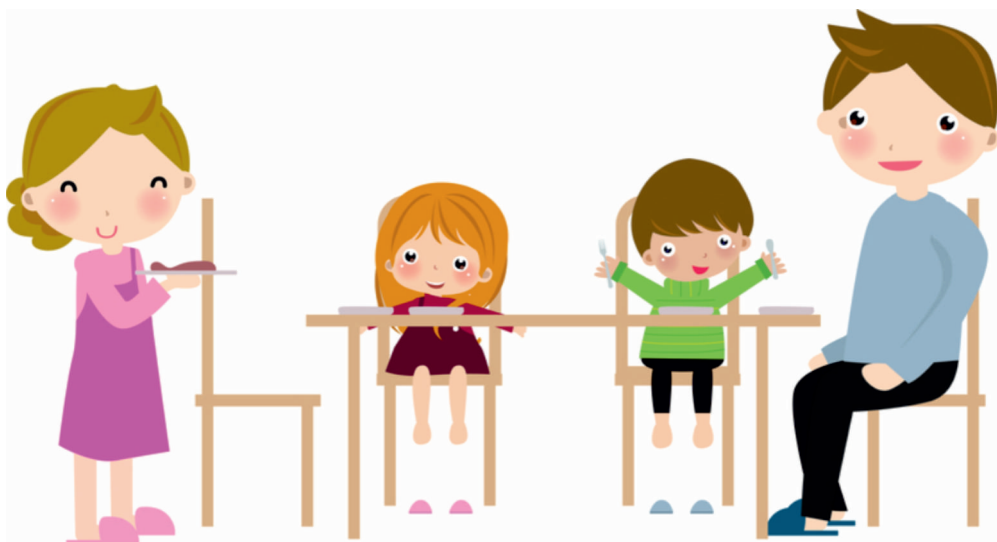


Cookbook

Ideas for catering children at nurseries



Dear Parents

Two years ago, at the same time when the government started the reformation of public catering, we also started changing the catering of our children at nurseries with awareness. From this point the menu was standardised at every nursery in Józsefváros, making it possible to comprehensively introduce a novel catering approach that uses modern raw materials and technologies. In the beginning I was facing significant resistance and distrust from a number of parents, even from some of the kitchen staff. I heard many times that “*the children will never eat these meals*”. But I honestly believed that the change would bring higher quality, so I started the reformation and, in the same time, an enlightening and assisting campaign for our own professionals. We have come a long way, so by today the majority accepts, supports and helps the programme and the kitchens with excellent ideas.

However, from you, the parents, we received a lot of positive feedback and recipe requests almost immediately. Therefore we decided, together with my colleagues that, it is time to write our first cookbook, which shows you the recipes of the well-proven health food cooked in the kitchens of our nurseries.

Our children love and happily eat these novel healthy and easy-to-prepare meals. We know this because those little plates and glasses are always left empty.

This is a good feeling for us because we can build on the taintless and immaculate honesty of children, so our professionals can boldly experiment, use their imagination, discover new flavours, raw materials, herbs

and spices, and use these in the everyday diet to show our children a healthier, more colourful and diverse selection of flavours.

I hope you will be pleased to see our most successful recipes and I encourage you to try them at your home!

I hope we will also reinforce our relationship with this publication.

Judit Kolkopf Koscsóné
head of institution

The heads of nutrition of Józsefvárosi Egyesített
Bölcsődék also recommend these recipes with love.

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PREFACE

How does the food taste at the nursery? What do our children tell us? Parents may ask these questions. Our aim is to give you the answers by sharing ‘our secrets’ with you. We prepared a collection of recipes, summing up the lesser known ingredients and meals made of them.

Parents may already be aware of the decree on the nutritional regulations of public catering (Decree 37/2017 (IV. 30.) of the Ministr of Human Capacities), regulating what and how much children may consume in public catering. The decree is very rigid in many senses; however, apart from the limitations we can also use a lot of new ingredients, therefore we can provide a very diverse and healthy diet to children.

We introduced lots of new recipes and modernised others. While planning our menu our heads of nutrition always enrich our already wide selection with new raw materials and recipes.

We urge you to use wholegrain flours and turn to herbs instead of salt while preparing the meals.

We have managed to collect the most popular recipes. We hope they will give you as much joy as they give at our nurseries.

