement to eat fruit. Nearly all fruits are suitable if they are ripe and sound and washed thoroughly before use. For the very young, make sure that pips, stones, tough skin or bruised parts are removed. Stone fruits are quite safe for children as long as they are ripe and eaten in moderation. Ripe bananas are easily digested. For vitamin C, oranges, lemons, mandarins, pawpaw, rockmelon and tomatoes are good. Prunes and dried apricots provide iron.

Potatoes and green vegetables should be served every day. Encourage the family to eat them raw as well as cooked, and try to get them to like all vegetables by making them look and taste appetising and by serving them so that they are easy for the children to eat.

EXTRAS FOR ENERGY. Starchy foods and sugar are good providers of energy but they are not essential for body-building, and should only be served at the end of the meal, never between meals. It is a good idea to eat a piece of apple after meals to help clean the teeth.

FOODS THAT SHOULD BE RESTRICTED.

1. Sweets, sugar, biscuits, cakes—they spoil the appetite for the essential foods.
2. Fried foods, because they are not easily digested.
3. Highly seasoned sauces and flavourings.
4. Tea or coffee, except as a flavouring for milk.

TEACHING GOOD FOOD HABITS. Habits developed in the early years are the basis of every-day activities in later life. Aim to train your children to like and enjoy eating all the foods essential for health, avoiding fads and fussiness.

1. Children need regular meals in a pleasant, peaceful atmosphere. Do not discuss food likes and dislikes in the child's presence.

2. Introduce new flavours gradually, together with some food that is known and liked.
3. Make dishes attractive with touches of colour and occasionally use fancy shapes and novel decorations as a surprise. Serve small portions—the children can ask for more if necessary. There is no need to prepare special meals for children—adults can easily fit into the same meal pattern.
4. If the child does not eat his food, do not worry or fuss or force him to eat it. Remove the plate and give no more food until the next meal. Unless he is ill his natural appetite will usually return by that time.
5. "In-betweens" should be milk, fruit or fruit juices for the very young child and given at least one hour before the following meal.

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Puddings, Sweets and Desserts for Toddlers

**Adapted from notes supplied by the Commonwealth
Department of Health Nutrition Services.**

The pudding or dessert course should be the finishing touch to a well-balanced meal. It is an important part of the meal for it provides opportunities for the inclusion of some of the foods the child needs for his normal growth and development.

Milk, eggs, fruits and wholemeal cereals are foods that should be used for the preparation of nursery puddings or sweets. The dish must be simple, easy to digest (pastries, suet puddings and fried foods are not suitable), and have mild but well defined flavours. Fruit in season (raw or cooked) or a gelatine dessert is a good choice following a substantial main course, while a cereal milk pudding serves as a useful complement to a lighter first course.

When planning the pudding for the young child, it is important to consider that few housewives have time to prepare a dish specially for the child—the problem is easily solved if a simple nutritious pudding to meet the toddler's needs is prepared for the whole family. It is often possible to change a very simple pudding into a more elaborate dessert by employing measures requiring little additional time, e.g., Baked Lemon Meringue (cornflour foundation) can be served in a pastry shell for older members of the family.

When eggs are scarce, variety becomes more difficult. The choice then lies between raw or cooked fruits, gelatine desserts, charlottes, fruit crisps, junkets, blancmanges and other cereal and milk puddings. The eggs which are available should be used for the young children in savoury dishes.

The following recipes are for puddings, sweets and desserts suitable for the young child—and the whole family. (Average-sized adult servings are indicated for each recipe.)

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Junkets

Flavour with cocoa syrup or caramel, or serve plain junket with fruit, chocolate or caramel sauces.

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Custards

SOFT CUSTARD:

2 eggs slightly beaten
or 4 yolks.
Pinch salt.
 $\frac{1}{2}$ teaspoon vanilla.

1-2 dessertspoons sugar.
1 dessertspoon cornflour.
1 pint milk.

Mix cornflour smooth with a little of the milk. Heat remainder. Beat eggs, salt and sugar and gradually add the hot milk. Add the cornflour mixture while stirring and cook over gently boiling water till the mixture thickens. Add vanilla and cool quickly.

Serve alone or as a sauce with stewed fruit.

Six servings.

