

MEALS FOR MAMA!



Breakfast | Lunch | Dinner | Drinks

Mother's Day Cookbook





QUICK

&

EASY



REFERENCE: [FOOD.COM](https://www.food.com/recipe/banana-french-toast-115511)

Banana French Toast

INGREDIENTS

- 1 BANANA
- 2 EGGS
- 1 PINCH GROUND CLOVES
- 1 PINCH GROUND GINGER
- 1 PINCH GROUND NUTMEG
- 3 PINCHES GROUND CINNAMON
- 2 DROPS VANILLA EXTRACT
- 6 SLICES BREAD

DIRECTIONS

- Mash the banana in a shallow bowl with a fork; mix it until most lumps disappear.

- Scramble both eggs into the bowl along with the spices and vanilla extract.
- Preheat a griddle or frying pan. Use cooking spray or butter.
- Dip slices of bread in mixture and transfer to pan.
- Cook both sides until done.
- Serve and enjoy!



Creamy Chicken-and-Broccoli Pesto Bow Ties



INGREDIENTS

- 2 CUPS BROCCOLI FLORETS
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1 BUNCH FRESH BASIL
- 2 CLOVE GARLIC
- 1/4 CUPS OLIVE OIL
- 2 TSP. LEMON ZEST
- 3 OZ. PARMESAN
- 4 OZ. CREAM CHEESE
- 2 CUPS SHREDDED ROTISSERIE CHICKEN
- 1 CUPS CHOPPED TOASTED PECANS (OPTIONAL)
- 1/2 LB. FARFALLE (BOW TIE PASTA)

DIRECTIONS

- Cook the broccoli in boiling salted water until tender, 5 minutes; remove to a bowl with a slotted spoon. Add pasta to water and cook according to package directions; drain.
- Process basil, garlic, oil, lemon zest, red pepper, and Parmesan in a food processor until finely chopped. Add broccoli and pulse until coarsely chopped, 4 to 6 times. Season with salt and black pepper.
- Stir broccoli pesto and mascarpone into pasta until well coated; fold in chicken.



Easy Iced Tea

INGREDIENTS

- 6 TEA BAGS
- 2 TBSP GOLDEN CASTER SUGAR
- 1 TBSP RUNNY HONEY, PLUS EXTRA TO SERVE
- 2 LEMONS, 1 JUICED, 1 SLICED
- 1 ORANGE, SLICED
- SMALL BUNCH MINT, LEAVES PICKED

DIRECTIONS

- Put the tea bags, sugar, honey and 1.5 litres water in a large jug. Leave to infuse for 10 mins, then remove and discard the tea bags. Chill until ready to serve.
- Stir in the lemon juice, lemon slices, orange slices and mint leaves. Fill the jug with plenty of ice and stir again.
- Fill tall glasses with ice and pour over the iced tea, then serve with extra honey to taste.



*"Happiness
is..."*

*...surprising
your mom with
a meal.*



SOMETHING

SPECIAL



REFERENCE: KIDSPOT.COM.AU

Pineapple Upside-down Pancakes

INGREDIENTS

- 3 CUPS PLAIN FLOUR
- 3 TBSP BAKING POWDER
- 2 TBSP SUGAR
- 1/2 TSP SALT
- 2 1/2 CUPS MILK
- 2 EGGS
- 1 TBSP VANILLA EXTRACT
- 4 TBSP BUTTER (MELTED)
- 1 TIN (SLICED) CANNED PINEAPPLE
- MAPLE SYRUP

DIRECTIONS

- Mix the flour, baking powder and salt together in a big bowl.

- In a smaller bowl, mix together milk, eggs and vanilla.
- Add the wet ingredients to the dry and mix gently until just combined. Add the melted butter and mix until just incorporated.
- Melt a couple of teaspoons of butter in a non-stick frying pan over medium-high heat. Pour about a 1/4 cup of batter into the pan for each pancake.
- Pour out enough batter to make a circle slightly larger than the rings of pineapple. Place the pineapple ring into the batter so that it cooks inside the pancake.
- Cook until you see bubbles forming then carefully flip the pancake with the pineapple inside.
- Serve with syrup.



