

# Decote Diggers Recipe Booklet


**Delicious and simple recipes for you and your little ones to enjoy together**



Each week at Decote Diggers, your child will be planting their very own vegetables and herbs and they will be able to water them and watch the plants grow.

This book includes lots of recipes that you and your child can make together with your home-grown vegetables once they have grown big and are ready to eat!

The recipes involve chopping and cooking on the hob as well as baking in the oven so

parents will need to do most of the cooking but when you see this sign  these are safe jobs that you can ask your child to do or help with.

## **Week 1 – Potatoes**

This week you will be planting your very own potatoes and will be able to make these recipes with the help of your grown up once your potatoes have grown.

### **Cheesy Surprise Patties**

500g potatoes  
1 onion  
200g cheddar cheese diced  
6 rashers of bacon.  
1 tbsp of plain flour  
1 egg  
A little oil and butter for frying  
Seasoning optional (salt, pepper, mixed herbs)



1. Preheat oven to 180' gas mark 4.
2. Peel and dice your potatoes and onion and boil in a pan until all are soft.
3. While the potatoes are cooking, grill the bacon until cooked on both sides and allow to cool.
4. Once cooked, drain and mash the potato and onion mix and add seasoning and herbs at this stage if you want to.



5. Once the bacon is cool, break it or chop it into small pieces and mix into the potato mix.



6. Stir the flour and the egg into the potato mix and shape these into small balls, then flatten them into patties.



7. Take one of the patties in your hand and place some of the cheese into the centre of it.



8. Take another pattie and press in on top of the cheesy one so that you have a larger pattie filled with a cheese centre. Be sure to make sure that they are pressed together firmly, and all the edges are sealed so that the cheese doesn't seep out when you cook them.



9. Leave these in the fridge until they are ready to be cooked – at least one hour.
10. Heat up your oil and butter in a shallow frying pan and place the patties into the pan and leave for 3-4 mins on each side until they are golden brown. Try to leave them and not turn them until they are golden as they will be soft at this stage and may break if you turn them too often.
11. Once golden on both sides, place your patties in the oven for 20mins to melt the cheese inside and to heat throughout. Enjoy!!

## Frittata Bites

These can be made as one big frittata then cut into small bite sized pieces or made individually as I did using silicone cupcake cases.

4 Potatoes

6 Eggs

Handful of chopped chives (optional)

200g Cheese – most

kinds work. I used 100g cottage cheese and 100g cheddar cheese.

3 slices of ham, shredded



1. Preheat oven to 190' gas mark 5
2. Peel the potatoes and place in a pan of boiling water until the potatoes are just slightly soft enough to slice but not so soft that they will fall apart.
3. ★ While the potatoes are on the boil, whisk together the eggs, ham, cheese and chives.
4. Drain, cool and then slice the potatoes.
5. ★ Place the potatoes in the bottom of an oven proof dish or cake cases and pour your whisked mixture over the top of them.
6. Place your uncooked frittata into the centre of the oven and cooked for approx. 30mins or until the eggs have set and the cheese have given your frittata a golden-brown colour on top.
7. Allow this to cool before turning out onto a chopping board and cut up into small bite sized pieces for little mouths. Serve with a dollop of ketchup.

## Potato Soup

This is a lovely, easy recipe that takes no time at all. Your kids will love it.

50g Butter

500g Potatoes



700ml Chicken or vegetable stock

150ml of cream or full fat milk

Salt and pepper – optional

50g Grated cheese - optional



1. Peel and dice your potatoes then melt the butter in a large pan on a low heat.
2. Add your potatoes to the pan with a little salt and pepper if you wish and mix the potatoes around so that they are well covered with the melted butter. Let the potatoes sweat for approx. 5 mins. Be sure to keep the heat low so that the potatoes don't fry.
3. Pour your stock into the pan and bring to the boil. Drop the heat to a simmer and leave for approx. 10-15 mins until the potatoes are soft.
4.  Add the cream or milk and an adult can puree using a hand blender or food processor.
5. Allow to cool slightly and serve in bowl with  a sprinkling of cheese and some warm bread or buttered toast to dip into it.

## Week 2 – Carrots


Carrots are fantastic for children to cook with as they are so bright and colourful and most children enjoy eating carrots raw. These recipes will allow them to see how you can also cook carrots and make them even tastier.