Dorottya Kötél
dietitian

The amounts of ingredients in our recipes were calculated for 4 persons (2 children and 2 adults).

FOR BREAKFAST

Children's diet should not miss the balanced and healthy daily breakfast, giving a good basis for their performance by providing the amount of energy necessary for physical and mental activities in the morning.

Instead of cold cuts and prepared creams our nurseries prefer homemade meals. Our aim is to acquaint the children with many different flavours.

COTTAGE CHEESE WITH BEET

Recommended from the age of 12 months.

Cow's cottage cheese	0.15 kg
Yogurt	0.05 kg
Grated beet	0.05 kg
Ground walnut	0.02 kg
Salt	
Sugar	



Preparation: Mix the cottage cheese with yogurt, season it with salt and sugar, then add the grated raw beet and the ground walnut. Mix it with a hand blender.

COTTAGE CHEESE SPREAD WITH BAKED PEPPER

Recommended from the age of 9 months.

California pepper	1 pc
Onion	0.02 kg
Olive oil	0.01 l
Cottage cheese	0.25 kg



Plain yogurt	0.15 kg
Salt	
Pepper	

Preparation: Bake the California pepper in a preheated oven until its brown. When it is ready, peel it. Use a hand blender to mix the inside of the pepper with the other ingredients.

HOMEMADE COTTAGE CHEESE SPREAD WITH FRUITS

Recommended from the age of 9 months.

Plain yogurt	0.15 kg
Cottage cheese	0.5 kg
Fruit	0.2 kg
Sugar	0.05 kg



Preparation: Mix the ingredients. Serve cold.

COTTAGE CHEESE SPREAD WITH DILL AND CUCUMBER

Recommended from the age of 9 months.

Cottage cheese	0.25 kg
Plain yogurt	0.15 kg
Cucumber	0.05 kg
Garlic	
Dill	
Salt	



Preparation: Peel the cucumber and grate it on a small hole grater. Salt it, then squeeze out the juice after letting it stand for a few minutes. Mix the cottage cheese with the yogurt, add the cucumber and the crushed garlic, season it with dill.

SARDINE SPREAD WITH ROSEMARY

Recommended from the age of 12 months.

Canned sardines	2 cans
Butter	0.07 kg
Boiled egg	1 pc
Green onion	1 pc
Mayonnaise	0.07 kg
Salt	
Fresh rosemary	



Preparation: Drain the can, place its contents onto a plate and pulp it until it is mushy. Add the softened butter and mayonnaise, then mix it. Add the herb and spice, the finely chopped onion, the grated boiled egg, and stir it well using a wooden spoon. Put it into the fridge before eating to let the flavours combine.

TAPIOCA PUDDING

Recommended from the age of 12 months.

Milk	0.8 l
Water	0.2 l
Tapioca	0.1 kg
Vanilla bean	0.2 pc
Sugar	0.08 kg



Preparation: Put the tapioca into a large pan, add the vanilla bean cut into half, pour water on it, leave it for 15 minutes to absorb the water. Add some milk, put it on the stovetop and cook it on medium heat while stirring until the pearls are soft and transparent. By this time the pudding will be thick enough. When the tapioca pudding is ready, take it off the cooker, add some sugar and stir it until dissolved. You can serve it with fruits, too.

MID-MORNING SNACKS

It is a key to the healthy nutrition of our children to have raw vegetables and fruits every day. In summer we can choose from many kinds of fruits, here are some ideas:

MANGO LEMONADE

Recommended from the age of 8 months.

Mango (ripe)	1 pc
Mineral water (still)	1 l



Preparation: Peel the mango and cut it into cubes. Blend the ingredients in a blender.

KIWI LEMONADE

Recommended from the age of 12 months.

Kiwi	0.4 kg
Lemon juice	0.05 l
Mineral water (still)	1 l
Honey	0.05 kg



Preparation: Peel the kiwi and cut it into small pieces. Blenderise the ingredients.

MELONADE

Recommended from the age of 8 months.

Watermelon	4 slices
Lemon	1 pc



Honey	0.02 kg
Mint leaves	to taste

Preparation: Remove the melon seeds, cut it into cubes, juice it in a blender.

Sweeten it with honey and add the lemon juice. Pour it into a jug, add some mint and cool it covered.

SUMMER FRUIT PLATTER

Recommended from the age of 9 months.