VARIATIONS:

1. **Banana Custard:** Add sliced bananas and serve with a spoonful of red jam or jelly.
2. **Caramel:** Omit sugar and add 2 tablespoons of caramel (see below) to the hot milk. Stir till dissolved and proceed as above.
3. **Chocolate:** Add 1-2 tablespoons cocoa syrup (see below) to the milk.

CARAMEL SYRUP:

1 cup sugar.

1 cup boiling water.

Place sugar in a small, dry frying pan or saucepan and heat slowly, stirring with a knife or spatula until the sugar forms a golden-brown liquid. Add boiling water, stir well and simmer for 20 minutes. Store in an airtight jar.

COCOA SYRUP:

1 cup cocoa.
 $\frac{1}{2}$ pint water.
 $\frac{1}{2}$ teaspoon vanilla.

$\frac{1}{2}$ cup sugar.
Pinch salt.

Combine cocoa, sugar and salt, stir in water and boil 3 minutes stirring till smooth. Cool, add vanilla and store in an air-tight jar in a cool place.

FLOATING ISLAND:

Use the yolks of 4 eggs for the preparation of a soft custard (see page 4). Beat the whites of 2 eggs until stiff; gradually beat in 2 oz. of sugar and $\frac{1}{4}$ teaspoon of vanilla. Drop a spoonful on top of custard in a custard cup or other serving dish. Garnish with cherry, etc.

BAKED CUSTARD:

4 eggs, slightly beaten.
4 cups milk.
Nutmeg (if desired).

2 tablespoons sugar.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon vanilla.

Heat milk and stir into eggs slightly beaten with sugar and salt. Add vanilla. Pour into baking dish, sprinkle with nutmeg. Stand in dish of water and bake in slow oven (325 deg. F.) till set (about $\frac{1}{2}$ hour).

Six servings.

VARIATIONS:

1. **Honey Custard:** Substitute $\frac{1}{2}$ cup honey for the sugar. Omit vanilla and nutmeg and add shake of cinnamon if available.
2. **Caramel Custard:** Omit sugar and add 2 tablespoons of caramel to the milk. Heat gently and stir till dissolved.
3. **Chocolate Custard:** Add 1-2 tablespoons cocoa syrup to the milk.
4. **Bread and Butter Custard:** Pour mixture over buttered thinly sliced bread. Vary by adding sultanas or raisins, sliced banana or red jam between the slices of bread.

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Fruit Desserts and Sweets

BAKED BANANAS:

Peel and slice bananas lengthwise. Place in a greased baking dish; sprinkle with sugar and lemon juice and bake in a moderate oven (375 deg. F.) for 15 minutes or till tender.

Serve with custard or any fruit sauce—lemon, orange, pineapple or passionfruit.

FRUIT SAUCES:

Use any combination of fruit juice or a mixture of juice and fruit pulp. Thicken with cornflour ($\frac{3}{4}$ -1 tablespoon to each cup juice) sweeten slightly and add lemon juice to enhance flavour.

FRUIT SOUFFLES:

$\frac{1}{2}$ cup sieved fruit pulp (fresh or dried fruits)	1 egg white.
$\frac{1}{2}$ teaspoon grated lemon rind.	1-2 tablespoons sugar.
	Pinch salt.

Add salt to egg white and beat till stiff. Fold in the sugar and beat till sugar dissolves. Add fruit pulp and lemon rind; pour into greased baking cups and bake in a slow oven (325 deg. F.) for 20-30 minutes. Serve immediately.

Two-three servings.

APPLE SNOW:

1 cup apple pulp.	2 level tablespoons sugar.
2 eggs.	1 teaspoon grated lemon rind.

Separate the eggs and beat the whites till stiff. Fold in the sugar and beat till sugar dissolves. Add lemon rind and fold in the sieved, drained apple pulp. Serve immediately with cold custard sauce (made from yolks).

Three servings.

APPLE CRUMB:

2 cups stewed apples.	1 lemon, rind and juice.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ cup red jam.
1 cup dried, sieved breadcrumbs.	

Mash the apples and mix with sugar, lemon rind and juice and place alternate layers of crumbs, apples and jam in a serving dish. The top layer should be crumbs. Leave over-night and serve with custard or fruit sauce. To vary, use any suitable mashed stewed fruits.