### Orange and Carrot Cake





175g Soft brown sugar  
3 large eggs  
150ml sunflower oil  
140g grated raw carrots  
100g raisins (I have used other dried fruit too and they all work well especially apricots)  
Zest of one orange, grated  
1 tsp bicarbonate of soda  
1 tsp ground cinnamon  
½ tsp of nutmeg



For the frosting  
150g icing sugar  
Juice of 2 oranges

1. Preheat the oven to gas mark 4/170' and grease a baking tin.
2.  Put the oil, sugar and eggs into a mixing bowl and mix with a spoon before adding the carrots, fruit and orange zest



3.  In a separate bowl, mix the flour, bicarbonate of soda and the spices.
  4.  Sift the dry mix into the wet mix bowl and gently stir this all together until you have no floury lumps. The mixture will look quite runny at this point but don't worry.
  5. Pour the cake mixture into your baking tin and place it into the centre of the oven for approx. 45 mins. Do the skewer test to see if it is cooked – Stick a skewer or cocktail stick into the highest point of the cake and if it comes out clean then your cake is cooked through. If it still has traces of cake mix on it then you will need to pop it back into the oven for a little longer.
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6.  Leave your cake to cool a little and in the meantime, you can make your frosting by mixing the icing sugar with the orange juice together. Drizzle this onto the cake while it is still slightly warm. This lets some of the icing seep into the cake and some will set onto the top.
  7. Once cooled, serve with a little scoop of ice cream.

## Carrot Pancakes



I just cannot help myself sneaking extra vegetables into my children's food! Courgettes grated into burgers, aubergines blended into sauces for spaghetti, grated cauliflower into soup which turns so soft it can't be detected. My children have eaten way more vegetables than they have any idea about but this one they love even though the KNOW it has vegetables in it. Carrot pancakes do sound strange but give them a try. I have adapted this recipe many times since I first discovered it a few years ago. You also have the option of the



cream cheese sauce which goes over the top. I have kept the recipe basic, but feel free to add walnuts, dried fruit and different spices if your children like these.

I use cups in this recipe for ease.

2 cups of milk  
2 eggs  
½ cup butter  
2 cups of plain flour  
4 carrots, grated  
½ cup of sugar  
1 tsp vanilla extract  
½ tsp each of cinnamon and nutmeg – optional

For the sauce

1 cup of cream cheese  
½ cup of icing sugar  
½ cup of milk  
½ tsp of vanilla extract

1.  Mix the all the ingredients into a bowl and whisk up until you have no lumps of flour.
2. Leave this mixture to soak into the carrots while you prepare the topping
3.  Mix the cream cheese and milk. Once combined, whisk in the icing sugar. Finally stir in the vanilla.
4. I like the topping fairly thick but more milk can be added to make it thinner if you prefer.
5. Add a little oil to a shallow frying pan and drop ladles full of the pancake mix onto it. I can fit about 3 small pancakes into a pan at a time.
6. Keep the heat low and don't be tempted to turn the pancakes until you see little bubbles starting to appear. Once these bubbles show on the surface, it's time to flip your pancakes. Once turned, give your pancakes 2 mins on the opposite side then remove from the pan and keep warm while you do the rest.
7. I find 2 of these small pancakes more than enough per child with a little cream cheese sauce on the top which will melt over and coat the pancakes. 3-4 is a good portion for an adult on a Sunday morning!

I really recommend that you try these.

## Carrot Pizza!!


Over the years, I have tried making 'healthy' pizzas as I love pizza but I'm not a fan of the doughy base. I have tried using different vegetables as a base and carrots work best by far. This one was gobbled up by my daughter and her friends after they all helped to make it. Lots of fun to make and delicious too – a hit!




4 carrots  
1 clove garlic  
1 ball of mozzarella cheese  
1 egg

Topping – use any topping you wish.

1. Pre heat your oven over 200° and lay some baking paper onto a flat tray.
2. Chop your carrots and place them into a food processor and blend until they are almost mush. This might take a few minutes. Just keep stopping and pushing all the carrot down to the bottom before blending again.

3.  Tip the carrot out onto into the middle a clean cloth (cheese cloth or clean tea towel) and bring all the sides of the cloth up so that you can squeeze all the water out of the carrots over a drainer. The more water you can get out, the better your base will hold together.
4. Put the carrot back into the blender with the garlic, egg and mozzarella and mix it all up together.

5.  Now, using a spatula, spread out the mixture onto your lined baking tray. The mixture should be approx. ½ cm in depth. Any deeper and it may be too soft to pick up. You should have enough for 1 large pizza base or 2 smaller ones.



6. Place the pizza base in the oven and cook for approx. 10-12 mins until it starts to brown and it appears dry.



7. Now top your pizza with anything you wish. Start with a tomato-based sauce, add some cooked meat or vegetables and finish with lots of cheese.
8. Place your pizza back into the oven for another 10 mins or until all the topping is cooked and the cheese is melted.

