

# Teddy Bears' Picnic

*Have a delightful picnic with the little ones with these easy-to-make dishes by Annette Lang from the Expat Kitchen*



The sun is shining, it's a beautiful day; so why not pack up the kids, a basket of food, a couple of teddy bears and head to a park, because today's the day the teddy bears have their picnic! Here's how to plan a surprise one with all your family and friends that will have the kids super-excited:

- Pack everything you need in a picnic basket and don't forget to bring along plates, cups, utensils and large picnic rugs to sit on.
- Play teddy bear games and hold competitions. Even the adults can have some fun, but it's mainly for the kids, so have some little "bear prizes" ready for the winners: Best-dressed bear, smallest or tallest bears, best-named bear and so on. Or play hide and seek with the bears, put on a puppet show and paint bear paws on the children's faces.
- Have plasticine bear competitions and read bear stories such as *Goldilocks and the Three Bears*.
- Prepare the food that kids and teddies love. No Teddy Bear's picnic would be complete without honey-based munchies. Some ideas of what to make or buy include:



Honey and carrot muffins  
Makes 12

## INGREDIENTS

- 2 cups wholemeal self-raising flour
- 1/3 cup plain flour
- 1/4 tsp mixed spice
- 1/4 tsp cinnamon
- 1/2 cup firmly packed brown sugar
- 3 medium-sized carrots, grated (approx 2 cups)

- 1/4 cup honey
- 3 eggs, lightly beaten
- 1 cup buttermilk
- 1/3 cup vegetable oil

## METHOD

- Preheat oven to 200°C/180°C fan-forced. Line a 12-hole, 1/3 cup-capacity muffin pan with paper cases.
- Sift flours, mixed spice and cinnamon into a bowl. Stir in sugar and carrots. Whisk honey, eggs, buttermilk and oil together in a jug. Add honey mixture to flour. Mix until just combined (do not over-mix).
- Spoon mixture into muffin holes until three-quarters full. Bake for 25 minutes or until a skewer inserted in the centre of 1 muffin comes out clean. Cool in pan for 2 minutes. Turn out onto a wire rack to cool completely.



Honey Apricot bars  
Serves 8

## INGREDIENTS

- 1/4 cup honey
- 1/4 cup brown or caster sugar
- 75g unsalted butter
- 2 1/2 cups raw muesli
- 1/2 tsp cinnamon
- 1/2 cup chopped dried apricots
- 1/3 cup pumpkin seeds

## METHOD

- Preheat oven to 180°C. Line a 19x29cm baking tray with non-stick baking paper.
- Place the honey, sugar and butter in a small saucepan over low heat. Cook, stirring constantly, until the sugar has dissolved. Remove and set aside to cool slightly.
- Place the muesli, cinnamon, apricots and pumpkin seeds in a large bowl. Pour in the honey mixture and stir until well combined and the muesli mixture is evenly coated.
- Transfer the mixture to the prepared tray and flatten the surface with a spoon or the palm of your hand.
- Bake for 15 minutes or until golden and set. Remove, set aside to cool completely, then slice into bars and serve.



Honey chicken wings  
Serves 6 to 8

## INGREDIENTS

- 1 kg mini drummets or drumsticks
- 2 cloves garlic, minced
- 1/4 cup ketchup manis
- 3 tbsp soy sauce
- 3 tbsp honey
- 3 tbsp tomato ketchup
- 2 tbsp sesame seeds

## METHOD

- Combine all ingredients into a large ziplock bag and marinate chicken for at least three hours or overnight in the refrigerator.
- Preheat oven to 160°C.
- Squeeze out chicken and sauce into an ovenproof glass dish.
- Bake for 1 1/2 hours turning every 15 minutes until black and sticky.
- Allow to cool on rack and eat at room temperature or cold.

## COOK'S NOTES:

*These should be cooked at low temperature and very slowly so that the marinade is caramelised and sticky.*

*Sandwiches are a classic food, and are also great for picnics. Make honey sandwiches but use a teddy bear cookie cutter to shape them.*

*Visit [www.expat-kitchen.com](http://www.expat-kitchen.com) for more information*