

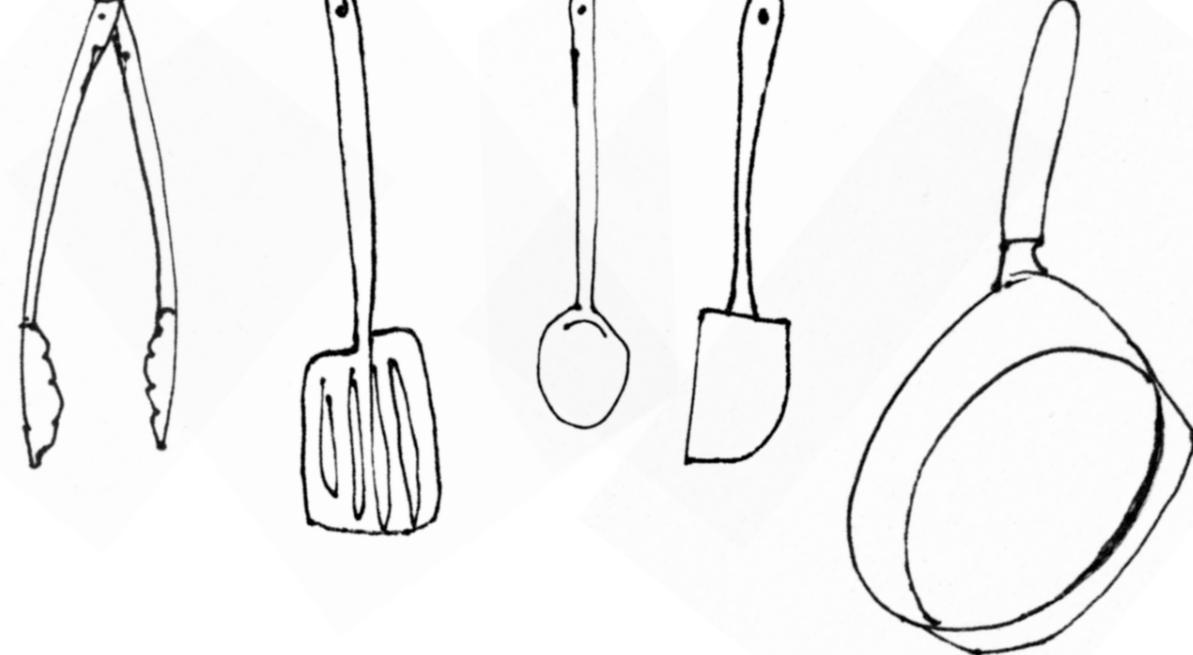


LEARNING TO LOVE FOOD AND COOKING

A recipe adventure workbook
with Maple from Canada



7-11
YEAR
OLDS



AN INTRO TO THE WORKBOOK

Good food helps to keep us nourished, energised and happy. It brings families and cultures together and when we eat a varied diet it will help to keep us healthy too.

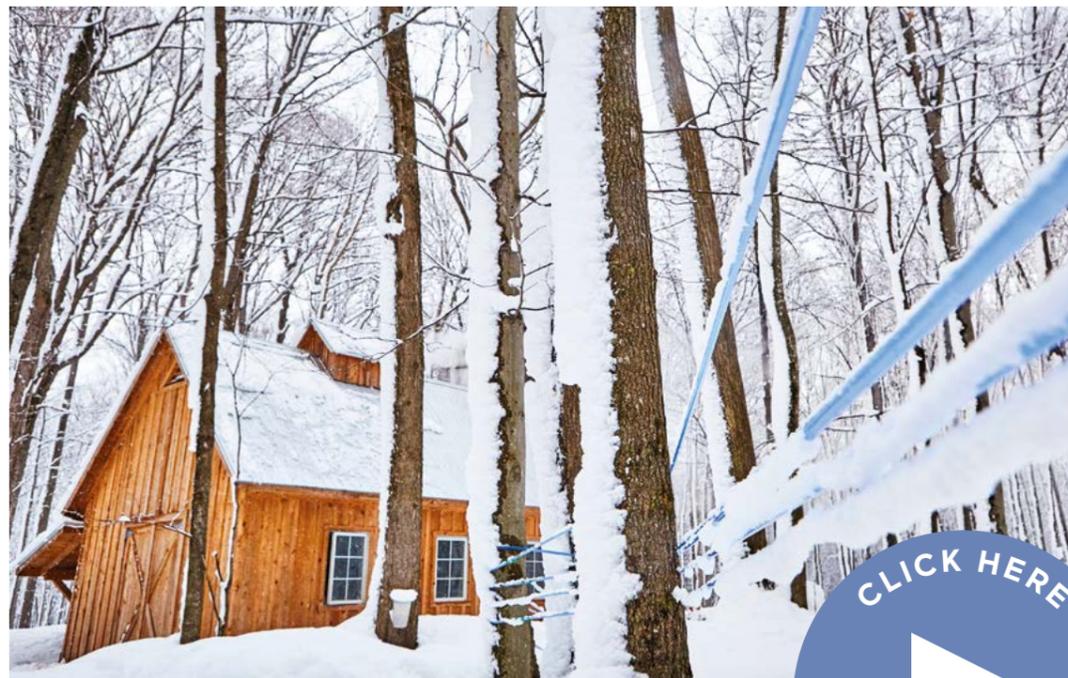
We believe it's important to inspire children from an early age to be curious about food, to help them to understand food and to teach them how to cook.