Cantaloupe	1 kg
Banana	0.5 kg
Cherries	0.5 kg



Preparation: Wash the fruits, peel, stem and deseed them, remove the stones, and slice them up. Serve it mixed.

LUNCH

It often happens that we have no idea what to make for lunch. We are tired of the old recipes but do not dare to try new ones. Let us prepare something that our children love at the nursery!

AFRICAN CATFISH WITH CREAM, VEGETABLES AND POTATOES

Recommended from the age of 12 months.

African catfish filet	1 kg
Margarine	0.1 kg
Cream	0.2 l
Salt	0.01 kg
Lemon juice	
Broccoli vegetable mix	0.5 kg
Potatoes	1 kg



Preparation: Boil the margarine with the cream, then gently cook the fish filet in it. Season it with salt and lemon juice. Layer the crispy steamed vegetables and the boiled potatoes onto each other, place the sliced fish on top and pour the creamy sauce on top of the whole. Bake it in the oven.

POTATOES WITH COTTAGE CHEESE

Recommended from the age of 12 months.

Potatoes	1.5 kg
Cottage cheese	0.45 kg

Cooking oil	0.05 l
Eggs	5 pcs
Sour cream	0.2 kg
Cheese	0.2 kg
Salt	
Pepper	
Chives	



Preparation: Boil the potatoes with skin, peel them and slice them into round chunks. Boil the eggs too, shell and slice them. Spread half of the potatoes into a heat resistant bowl greased with oil. Mix the mashed cottage cheese with half of the sour cream, season it with chives, spread it on the potatoes and place the egg slices on top. Cover it with the rest of the potato slices, pour some sour cream on it, scatter with grated cheese and bake it in the oven until brown.

CARROT SLICES WITH TURKEY AND PEARL BARLEY

Recommended from the age of 9 months.

Turkey meat	0.5 kg
Carrot	1.2 kg
Onion	0.1 kg
Pearled barley	0.2 kg
Cooking oil	0.1 l
Salt	
Sour cream	0.45 kg



Preparation: Peel the carrots, slice them and boil them in lightly salted water. Mince the turkey, brown it in oil with the onion. Fry the pearl barley in a little oil for a minute,

add twice the amount of water and steam it. Mix the browned turkey with the barley. Spread half of the carrot slices in a baking tin, pour the pearl barley mixed with the meat on it, and cover it with the other half of the carrots. Spread some sour cream on top and bake it in the oven until brown.

LAYERED CAULIFLOWER WITH TURKEY AND OATMEAL

Recommended from the age of 10 months.

Turkey meat	0.5 kg
Cauliflower	1.2 kg
Onion	0.1 kg
Oatmeal	0.2 kg
Cooking oil	0.1 l
Salt	
Sour cream	0.45 kg



Preparation: Cut off the green and break the cauliflower into florets and boil them in lightly salted water. Mince the turkey, brown it in oil with the onion. Mix the plain oatmeal with the turkey meat. Do not cook the oatmeal, it will soften from the turkey breast juice. Lay half of the cauliflower into a baking pan, pour the oats mixed with the meat over it, and cover it with the other half of the cauliflower. Spread some sour cream on top and bake it in the oven until brown.

KOHLRABI GRATIN WITH CHICKEN LEG

Recommended from the age of 12 months.

Minced chicken leg	0.3 kg
Fresh kohlrabi	6 pcs
Margarine	0.1 kg
Wheat flour	0.06 kg
Milk	0.5 l
Onion	0.1 kg
Edam cheese	0.10 kg
Cooking oil	0.05 l
Nutmeg	
Salt	
Pepper	



Preparation: Peel the onion and chop it into cubes, fry it until soft but not brown, add the minced meat, season it and fry it. Peel the kohlrabi, slice and boil it in water. Melt the margarine in a pan, add the flour and stir it until it is smooth. Add the milk and make a thick béchamel sauce. When the béchamel is ready, mix it with the fried chicken leg. Place the kohlrabi slices into a baking pan and pour the meaty sauce on it, add some grated cheese on top. Bake it in a preheated oven until golden brown.

CHEESE BALLS

Recommended from the age of 12 months.

Edam cheese	0.4 kg
Eggs	3 pcs
Bread crumbs	0.07 kg
Nutmeg	
Thyme	



Preparation: Grate the cheese and mix it with the eggs. Season it with nutmeg and thyme. Form little dumplings,

roll them in bread crumbs and bake them in a preheated oven.

