



With the Harry Potter and Order of the Phoenix movie and Harry Potter and the Deathly Hallows book out this summer, Harry Potter fans are having a banner year. While the literary phenomenon has renewed children's interest in reading, it has also given parents a number of new food ideas to help entice their picky eaters to eat like Harry Potter.

32 metroparent October 2007

**A**fter Harry Potter was sorted into Gryffindor at the beginning of *Harry Potter and the Sorcerer's Stone*, the house table was covered with food. There were no picky eaters at the Gryffindor table. How can you use Harry's example and encourage your child to eat a variety of food? Plan a Harry Potter meal.

With a little planning you can utilize your favorite Harry Potter movie to introduce new foods to your kids. If your child is younger, *Harry Potter and the Sorcerer's Stone* is probably the best movie to use. There are a lot of foods shown in the movie and it isn't too scary for the little ones. The books mention more foods such as treacle torte, tankards of butterbeer and iced pumpkin juice.

Pick out foods that might be completely new to your child or something she has had in the past and never gave a really good try. Use your own recipes or find great ones online. Give every dish a Harry Potter name. Meatloaf becomes Magical Meat Delight. A fruit salad with a yogurt dressing becomes Fruit for Thought — a magical mixture to help your potions making. Asparagus and carrots become Green and Orange Wands of Power, sure to put the creativity back in your spell casting.

"I'm so hungry I could eat a Hippogriff..."

— Ron Weasley,  
*Harry Potter and the Goblet of Fire*

#### Take it slow

"Try giving the new food with more familiar foods," says Heather Fortin, registered dietician with Children's Hospital of Wisconsin. "If they're not big on green beans but they like carrots, put the green beans with the carrots."

"They may not take to it during the first 8 to 10 exposures," Fortin knows from experience — she has a three-year-old daughter. She suggests offering new foods once a week for kids of every age.

"Have your child go to the grocery store with you," suggests Lydia Witkiewicz, NEW Kids Coordinator at the Southwest YMCA. The NEW (Nutrition, Exercise and Weight Management) Kids Program, a holistic treatment program addressing overweight and obesity issues in children under 18, is a collaboration between Children's Hospital of Wisconsin and the YMCA. "Have her pick out something she wants to try." That way, she has a sense of ownership of her food choices.

#### Meal ideas based on *Harry Potter and the Sorcerer's Stone*

- Chicken wings and legs with corn on the cob, broccoli and Pumpkin Pasties
- Harry's first feast: roast beef, roast chicken, pork

# Secret Recipes

## Pumpkin Juice

6 cups apple juice  
1-1/2 cup pumpkin puree (or two to four cups of pumpkin chopped and juiced with a juicer)  
1/2 cup pineapple juice

1. Combine all in a large pitcher and stir well
2. Let it sit for an hour in the refrigerator
3. Strain with cheesecloth (if too thick)
4. Chill or serve iced

Makes 8 servings  
Recipe by Dawn Albrecht



## Sweet Potatoes French Fries

2 to 3 large sweet potatoes  
Olive oil  
Sea salt

1. Preheat oven to 400 degrees.
2. Peel and slice sweet potatoes into 1/4 to 1/2 inch fries. Coat with olive oil and spread on a cookie sheet. Lightly sprinkle sea salt over fries.
3. Bake at 400 degrees for 30 minutes or until slightly browned.
4. Serve with ketchup or ranch dressing.

Makes 4 to 6 servings  
Recipe by Dawn Albrecht



## Pumpkin Pasties

1 (18 ounce) package of pre-made sugar cookie dough  
1 (28 ounce) can pumpkin pie filling  
3 tablespoons powdered sugar  
1/2 teaspoon pumpkin pie spice (optional)

1. Preheat oven to 350 degrees.
2. Cut cookie dough into 12 equal pieces and press into the cups of a nonstick muffin tin making sure to go up the sides.
3. Fill with pumpkin pie filling. Most likely you will have extra should you wish to make more.
4. Bake for 20-25 minutes.
5. Remove and let cool.
6. Sprinkle with powdered sugar and pie spice.

Makes 12 cookies  
Recipe from [www.recipezaar.com](http://www.recipezaar.com)



## Spook your food:

- Add dry ice to your juice
- Add gummy worms to your pumpkin pasties (gummy spiders and rats are also available at candy stores)
- Add food coloring to any light colored food or drink. Change white soda to green or red and change ranch dip into green slime ranch dip.
- Use Harry Potter's Chocolate Frogs as decorations to any cool or cold food

chops and lamb chops, sausages, bacon and steak, boiled potatoes, roast potatoes, fries, peas, carrots. (Serve a select few that might entice your timid eater.)

- Ham and eggs with roasted tomatoes and toast (great for breakfast, or anytime)

### Meals and dishes from other Harry Potter movies include

- Breakfast at the Burrow featuring sunny-side-up eggs, sausage, roasted tomatoes, biscuits and jam (*Harry Potter and the Chamber of Secrets*)
- The Leaky Cauldron's Split Pea Soup and French bread (*Harry Potter and the Prisoner of Azkaban*)
- Roasted Rack of Lamb at the Dursley's (*Harry Potter and the Prisoner of Azkaban*)

As a former picky eater myself, if I know what's in the new food I'm more likely to eat it. Mystery ingredients are great for adventurous eaters and most adults, but children who are unsure of foods need security in their dining experiences.

My kids are surprisingly good eaters. How did my kids start liking so many foods? We exposed them to numerous new foods constantly. There was no pressure on the kids to like the new food, but they had to try everything. This philosophy has been utilized by my children a number of times when we're out to eat. "Mom, you have

to try the spicy tuna roll. You've never had it before."

Try new things in front of your children. You may know you don't like spicy tuna rolls, but if you expect them to try something you need to show them that it's okay to try something you may not like. (I didn't like the spicy tuna roll and the kids had a great laugh out of my drinking half the glass of water to get it down.)

"If the child doesn't like the particular food, it's okay. Take it off the menu and reintroduce it later," says Witkiewicz. "They might like something six months from now that they didn't like last winter."

When making a meal with a new food in it, be consistent. "Don't make him his own separate meal," says Fortin. Let him know that the family is sharing one meal and there won't be a separate meal for him. "Don't make eating or not eating [the new food] a big deal."

Try presenting food in a different light. Cut the fruit or sandwich into a different shape. Serve the new item on toothpicks. Use special dishes, like animal-inspired paper plates available at grocery stores.

Other great movies for introducing new foods include *Madagascar* (Sushi), *Over the Hedge* (the animals try a variety of new foods) and *Ratatouille* (featuring Ratatouille, a French vegetable stew).

Trying new foods is always an adventure — sometimes fun, sometimes scary. Encourage your child to try new foods with you and Harry Potter. ●

## Trying new things while dining out with kids

Try a new food as an appetizer: Calamari, cheeses, zucchini and eggplant are good foods to try. Share a meal with your child. This also helps adults with weight management and is less expensive. Have your child try a new food and give him a safety net. Order a meal for yourself that he can eat off of if he doesn't like his new item. Go out for Dim Sum. Peony (11120 W. Blue Mound Rd.) offers Dim Sum which is great for sampling a lot of different foods.

## Recipe Web sites:

[www.cookinglight.com](http://www.cookinglight.com)  
[www.recipezaar.com](http://www.recipezaar.com)  
[www.cooking.com](http://www.cooking.com)  
[www.allrecipes.com](http://www.allrecipes.com)  
[www.epicurious.com](http://www.epicurious.com)  
[www.cooks.com](http://www.cooks.com)