APPLE SPONGE:

$1\frac{1}{2}$ cups stewed apple, sweetened to taste.	1 cup sifted flour.
$\frac{1}{4}$ cup butter or margarine.	$1\frac{1}{2}$ teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	Pinch salt.
1 egg.	Vanilla.
	$\frac{1}{4}$ cup milk.

Place hot fruit in a pie dish. Cream butter and sugar. Add egg and beat thoroughly. Sift dry ingredients and add to the creamed mixture alternately with the milk. All flavouring and pour over hot fruit. Bake in a moderate oven for 30 minutes.

Four servings.

FRUIT CHARLOTTE OR BETTY:

1 cup sliced fruit.
1 cup breadcrumbs (stale bread)
1 teaspoon cinnamon or
lemon rind.
2-3 tablespoons sugar.
1 tablespoon butter or dripping.

1. Grease a baking dish and place a layer of fruit in it. Sprinkle with some of the sugar and cinnamon or lemon rind, then with breadcrumbs.

2. Repeat layers till dish is full. The last layer should be crumbs. Dot with butter or dripping, cover with greased paper, and bake in a moderate oven (375 deg. F.) till fruit is tender (about 35 minutes). During the last 10 minutes, remove the paper to brown the crumbs. Serve with custard or fruit sauce.

Three-four servings.

NOTE: If dried fruit is used, soak first. If fruit is uncooked (apples, etc.) and inclined to be dry, add 2 tablespoons of water or fruit juice to the dish before baking.

Drained, stewed fruit may be used.

PEACH MERINGUE:

1 egg white.
2 level tablespoons sugar.
Halves of peaches
(fresh or bottled).

Make a stiff meringue with the egg white and sugar and place a spoonful in the hollow side of the peach halves. Bake in a slow oven till the meringue is set and slightly brown.

Bottled apricots or pears are suitable also.

FRUIT WHIPS:

2 tablespoons (level) gelatine.
 $\frac{1}{2}$ cup cold water.
1 cup hot fruit juice.
 $\frac{1}{4}$ cup sugar.
1 teaspoon lemon juice.
1 cup fruit pulp.
2 egg whites (may be omitted).

Soak gelatine in cold water, add hot fruit juice and stir till dissolved. Add sugar and lemon juice. Cool and when beginning to set add fruit pulp. Beat till mixture is frothy and thick. Fold in stiffly beaten egg whites. Pile into serving dishes. Serve with soft custard (made from egg yolks).

Six servings.

APPLE CRISP:

6 medium apples.
 $\frac{1}{2}$ teaspoon cinnamon.
 $\frac{3}{4}$ cup water.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{4}$ cup dripping.
 $\frac{1}{4}$ cup flour.

Peel and slice the apples and arrange the slices in a greased baking dish, sprinkle with cinnamon and add water. Mix sugar and flour and rub in the dripping. Spread over apples and bake in a hot oven (400 deg. F.) for 30-40 minutes or until the apples are tender and the crust is browned. Serve hot or cold with a lemon or orange sauce.

Six servings.

SEMOLINA SNOW:

$\frac{1}{4}$ - $\frac{1}{2}$ cup sugar.
2 cups water.

1 lemon, rind and juice.
 $\frac{1}{4}$ cup semolina.

Mix the semolina with a small quantity of the water. Boil the remainder with the sugar. Add semolina and simmer for 5 minutes. Add grated lemon rind and juice. Cool and beat till frothy and thick. Serve alone or with soft custard. Garnish.

Six servings.

(NOTE: Semolina is often sold under proprietary names as a breakfast food.)

FRUIT FLUMMERY:

1 level tablespoon gelatine.
1 level tablespoon flour.
1 cup sieved fruit pulp.

$1\frac{1}{2}$ cups fruit juice.
 $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar.
Lemon juice.

Mix flour to smooth paste with a little cold juice. Soak gelatine in remaining juice for 5 minutes. Combine with flour and sugar and heat to boiling point. Simmer for 3 minutes. Cool, and when beginning to set, beat till thick and frothy. Add pulp, and lemon juice to flavour, beat thoroughly and pour into wet moulds or pile into serving dishes.

Six servings.

LEMON JELLY:

2 cups water.
2 level tablespoons gelatine.