CHEESE SOUFFLÉ

Recommended from the age of 12 months.

Wheat flour	0.1 kg
Edam cheese	0.4 kg
Margarine	0.1 kg
Milk	0.5 l
Parsley	
Salt	



Preparation: Melt the margarine in a pan, add the flour and stir it until it is smooth. Add the milk and make a thick béchamel sauce. Grate the cheese before the béchamel is ready, put it into the mix. Season it with salt and fresh parsley. Put it into a preheated oven and bake it at 180 degrees for 40 minutes. Let it cool a bit before slicing up.

HAM AND CHEESE SOUFFLÉ

Recommended from the age of 12 months.

Edam cheese	0.3 kg
Chicken breast ham	0.15 kg
Margarine cube	0.07 kg
Wheat flour	0.07 kg
Milk	0.06 l
Eggs	2 pcs
Nutmeg	
Pepper	



Preparation: Grate the cheese on a large hole grater. Mince the ham. Melt the margarine in a pan, add the flour and stir it until it is smooth. Add the milk and prepare a thick béchamel sauce. Mix the cheese into it while it is hot, then let it cool until it is lukewarm. Add the yolks one by one, the minced ham, the nutmeg and the pepper to taste. Meanwhile beat the egg whites until hard. Once it has cooled, carefully fold in the egg whites. Spread it in a buttered bake mold lined with bread crumbs and bake it in a preheated oven (180 °C) until golden brown.

BEET POTTAGE WITH APPLE

Recommended from the age of 9 months.

Beet	0.75 kg
Apple	0.25 kg
Plain yogurt	0.25 kg
Oil	0.1 kg
Flour	0.05 kg
Onion	1pc
Caraway	
Sugar	to taste



Preparation: Peel the beet and the apple, then grate them. Soften it a bit in oil with the onion, then add some water and season it. Prepare a yogurt thickening and thicken the pottage with it.

KOHLRABI POTTAGE WITH YOGURT

Recommended from the age of 9 months.

Tender kohlrabi	4 pcs
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Onion	0.1 kg
Wheat flour	0.05 kg
Cooking oil	0.05 l
Yogurt	0.3 l
Salt	
Parsley	
White pepper	



Preparation: Clean the kohlrabi, be careful not to leave any stringy parts in it. Slice it into equally sized cubes. Soften the onion in oil, add the kohlrabi and water to cover it by about an inch, add some salt, cook it until it becomes crispy or keep it soft if you prefer. Swiftly, because the tender kohlrabi softens fast, prepare thickening from the yogurt and the flour, and add it to the pottage. Stir it until boiling, then cook it for a bit on low heat, season it meanwhile with salt, pepper and chopped parsley.

TURKEY BREAST WITH CREAM AND PINEAPPLE

Recommended from the age of 12 months.

Turkey breast	0.5 kg
Pineapple (fresh)	0.35 kg
Cream	0.2 l
Cooking oil	0.1 l
Salt	
Pepper	



Preparation: Cut the turkey breast into strips, rinse it and pat it to dry. Spice it with salt and pepper. Heat the cooking oil, then add the seasoned turkey breast strips. Fry them for a few minutes, until they whiten. Add the pineapple

and fry them together for a short period. Finally, add the cream, bring it to the boil and cook it until the meat is tender.

MASHED POTATOES WITH CAULIFLOWER

Recommended from the age of 12 months.

Potatoes	0.8 kg
Cauliflower	0.3 kg
Milk	0.2 l
Butter	0.1 kg
Salt	



Preparation: Peel the potatoes and stem the cauliflower. Boil the potatoes and the cauliflower in salted water. Once cooked, add the tepid milk and the butter. Use a hand mixer to mix it until smooth.

LAYERED ROMANESCO WITH BUCKWHEAT AND CHICKEN

Recommended from the age of 9 months.