Coconut Shrimp Curry

REFERENCE:JOCOOKS.COM

INGREDIENTS

- FOR SHRIMP MARINADE
 - 1 LB EXTRA-LARGE SHRIMP PEELED AND DEVEINED
 - 1/4 TSP SALT
 - 1/4 TSP BLACK PEPPER FRESHLY GROUND
 - 1/4 TSP CAYENNE PEPPER
 - 2 TBSP LEMON JUICE
- FOR THE SAUCE
 - 1 TBSP COCONUT OIL
 - 1 MEDIUM ONION CHOPPED
 - 3 CLOVES GARLIC MINCED
 - 1 TBSP FRESH GINGER MINCED
 - 1/2 TSP BLACK PEPPER FRESHLY GROUND
 - 1/2 TSP SALT OR TO TASTE
 - 1/2 TSP TURMERIC
 - 2 TSP GROUND CORIANDER
 - 1 TSP CURRY POWDER
 - 14.5 OZ DICED TOMATOES
 - 13.5 OZ COCONUT MILK
 - 2 TBSP CILANTRO FOR GARNISH (OR PARSLEY)
 - COOKED RICE FOR SERVING

DIRECTIONS

- In a small bowl toss the shrimp with the marinade ingredients. Cover with plastic wrap and refrigerate for 10 minutes.
- While the shrimp is marinating, heat the oil in a medium size skillet. To it add the onion, and cook for 2 or 3 minutes until the onion softens and becomes translucent. Stir in the garlic, ginger, pepper, salt, coriander, turmeric and curry powder. Cook for another minute.
- Add the diced tomatoes with juices and all, the coconut milk, stir and bring to a boil. Cook for about 5 minutes stirring occasionally. Add the shrimp with the accumulated juices from the marinade and cook for another 2 minutes or until the shrimp is pink and cooked through.
- Serve over hot rice and garnish with cilantro or parsley.




Grapefruit-Mint Bellini

INGREDIENTS

- 1/2 CUP SUGAR
- 1/2 CUP WATER
- 1 BUNCH FRESH MINT
- 2 – 3 CUPS FRESHLY SQUEEZED GRAPEFRUIT JUICE
- 1 BOTTLE SPARKLING WINE (CHAMPAGNE, PROSECCO, CAVA...WHATEVER YOU LIKE!)
- EDIBLE FLOWERS, FOR GARNISH

DIRECTIONS

- In a small saucepan, bring sugar, water and mint to a boil. Simmer until the sugar is dissolved, 3 minutes. Remove from the heat and let cool completely, then discard mint sprigs.
- Divide simple syrup and grapefruit juice between 6 glasses and stir. Top with champagne and garnish with edible flowers.



"My,
mother's
menu
consisted of
two choices:
Take it or
leave it."

- BUDDY HACKETT



MASTER

CHEF

MEAL



Bacon and Cheese Quiche

INGREDIENTS

- 1 PIE CRUST
- 1 TBSP BUTTER, UNSALTED
- 1 SCALLION, CLEANED AND CHOPPED
- 4 LARGE EGGS
- 3/4 CUP HEAVY/COOKING CREAM,
- 1/4 TSP SALT, OR TO TASTE
- 1/4 TSP BLACK PEPPER, OR TO TASTE
- 8 SLICES BACON, CHOPPED AND FRIED
- 1 1/2 CUPS CHEESE, SHREDDED, SUCH AS CHEDDAR OR GOUDA

DIRECTIONS

- Quiche Crust
 - Preheat the oven to 425 F degrees, then blind bake the crust.
- Quiche
 - Turn down the oven to 375 F degrees.
 - In a skillet melt the butter then add the scallion and saute for 3 minutes or until tender. Cool slightly.
 - In a large bowl add the eggs, cream, salt, pepper, bacon, 1 cup of the cheese and whisk everything together.

- Scatter the scallion over the bottom of the baked quiche crust.
- Pour the egg mixture over then top with remaining 1/2 cup of cheese.
- Bake for 35 minutes or until the centre is completely set.
- Let cool for about 10 minutes before slicing and serving.



