

Dallas child

THE MAGAZINE PARENTS LIVE BY IN DALLAS
AND COLLIN COUNTIES

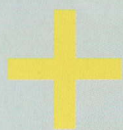
march 09

FACEBOOK FANATICS?

Moms Take
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Nashville Star Winner

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(Mom of Five) on Life



Learning curve

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CELEBRITY CHEF: *Kids de Cuisine*

COURTESY OF **KENT RATHBUN**, EXECUTIVE CHEF AND PROPRIETOR OF ABACUS, JASPER'S AND RATHBUN'S BLUE PLATE KITCHEN



Dad Kent Rathbun knows a thing or two about cooking for (and with) kids. The family man, who's the executive chef and proprietor of Dallas restaurants Abacus, Jasper's and Rathbun's Blue Plate Kitchen, whips up meals with the assistance of his two hungry helpers, Max, 5 and a half, and Garrett, 2.

"Max is very involved in the kitchen at home," Rathbun shares. Two-year-old Garrett helps her chef-father, too, says

Rathbun. "The challenge with Garrett right now is just getting her to eat the right foods," he laughs.

One of the Rathbun family's favorite cooking projects is the Rocky Road Ice Cream Sandwich (shown at left) that can be enjoyed at Jasper's. "This recipe gives kids something to get excited about because they get to mix the two items together and make something themselves," explains Rathbun.

The decadent dessert is perfect for parties and special celebrations, says the chef. After all, he adds, "There's nothing that kids love more than cookies and ice cream." — *Gretchen Sparling*

ROCKY ROAD Ice Cream Sandwich

FOR THE ICE CREAM

Ingredients:

1 gallon vanilla ice cream
3/4 cup chopped almonds

Directions:

Place the sliced almonds on a cookie sheet and bake in a 350-degree oven for approximately 6 minutes. Watch carefully; these can easily burn. Scoop the vanilla ice cream into balls and roll the balls in the toasted chopped almonds. Freeze ice cream balls until ready to use.

FOR THE CHOCOLATE CHIP COOKIES

Ingredients:

1 stick of butter, room temperature
6 Tbsps. granulated sugar
1/2 cup light brown sugar
2 tsps. salt
1/2 cup plus 6 Tbsps. all-purpose flour
2 tsps. baking soda
2 tsps. vanilla
1 egg
3/4 cup chocolate chips (dark chocolate, white chocolate, milk chocolate or peanut butter)
1/4 cup nuts of your choice, optional

Directions:

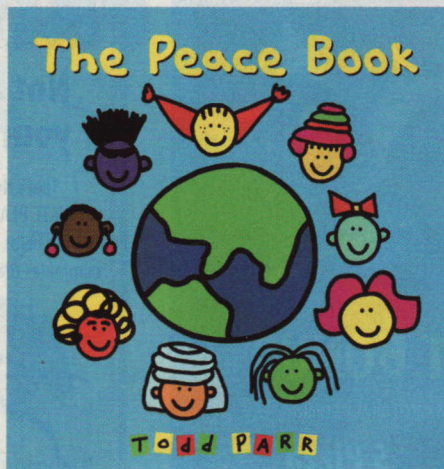
Cream butter and sugars with a paddle attachment in the bowl of a mixer until smooth. Add egg and mix thoroughly, but do not beat. Add the vanilla and mix. In a separate bowl, sift together flour and baking soda. Slowly incorporate the flour mixture into the egg batter. Scrape the bowl and continue mixing on low/medium speed until thoroughly incorporated. Add the chocolate chips and nuts and just mix. Drop spoonfuls of mixture on sheet pan lined with parchment or silicone baking sheet. Bake at 350 degrees for approximately 10 minutes. Makes approximately two dozen cookies.

TO ASSEMBLE SANDWICH:

Place one ice cream ball in between two cookies to make an ice cream sandwich and garnish with Hershey's Syrup, caramel and marshmallow fluff.

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The Peace Book



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Todd Parr's books – from *The Peace Book* to *The Family Book* – address social issues ranging from racial tolerance to families brought together through adoption. His books contain simple messages about acceptance, difference and empowerment. Parr writes his books to help children learn to believe in themselves and to accept others. The books are ablaze with primary colors and simple drawings to which babies and preschoolers can relate. The messages found in each book fall into four general categories: self-esteem ("It's OK to be short"), emotional/behavioral themes ("It's OK to cry"), tolerance and acceptance ("It's OK to be a different color"), as well as silly, kid-friendly messages to keep the book from being too heavy-handed ("It's OK to sing out loud"). Each book ends with an encouraging, empowering message. — *Hala Habal*