Romanesco	1 kg
Chicken	0.3 kg
Buckwheat	0.2 kg
Cooking oil	0.05 l
Onion	0.1 kg
Garlic	
Sour cream	0.2 kg
Salt	
Pepper	



Preparation: Peel the onion, chop it and soften it in oil. Add the minced chicken meat and fry it until whitening. Season it with salt, pepper and red paprika. Add 1 dl water and cook it in a covered pot for about 35 minutes, until it gets soft. Take off the cover and leave the remaining water to boil away. Break the romanesco into florets, clean it and boil it in salted water until it becomes crispy, then drain it. Fry the buckwheat in a small amount of oil, then cook it in twice the amount of water. Grease a medium size baking pan with 1 teaspoonful of oil, spread most of the romanesco in it, then spread half of the buckwheat on top, add the meat and the rest of the buckwheat on the top. Smooth it and cover it with the other half of the romanesco. Top it with sour cream and bake it in a preheated oven at 180 degrees until the top gets a nice colour.

SALMON VEGETABLE PASTA

Recommended from the age of 12 months.

Salmon	0.4 kg
Cauliflower	0.5 kg
Carrot	0.50 kg
Onion	0.2 kg
Garlic	0.01 kg
Salt	0.01 kg
Lemon juice	0.02 l
Rosemary	0.1 pack
Yogurt 450 g	0.5 cup
Wheat flour	0.04 kg
Cooking oil	0.03 l
Parsley green	0.5 pack
Durum pasta	0.5 kg



Preparation: Clean the vegetables, season and steam them all together. Bake the salmon in the oven. Once the vegetables are steamed, add flour to the yogurt and stir it until smooth. Thicken the vegetables with it. Cook the durum pasta in salted water. Pour the yogurt vegetable dressing onto the pasta and serve it with the baked salmon steak on top.

PUMPKIN BULGUR

Recommended from the age of 12 months.

Bulgur	0.4 kg
Pumpkin	0.5 kg
Garlic	0.05 kg
Salt	0.05 kg
Ground white pepper	0.3 pack
Cooking oil	0.1 l



Preparation: Fry the bulgur in a little oil, then boil it in twice the amount of water. Fry the pumpkin cut into small cubes in a bit of oil while stirring, season it with crushed garlic, salt and a pinch of pepper. Finally, mix the fried pumpkin with the bulgur.

AFTERNOON SNACKS

Looking at our afternoon snacks you can see that our nurseries use a lot of special ingredients and we can prepare a whole variety of different delicious meals using these special components.

ORANGE AND BANANA SHAKE

Recommended from the age of 12 months.

Kefir	0.6 l
Milk	0.4 l
Orange	0.4 kg
Banana	0.2 kg
Honey	0.05 kg



Preparation: Add the milk, the kefir, the banana, the orange juice and the honey into a blender and blenderise them. Serve it cold.

BANANA YOGURT SHAKE

Recommended from the age of 12 months.

Plain yogurt	1 kg
Milk	0.2 l
Banana	0.8 kg
Honey (optional)	



Preparation: Mix the ingredients in a blender. Serve it cold.

ORANGE CUBES WITH YOGURT

Recommended from the age of 12 months.

Orange	1 kg
Plain yogurt	1 kg
Gelatine powder	2 packs
Cream	0.2 l
Powder sugar	0.1 kg



Preparation: Peel the orange, cut it into smaller cubes. Mix the cream with the plain yogurt, the orange and the powder sugar. Warm up the gelatine in a little water and add it to the mash. Pour it into a baking pan lined with kitchen wrap, let it thicken in the fridge.

VITAMINE BALLS ROLLED IN GROUND WALNUT

Recommended from the age of 12 months.

Apple	0.5 kg
Carrot	0.5 kg
Ground biscuit	0.3 kg
Honey	to taste
Grated walnut	0.15 kg



Preparation: Grate the apple and the carrot on a small hole grater. Mix the ingredients. Squeeze out the juice before adding the apple and the carrot. Form small balls and roll them in walnut.

APPLE AND NUT ROLLS

Recommended from the age of 12 months.

Flour	0.8 kg
Milk	0.5 l
Sugar	0.2 kg
Cooking oil	0.1 l
Yeast	0.04 kg
Salt	0.002 kg
Walnut	0.2 kg
Powder sugar	0.1 kg
Apple	0.8 kg
Cinnamon	



Preparation: Knead dough. Once risen, roll it to a rectangle and spread the walnut, apple, powder sugar and cinnamon mixture over it, then roll it up. Cut two finger width pieces and flatten them slightly. Put them on a baking sheet in a preheated oven and bake it at 180 degrees for 25 minutes.

COTTAGE CHEESE APPLE AND OATMEAL COOKIES

Recommended from the age of 12 months.