Chocolate Banana Bites

INGREDIENTS

- 2 BANANAS
- 1/2 CUP SEMI-SWEET CHOCOLATE MORSELS
- 1/2 CUP NUTS (PEANUTS, ALMONDS, CASHEWS, ETC)

DIRECTIONS

- Chop the banana into 1-inch thick slices.
- Place the chocolate morsels in the microwave for about 50 seconds, until melted and smooth.
- Finely chop the nuts.
- Dip the banana slices in the the melted chocolate, then the chopped nuts, and place on a dish in the freezer for 30 minutes.
- Serve and enjoy!





REFERENCE: [JESSICAINTHEKITCHEN.COM](https://jessicainthekitchen.com)

Whipped Coffee (Dalgona Coffee)

INGREDIENTS

- 2 TABLESPOONS INSTANT COFFEE
- 2 TABLESPOONS GRANULATED SUGAR
- 2 TABLESPOONS BOILING WATER
- A PINCH OF CINNAMON (OPTIONAL)
- 1 CUP MILK OF CHOICE

DIRECTIONS

- Add all the coffee, sugar and boiling water in a bowl (you can easily double or triple this recipe). Using a hand mixer or stand mixer and whip on one of the higher speeds.
- Whip the entire mixture for about 2 minutes. Scrape down the sides and whip any bits that didn't get whipped.

- Taste (it'll be very strong! But of course diluted with your milk) and add more sugar IF desired.
- Add the coffee to a tall glass (about 8 ounces/1 cup) of your favourite milk. If you're doing iced, add a few ice cubes, then the milk, then spoon the whipped coffee on top. If using hot, just add it to the glass.
- Using your spoon or straw, stir vigorously to swirl it into your milk.
- Sip and enjoy!



Jerk Chicken w/ Mango Salsa

INGREDIENTS

- 6 BONELESS SKINLESS CHICKEN THIGHS
- 6 GREEN ONIONS, CHOPPED
- 1 SCOTCH BONNET PEPPER, CHOPPED
- 3 CLOVES GARLIC, ROUGHLY, CHOPPED
- 1/3 CUP SOY SAUCE
- 1/4 CUP FRESH LIME JUICE
- 2 TBSP OLIVE OIL (OR VEGETABLE OIL)
- 1/2 TBSP BROWN SUGAR
- 1 1/4 TSP GROUND GINGER
- 1 TSP GROUND ALLSPICE
- 1 TSP GROUND BLACK PEPPER
- 1/2 TSP DRIED THYME
- 1/2 TSP GROUND CINNAMON
- 1/2 TSP GROUND NUTMEG
- AVOCADO MANGO SALSA
 - 1-2 RIPE MANGOES
 - 1 RIPE AVOCADO
 - 1 JALAPENO PEPPER, SEEDS AND RIBS REMOVED FINELY DICED
 - 1/3 - 1/2 CUP CILANTRO, MINCED
 - 1/4 CUP RED ONION, FINELY MINCED
 - 2 TBSP FRESH LIME JUICE

REFERENCE: THECHUNKYCHEF.COM





DIRECTIONS

- Add chicken thighs to a large resealable plastic bag.
- Add all marinade ingredients to a blender and pulse several times until it's semi-smooth. Pour marinade into bag with chicken, seal and place in the refrigerator for 3-8 hours.
- In a small mixing bowl, add salsa ingredients and toss to combine. Set aside while you cook the chicken.
- Heat a large skillet over MED-HIGH heat with a drizzle of vegetable oil.
- Remove chicken from marinade, patting lightly with paper towels to remove excess marinade.
- Cook approximately 4-5 minutes per side, until lightly charred and cooked through.
- Set chicken aside to rest for several minutes, then serve with a couple of spoonfuls of avocado mango salsa over the top.

Orange Sorbet Mimosa

INGREDIENTS

- 2 CUPS FRESH ORANGE JUICE
- 1/2 CUP WATER
- 3/4 CUP HONEY OR AGAVE
NECTAR TO TASTE
- SPARKLING WINE OR SPARKLING
CIDER

DIRECTIONS

- Stir together orange juice, water and honey to blend together.
- Freeze the sorbet in your ice cream maker or in a dish in your freezer.
- Scoop out sorbet into champagne glasses and add sparkling wine or cider to sorbet and enjoy!



Mother's cooking is
different from
others because she
has an ingredient
called "love", which
others lack.





Thank You Mom for Every Meal You Make With Love!