The eating habits that we form as children follow us into our adult lives and help us to shape our decision-making when it comes to the food we enjoy. So, developing a diverse

diet full of nutritious foods from a young age is key. This is why we've developed a series of fun workbooks for children from 3-11 years old.

Inside each booklet are some exciting maple recipes that your child can make independently for the family to eat, some fun activities and links to more information and videos.

WHAT IS MAPLE AND HOW IS IT MADE?



How many litres of sap, the liquid inside the tree, is needed to make 1 litre of pure Canadian maple syrup?

- a. 20 litres
- b. 30 litres
- c. 40 litres

ABOUT PURE CANADIAN MAPLE SYRUP

Pure Canadian maple syrup is a natural product, with no artificial colours, flavours or preservatives.

It's rich in the mineral manganese, which helps to look after bones and connective tissue; riboflavin, helping to reduce tiredness and fatigue and also a source of copper, which is important for looking after connective tissue, the nervous and immune systems, hair colour and skin pigmentation.

The unique taste of maple complements both sweet and savoury dishes. From mid-week casseroles and soups to snacks and speciality

desserts, maple acts as a flavour enhancer and is a great alternative to processed sweeteners.

There are four grades of Canadian maple syrup and each has its own distinct colour, flavour profile and qualities. The colour, which ranges from golden-hued to very dark, is a result of when it is harvested. The sap harvested at the beginning of the season produces a lighter colour maple syrup. As the season progresses the maple syrup is darker with a stronger taste.



ABOUT THE RECIPES

The earlier children start to think about food, what it is and where it comes from, the better equipped they will be to make good choices around food, nutrition and sustainability as they grow up. This is good for both children and our planet. Cooking with children from as young as three years old can also have really positive benefits on their development in so many ways.

- These recipes are developed with the age of the child and their developmental stage in mind, so try to let children complete each step on their own as much as possible to help them to gain a sense of independence in the kitchen.
- Cooking with your child/children will help their physical development, for example fine motor skills as well as hand-eye coordination. Just think about the range of physical skills that they need to measure oats in a mug, pour liquid from a jug, tear and wash lettuce leaves or mix dry and wet ingredients together.
- They will also learn how to count ingredients, start to work out how to share things evenly and start to understand the concept of time and how long things take to cook.

Most children at this age love repetition and will want to try new skills over and over again. Practice the recipes with them again and again and then repeat the skills that they've learnt in these recipes or other recipes.

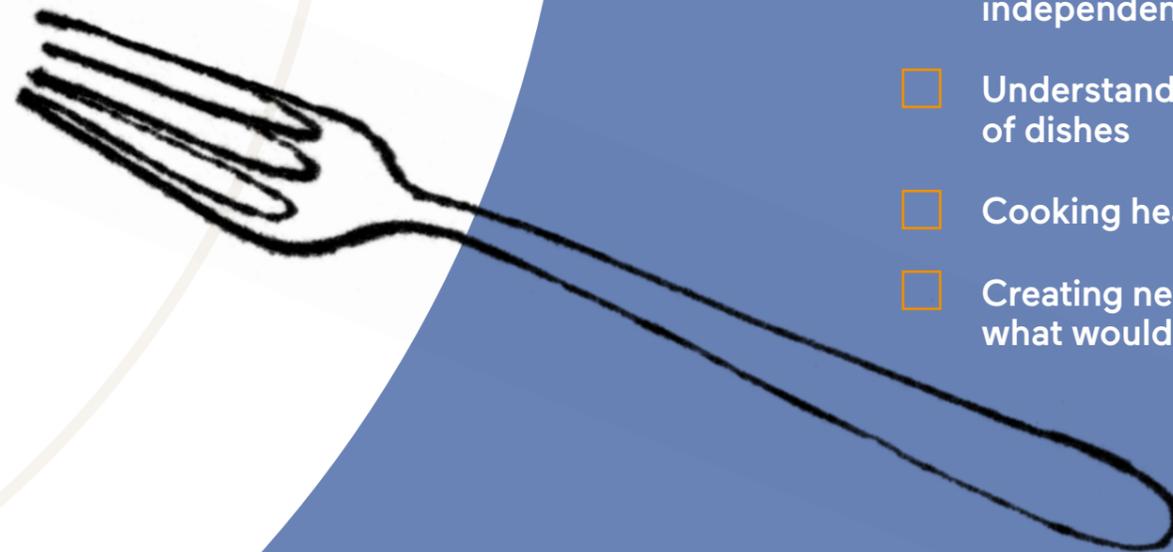
Above all, they will also enjoy the social element of sitting, talking and eating the food that they've helped to make.