Oatmeal	0.5 kg
Milk	0.6 l
Eggs	8 pcs
Sugar	0.2 kg
Vanilla sugar	0.5 pack
Baking powder	0.5 pack
Grated apple	1.6 kg
Cottage cheese	0.4 kg
A pinch of cinnamon, lemon zest	



Preparation: Boil the milk and pour it on the oatmeal. Wait until it is absorbed. Blend all the ingredients and put them into a baking pan. Bake it in a preheated oven until toothpick test.

SPELT COOKIES

Recommended from the age of 12 months.

Spelt	0.2 kg
Flour	0.2 kg
Eggs	2 pcs
Margarine	0.1 kg
Honey	0.3 kg
Ground walnut	0.1 kg
Baking powder	1/4 pack
Vanilla sugar	0.5 pack
Dark chocolate (optional)	0.04 kg

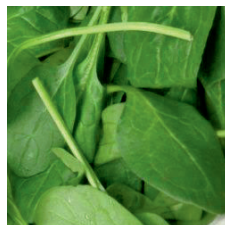


Preparation: Mix the ingredients, add some more milk if necessary to make it as thick as you wish. Form balls, flatten them but do not make them too thin. Bake them at 180 °C for 25 minutes.

SPINACH BASKET

Recommended from the age of 12 months.

Frozen puff pastry	0.5 kg
For the béchamel sauce:	
Margarine	0.05 kg
Wheat flour	0.05 kg
Milk	0.1 l
Salt	



Pepper

For seasoning the béchamel:

Spinach 0.1 kg

Edam cheese 0.1 kg

Egg 1 pc

Preparation: Melt the butter in a small pan and add the flour. Stir and fry it a little, then add the milk and thicken it while stirring. Add some salt and pepper. Add the grated cheese and the spinach to the béchamel and stir it until the cheese melts. Cut the puff pastry into 4 segments to get about 13x13 cm square pieces. Place the béchamel - cheese spinach into the middle. Fold the 4 corners, baste them with the egg yolk and bake them in a preheated oven (200 °C) for about 20 minutes.

CRISPY MILLET BALLS FILLED WITH CHEESE

Recommended from the age of 10 months.

Millet 0.2 kg

Edam cheese 0.1 kg

Onion 0.05 kg

Wholegrain flour 0.05 kg

Dry breadcrumbs 0.05 kg

Parsley 1 pack

Cooking oil 0.05 l

Salt

Pepper



Preparation: Chop the onion finely. Put the millet and the onion into salted water that is three times the amount of the millet. Once it is soft, put it aside for cooling. Once cooled, knead it together with the other ingredients. Form

dumplings and stick cheese pieces into their middle. Place them into an oiled baking pan and bake them crispy. If you want them to be golden brown, turn them over at half time.

WILD GARLIC AND COTTAGE CHEESE SCONES

Recommended from the age of 12 months.

Cottage chees	0.25 kg
Margarine cube	0.25 kg
Wheat flour	0.25 kg
Salt	0.002 kg
Egg	0.5 pcs
Wild garlic	0.3 pack
Cheese	0.1 kg.



Preparation: Mix the flour with the salt, add the margarine and crumble them by hand. Once it is crumbly, add the cottage cheese and crumble it a little more. Form a little dip in the middle and pour the yolk into it. Knead it well to get a smooth dough (add some more flour if necessary). Form dumplings, cover and leave them to stand for 20 minutes. Wash the wild garlic thoroughly, dip them and cut them into very small pieces.

Roll out the dough, then scatter half of the finely chopped wild garlic over it.

Fold the dough and leave it covered to stand for 10 minutes.

Roll out the dough again, scatter the rest of the wild garlic over it, then fold it again and leave it to stand for another 10 minutes. Roll out the dough about one inch thick, baste the top with the egg white and sprinkle it with grated cheese. Cut it with a cookie cutter as you like. Line a

baking sheet with baking paper, place the cookies on it and put it in a preheated oven.

POTATO AND WILD GARLIC SCONES

Recommended from the age of 12 months.

