

Winter warmers

By  [Nina Timm](#)

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Yup, winter is definitely here and I can feel Jack Frost nibbling at my nose at night and early mornings when I get up to get everything ready for school. It's the time of year when we start eating more stews and soups, but it's also not cold enough yet to haul out the big guns, like bean soup and oxtail. I feel more like a [creamy chicken with mushroom casserole](#) or a fragrant tomato soup with gnocchi!



It's also a great way to get children to eat "the dreaded" vegetables! I found with my kids that they were slightly sensitive to the texture of vegetables and if I could find a method to combat that, they were happy to eat them, even ask for seconds.

It is also important to know that they only need small portions, not a ladle full of pumpkin or cauliflower. With soup, you can "hide" the vegetables they are most likely to eat otherwise like onions, celery, carrots and peppers.

Push all the right buttons

[Potato and leek soup](#) is one of my children's favourites. I think they are reminded of creamy, buttery mash with every sip and it is deliciously smooth and creamy. Add the crunchy deep-fried parsnips and you push all the right buttons with the kids.

What about a [potato and butternut cake](#)? The kids will love it, after all who doesn't like cake?

So don't be scared to introduce your children to the wealth of the winter vegetable basket; just adjust your cooking and serving methods a little and you will have them smiling.

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ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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