KITCHEN SKILLS FOR 7-11 YEAR OLDS:

The skills children learn in this booklet will be with them for the rest of their lives.

To help you and your child/children see how many skills they are learning, here is a handy checklist of new skills to tick off as you work your way through the booklet. Don't forget to go through the recipes and skills from the previous booklets too.

- Slicing with a small knife
- Using an electric and hand whisk
- Pouring and drizzling liquids
- Crumbling ingredients
- Arranging ingredients
- Toasting bread
- Garnishing
- Reading instructions independently
- Understanding the seasonality of dishes
- Cooking healthy meals
- Creating new recipes – what would you like to make?



MAPLE BANANA TOAST



This staple brekkie recipe is delicious and fairly mess free, even with the kids making it. Serve the toast with banana slices, a sprinkle of nuts, a generous drizzle of maple and you're good to go!

INGREDIENTS

For the banana toast:

- 4 brioche or bread slices
- 4 bananas
- 4 tbsp toasted almond flakes
- 4 tbsp toasted pistachios

For the maple caramel:

- 120ml pure maple syrup (preferably amber for its rich taste)
- 1/4 cup double cream
- 1 tbsp unsalted butter, softened
- 1/2 tsp sea salt

METHOD

To make the maple caramel:

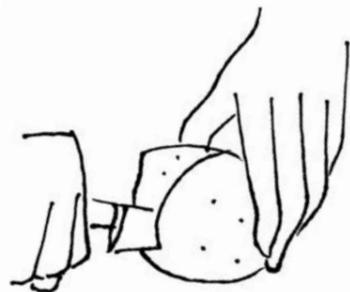
- Pour the maple syrup and double cream into a heavy-based saucepan.
- Boil both ingredients on medium heat for 1 minute. Stir continuously.
- Take off the heat then carefully stir in the butter and sea salt until the butter has dissolved and pour into a jar.

To make the banana toast:

- Toast brioche and slice the banana.
- Layer sliced bananas on the toast and pour over the maple caramel.
- Roughly chop the pistachios.
- In a dry pan, lightly toast the almond flakes and pistachios.
- Sprinkle the almond flakes and pistachios on top and enjoy!

SKILLS:

- Arranging ingredients
- Toasting bread
- Slicing
- Drizzling



MAPLE SALMON POKE BOWLS



Maple and salmon are perfectly combined in this poke bowl recipe, with jasmine rice and an array of fresh fruits and vegetables. Healthy, colourful and delicious, children will pick up key skills from putting together the ingredients to learning how to make a sauce from scratch.

INGREDIENTS

For spicy maple sauce:

- 1/2 cup soy sauce
- 1/2 cup hoisin sauce
- 1/2 cup rice vinegar
- 2 tbsp sambal oelek
- 60ml pure Canadian maple syrup (preferably amber syrup for its rich flavour)
- 1/4 cup lime juice
- 1/4 cup toasted sesame oil
- Salt and pepper

For poke bowls:

- 2 cups jasmine rice
- 1 lb fresh salmon, cut into cubes
- 1/4 cup sesame seeds
- 1 mango, diced
- 1 red pepper, julienned
- 2 ripe avocados, sliced
- 1/2 cucumber, julienned
- 2 carrots, julienned
- 4 green onions, minced
- 1/4 red cabbage, shredded

METHOD

Combine all sauce ingredients in a bowl and set aside.

Cook the rice according to package instructions. Allow to temper.