Boiled potatoes	0.6 kg
Margarine cube	0.25 kg
Wheat flour	0.4 kg
Salt	0.002 kg
Egg	1 pc
Wild garlic	0.3 pack
Yeast	0.025 kg
Milk	0.07 l



Preparation: Start making the dough only once the boiled and mashed potatoes have fully cooled. Start the yeast in tepid, milk and sugar. Once activated, add all the ingredients and knead the dough. You will get a soft dough. Let the kneaded dough rise to twice its size in 1 hour. Once the dough has risen, roll it to about 1 centimetre thick on a floured board, fold it into half, then fold the two sides over the middle part. So you will get 6 layers. Roll the folded dough again to about 2 cm thick. Cut the scones but don't make them too large. Place them onto a baking sheet lined with baking paper, baste the top with eggs, wait for 10 minutes and bake it for 20-30 minutes in a preheated (190 °C) oven.

HOMEMADE SESAME CRESCENT ROLLS

Recommended from the age of 12 months.

Wheat flour	0.7 kg
Eggs	2 pcs
Margarine cube	0.25 kg
Kefir	0.15 l
Cooking oil	0.1 l
Milk	0.1 l
Yeast	0.025 kg
Sugar	
Salt	
<u>Top:</u>	
Egg yolk	1 pc
Sesame	



Preparation: Stir the soft margarine with salt until it becomes fluffy. Activate the yeast in milk and sugar. Sift the flour into a bowl, make a firm but not too hard dough by adding the yeast, kefir, oil and 2 eggs. Add some more kefir if you think it is necessary. Divide the prepared dough into 8 equal parts. Roll each part into a round shape of the size of a plate. Grease 4 sheets with salted margarine, then place and empty sheets on each. Now you have 4 round sheets. Cut them into four, then cut each new pieces into three more parts. You will get 48 pieces. Roll each of them up tightly, starting from the wider side, then place them on a baking sheet lined with baking paper. Baste the crescent rolls with the beaten yolk. Scatter sesame seeds on top. Leave the crescent rolls to rest for an hour, then put them in a cold oven and bake them by gradually increasing the temperature for about 25-30 minutes, until they are golden brown.

APRIL VITAMINE SALAD

Recommended from the age of 12 months.

Iceberg lettuce	1 pc
Carrot	0.25 kg
Cucumber	0.25 kg
Radish	1 pack
Leek	1 pc
Apple	0.25 kg
Lemon	0.03 kg
Salt	0.0001 kg
Olive oil	0.01 l

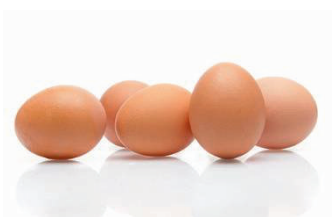


Preparation: Cut the ingredients as you like. Prepare a dressing from the lemon, salt and olive oil. Pour it on the salad.

KEFIR AND EGG SPRING SALAD

Recommended from the age of 12 months.

Boiled eggs	7 pcs
Kefir 450 g	1 pc
Cucumber	0.25 kg
California pepper	0.25 kg
Salt	
Garlic	
Chives	



Preparation: Boil the eggs, shell them and cut them into half rings. Clean the vegetables and cut them as you like. Add the garlic, chives and salt to the kefir and pour it on the salad. Serve cold.

APPLE AND CELERY CHEESE SALAD WITH KEFIR

Recommended from the age of 12 months.

Apple	2 kg
Celery stalk	0.3 kg
Edam cheese	0.2 kg
Kefir	0.45 kg
Salt	0.01 kg
Ground caraway	



Preparation: Peel the apples and cut them into small cubes. Clean the celery stalk, rinse it and cut it into 1 cm pieces. Cut the cheese also into small cubes. Season the kefir with salt and caraway, pour it on the apple, celery and cheese mixture.

COLOUR CHEESE BALLS

Recommended from the age of 12 months.

Cottage cheese	0.25 kg
Cream cheese	0.1 kg
Edam cheese, grated	0.4 kg
Salt	0.002 kg
Sour cream 12% 150 g	1 cup
Garlic	1 clove
Chives	0.2 pack



For the red balls:
California pepper 0.05 kg

For the green and white balls:

Parsley	1 pack
Toasted sesame seeds	0.04 kg

Preparation: Mix the ingredients thoroughly, add the sour cream little by little to get an easy-to-shape consistency. Leave it in the fridge for a while. Divide the mash into three equal parts. Mix the first third with the chopped California pepper and make nut sized balls. Roll the rolls made of the second part of the mash in chopped parsley. Roll the third part in lightly toasted sesame seeds.

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