## Week 3 – Peas and Beans

This week in Diggers, we have planned for you to plant your very own beans and peas! Here are some recipes that you can try once your pea pods and beans have grown. Legumes (a plant which grows its fruit or vegetable inside a pod) are a staple part of any diet. Rich in protein, fibre, vitamin C and magnesium, legumes should be eaten twice a week as an addition to your meals. Try adding them to soups or stews or making dips with them. Here are a few ideas;

### Pea Packed Potatoes

4 Baking potatoes  
Knob of butter  
A large handful of your fresh or frozen peas  
1 celery stick, diced  
A dash of milk  
100g of grated cheese  
4 rashers of bacon, grilled and cut into small pieces



1. Pre-heat your oven to 200°
  2. Wash your potatoes and with a knife, make a cut through the skin on one side of the potatoes.
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3. Wrap your potatoes in foil then an adult can place them into the oven and leave for approx. 50mins.
  4. While the potatoes are baking, heat some oil in a frying pan and gently fry the celery until soft. Once soft, add the peas to the pan and continue to cook for another 3-5 mins
  5. Place the celery and peas in a large bowl to cool.



6. Once the potatoes are cooked, leave to cool slightly before cutting them in half and scooping the potato out of the skins with a small spoon. Take care not to tear the skins.



7. Place the cooled potato into the bowl with the celery and peas and add the bacon. Mix these ingredients up together with the milk and the butter. Make sure everything is well mixed up.



8. Using a larger spoon, put your mixture back into the skins of the potatoes and top each one with a little of the grated cheese. Place the filled potato skins back into the oven until the cheese melts.
9. Once the cheese has melted, allow the potatoes to cool slightly before serving 😊

### **Pea Soup with croutons**


I couldn't do pea recipes without giving you pea soup! A simple but very tasty way to get your children to eat peas. This soup is as vibrant in taste as it is in colour. Try also adding a poached egg on top of the soup or melting some cheese on toast and some grilled streaky bacon too.



Knob of butter  
500g fresh or frozen peas  
750ml of vegetable stock  
Pinch each of salt, pepper and sugar.  
1 small onion, diced  
1 medium leek, washed and diced

For the croutons  
Ciabatta bread  
1 clove Garlic, crushed  
1 tbsp. Olive oil

1. Pre heat your oven to 160' and have a tray ready to bake your croutons.
2. Gently fry the leek and onions in the butter until soft – this will take 5-10 mins. Keep the heat low so that they do not brown. If this becomes dry, just add a small amount of stock.
3. Next, pour in the stock and the peas and simmer gently for another 10 mins.
4. While the soup is simmering you can start your croutons. Cut all the crusts off the ciabatta; top, bottom and sides so that you are left with the soft bread in the middle.

5.  Tear up the ciabatta into small chunks and place in a bowl with the oil and crushed garlic. Use your hands to mix this up and coat all the bread with the garlic and oil.
6. Tip this into the tray and place into the oven for approx. 10 mins
7. At this point, season your soup with the salt, sugar and pepper.
8. Allow the soup to cool while your croutons finish baking.
9. Take the croutons out of the oven and leave to cool while you blend the soup using a hand blender or a food processor.
10. Serve, topped with the croutons.

Do you have any Lavender in your garden? If you so, try making these with your children. Lavender is safe to eat, just make sure you wash it well and you can soak it overnight in water or milk to soften if you wish. These cupcakes are absolutely delicious.

## Lavender Cupcakes

These were such a huge hit in our house. What is lovely about cooking these delicious cakes is how they make your house smell; a mixture of sweet cakes and the subtle aroma of lavender floated around our house all day. These were loved by both adults and children and were gone in a matter of minutes!

Please note – lavender is small and can be tough for very young children to chew. I recommend soaking the lavender in the milk overnight which will infuse the milk and soften the lavender.

For the cakes

- 120g Self raising flour
- 140g caster sugar
- 125g butter
- 1 egg
- 100ml milk
- 1 tbsp of lavender flowers



For the topping

Food colouring of your choice – I used pink but any colour you want is fine ☺

150g butter

280g icing sugar

1. Pre heat your oven to gas mark 5 190°



2. Whisk together your sugar and butter until creamy before adding the flour, egg, lavender and milk.

3. Whisk all together until you have a creamy consistency



4. Pour your mixture into cupcake cases and place in the centre of your oven and cook for approx. 18mins or until the cakes are firm and golden on top.

5. Leave the cakes to cool fully – by this time your house should be smelling divine!



6. Once the cakes are cooked you can start making your topping. Place the butter, icing sugar and food colouring into a food processor and mix until all the icing sugar is complete mixed with the butter and the colour is as desired.



7. Use the butter icing to top your cakes however you wish and enjoy!



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