Place salmon cubes into a mixing bowl with the sauce, stirring gently to coat. Let them macerate 15 minutes.

In a frying pan, toast the sesame seeds dry for 2–3 minutes until golden brown and fragrant. Set aside.

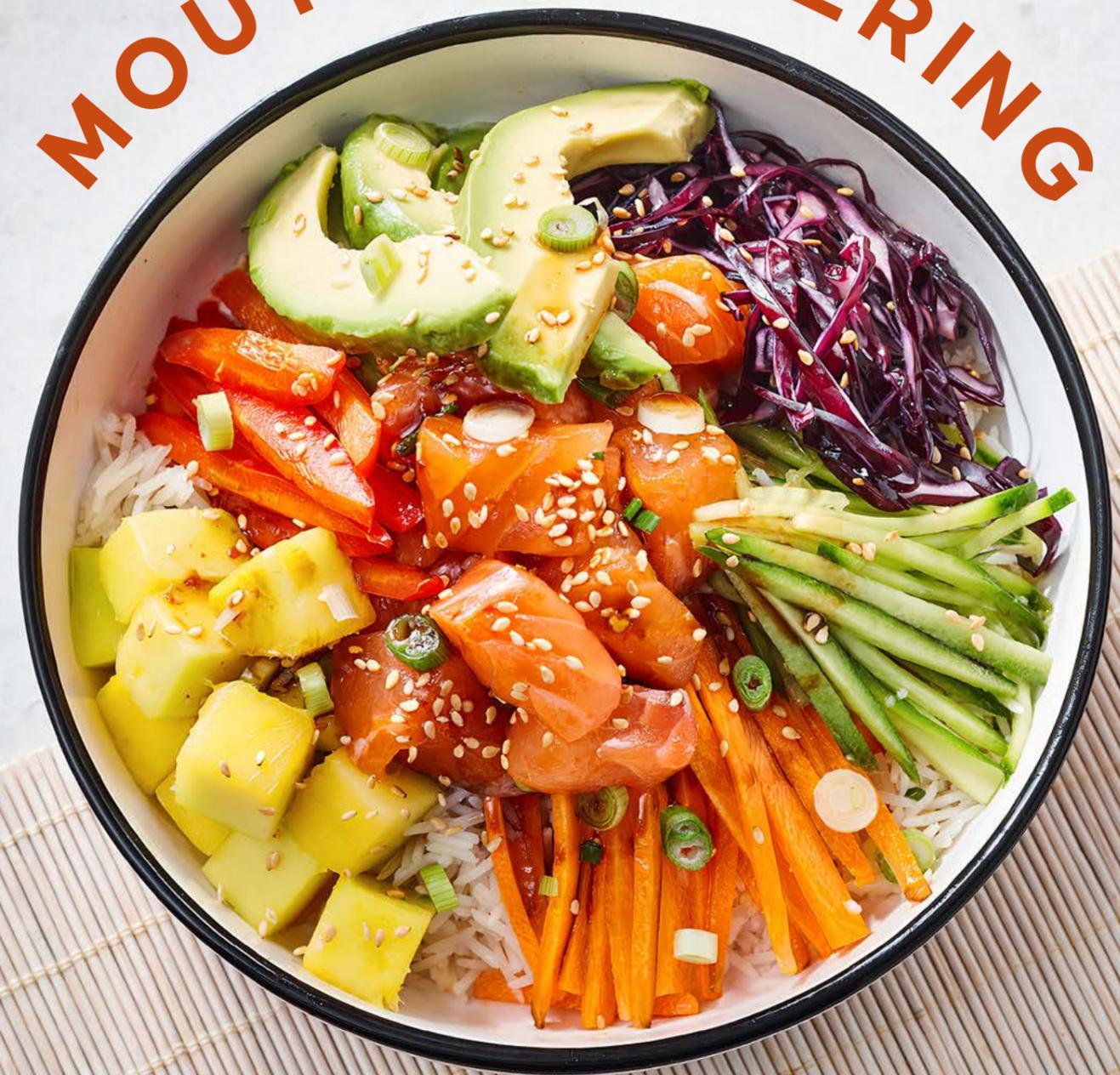
Divide the cooked rice into four serving bowls. Place salmon cubes in the centre of each, on top of the rice. Arrange the rest of the ingredients nicely around the salmon and sprinkle with the toasted sesame seeds.

Garnish with a light splash of sauce and serve immediately.