$\frac{1}{2}$ cup lemon juice.
 $\frac{1}{2}$ cup sugar.

Soak gelatine in $\frac{1}{4}$ cup of water. Heat remainder with sugar, strain, pour on to gelatine and stir till dissolved. Add strained juice. Pour into wet moulds and leave to set.

LEMON WHIP:

Lemon jelly—when almost set, beat till white and thick. Stiffly beaten egg white may be added also.

FRUIT JELLIES:

Line a mould with lemon jelly and set fruit in layers. Note that pineapple or paw paw must be well cooked before adding to any gelatine mixture.

Cereal Puddings

BLANCMANGES:

Cornflour or arrowroot.
use $1\frac{1}{2}$ tablespoons to
each cup of milk.

1-2 tablespoons sugar.
Pinch salt.
Flavouring essence.

Mix the cornflour or arrowroot with a little cold milk. Heat the remainder with salt and sugar. Pour on to cornflour gradually while stirring. Heat to boiling point, simmer 3-5 minutes. Add flavouring.

VARIATIONS.

1. **Butter-scotch:** Use brown sugar.
2. **Fruit:** Fold in diced cooked fruit. Chill and serve cold.
3. **Chocolate:** Add 1-2 tablespoons cocoa syrup and vanilla to flavour.
4. **Velvet meringue:** Add 1 beaten egg yolk to the cooked mixture, pour into a baking dish, spread red jam over surface and cover with meringue (1 egg white, 1 tablespoon sugar). Brown in slow oven.
5. **Apricot blancmange:** Add apricot jam, instead of sugar, after cooking. Any other suitable jam may be used.
6. **Caramel:** Add $\frac{1}{4}$ cup caramel instead of sugar—add to the hot milk.
7. Serve with fruit sauce or stewed fruit.

(NOTE: Ground rice or other available finely ground cereals may be used instead of cornflour or arrowroot.)

CHOCOLATE CEREAL PUDDING:

3 cups milk (heated).
 $\frac{3}{4}$ cup fine oatmeal, wheatmeal,
or barley kernels.
2 tablespoons cocoa.

$\frac{1}{4}$ cup sugar.
Pinch salt.
1 tablespoon butter or dripping.
 $\frac{1}{2}$ teaspoon vanilla.

Mix the oatmeal, sugar, cocoa and salt and gradually add the hot milk while stirring. Bring to boiling point, then cover and place over boiling water. Cook one hour. Remove from heat, add butter and flavouring. Serve hot or cold. Reduce quantity of cocoa if desired.

Six servings.

ROLLED OATS APPLE CAKE:

1 cup flour (sifted).
 $\frac{1}{2}$ cup (4 oz.) dripping
or lard.

1 cup rolled oats.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup (4 oz.) brown sugar.

Mix flour, oatmeal, salt and sugar. Rub in dripping. Spread half on the bottom of a shallow baking dish. Keep other half for top.

FRUIT FILLING:

$\frac{1}{2}$ cup sugar.
2 level tablespoons flour.
 $\frac{1}{2}$ tablespoon butter or dripping
 $\frac{1}{2}$ teaspoon vanilla.

$\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup water.
 $1\frac{1}{2}$ cups peeled and sliced apples

Mix sugar, salt and flour, add water. Heat to boiling point while stirring. Simmer for 2 minutes, add butter and cool. Add apples and vanilla, and pour mixture over the bottom crust in the baking dish. Cover with remaining mixture. Bake in a moderate oven (350 deg. F.) about 1 hour or until brown.

Six servings.

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Sponge Puddings

Baked or steamed sponge puddings or plain sponge cakes served with custard or fruit or fruit sauces are also suitable.

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Weights and Measures

All measures are LEVEL.

A standard 8 oz. measuring cup is used.

The sizes of household spoons vary a great deal and it is preferable to use standard measuring spoons. In these recipes a TABLESPOON (T) is specified as one holding half a fluid ounce. (This is the size of the average household dessertspoon.)

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Approximate Measures

			1 cup	1 oz.
Butter, fats	----	----	8 oz.	2T
Cocoa	----	----	4 oz.	4T
Cornflour	----	----	6 oz.	3T
Flour	----	----	4 oz.	4T
Sugar	----	----	8 oz.	2T
Gelatine	----	----	4 oz.	4T

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