



Good Food blog



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 by Trish Deseine - chocolatier

Some tips for feeding ravenous teenagers



Fridges can be stripped bare in no time flat with teenagers around. But how do you get them to eat the right things? Trish discusses

My three boys are now 18, 15 and 13 and I'm finding it very hard keeping up with their appetites. They are capable of eating a three course Sunday lunch, with second helpings, and then going back to the kitchen 20 minutes later to polish off a loaf of bread and a pot of jam. As a result, I've set up a carb station beside the fridge, with wholemeal bread, honey and peanut butter to satisfy them night and day. They're in that spectacular growth spurt stage where they seem to have become gigantic and deep voiced overnight and have started looking DOWN at me, whilst putting THEIR arms around MY shoulder. It's very disconcerting, but also a big challenge to make sure they're getting the right balance in their nutrition. It's the way their bones develop now that is vital for their solidity the rest of their lives. The eating habits they develop will stick with them forever so I'm doubly conscious of sitting down together at least once a day, even if, with their intensive social lives, I don't always manage to get all four kids around the table at the same time.

The two big vitamins to watch are iron and calcium. We've cut down on red meat (a big source of iron) consumption, making it two, maximum three times a week, but as a result I'm trying to get them to eat more dark green veg and fish. Not easy, even in France. The "eat your greens" ploy I had when they were small was to start the meal, when they were most hungry, with very small portions of different vegetables. This still works most times. even with the dreaded spinach. I wish

they loved lentils as I do. Their meatiness is so satisfying to the palate and they are wonderful with just a touch of garlic sausage or chorizo to give a smoky undertone. I keep trying to introduce them, but the mountain of leftovers is always discouraging. For calcium intake requirements I am blessed with kids who go crazy for good cheese. It's a quick and easy option for a weekday meal. A good cheese board, some fresh baguette, fruit and a green salad covers a lot of what's required nutrition wise. I always have eggs for omelettes and ready made pastry at hand for the "Gifoutout" ("throw it all in") quiche which magically clears my fridge of annoying leftover bits of ham, cheese and veg. A happy consensus is most usually reached when it comes to rich, slow cooked, one pot stews, coq au vin being a great favourite, and an easy dish with which to serve crunchy beans or cabbage or broccoli to offset the thick sauce.

Coq au vin

By: [Trish Deseine](#)

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Prep time: 15 min

Cook time: 3 hrs 15 min

Serves: 4-6

Trish Deseine's easy to prepare chicken stew makes a great family meal

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Ingredients

- 125 g [butter](#)
- [olive oil](#)
- 1 free-range chicken, approx 2kg
- 2 cloves [garlic](#), peeled, plus extra for croûtons
- 20 pickled onions, peeled but unpickled
- 200 g smoked streaky [bacon](#), (poitrine fume), cut into chunks
- splashes cognac
- 2 bottles good-quality [red wine](#)
- 1 bouquet garni
- 250 g button mushrooms
- 1 baguette, for croûtons



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Method

1. In a heavy-based casserole dish, heat half the butter and some oil and brown the chicken with the garlic, onions and bacon.
2. Pour a good swig of cognac, over the chicken and flame (be careful). Stir, then add the red wine and the bouquet garni. Season lightly with salt and pepper.
3. Bring to the boil and simmer very gently for about 3 hours, until the chicken is done.
4. Just before serving, fry the mushrooms in the rest of the butter until golden and add them to the casserole.
5. Slice the baguette, rub the slices with a cut half-clove of garlic, sprinkle some olive oil on and toast under the grill. Serve on top of the coq au vin.

Recipe by Trish Deseine

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