SKILLS:

- Food presentation
- Cooking healthy meals
- Garnishing

MOUTH - WATERING



CHRISTMAS CAKE MAPLE ICE CREAM



Kids love ice cream – so why not enlist their help with making this easy and delicious Christmas cake maple ice cream? A great use for leftover Christmas cake, this recipe can help teach children the importance of not wasting food.

INGREDIENTS

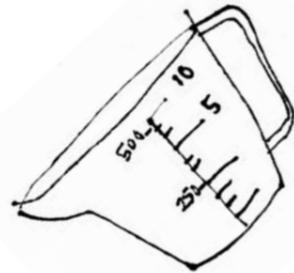
2 1/4 cups double cream
1 tin condensed milk
300g left-over Christmas cake, crumbled
50ml pure Canadian maple syrup (preferably golden colour for its delicate flavour)

METHOD

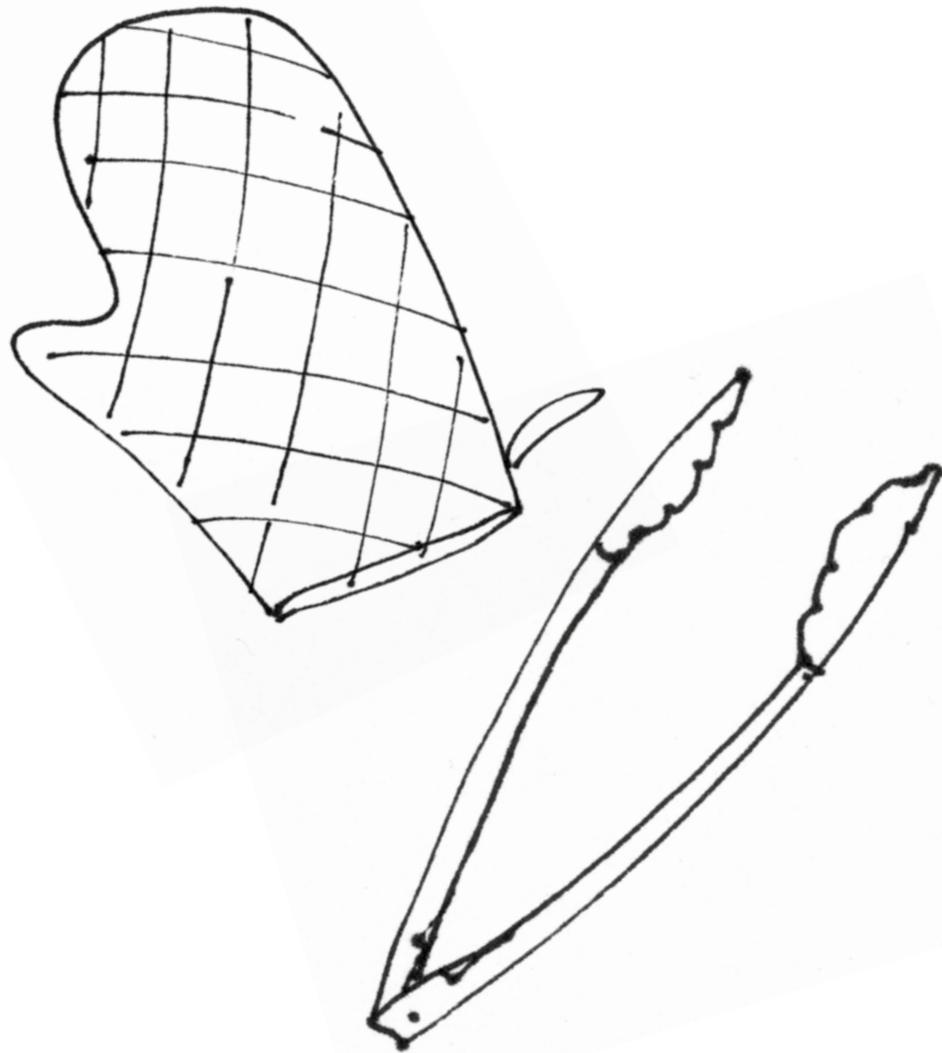
Tip the cream, condensed milk and maple syrup into a large bowl and use an electric whisk to beat until it holds peaks.
Add the Christmas cake and use a large spoon to fold it, evenly distributing through the cream mix.
Tip into a loaf tin or container and freeze for at least 5 hours, overnight or until frozen solid.
Remove from the freezer for 5 minutes before serving, then scoop and enjoy.

SKILLS:

Using an electric whisk
Understanding seasonality of dishes
Crumble ingredients



DELICIOUS!



DISCOVER FOOD WITH MAPLE



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