

Superhero Party Recipe Ideas Sheet

Stuck for party food ideas?

The following superhero party menu should make the job of cooking for the young superheroes a lot easier.

Veggie Nachos

Wedges with sour cream and tomato sauce

Hero Dogs

Aquaman Jelly

Wonder Woman Melon Cups

Chocolate Crackles

Superhero Birthday Cupcakes

Veggie Nachos: Ingredients: 1 tablespoon olive oil, 1 medium brown onion, 1 clove garlic, 425g can crushed tomatoes, 420 g can mexican beans, 240g packet corn chips, 1 cup grated cheddar cheese, 1 large avocado, ½ cup sour cream, 1 tablespoon of lemon juice. Directions: Heat oil in medium saucepan. Cook onion and garlic, stirring until onion is soft. Add undrained tomatoes and beans, simmer uncovered about 15 minutes or until mixture thickens slightly. Just before serving, place corn chips on a large ovenproof plate, pour over bean mixture. Sprinkle with cheese, bake uncovered in moderately hot oven about 10 minutes or until cheese is melted. Meanwhile mash avocado with fork in medium bowl. Add half the sour cream and the juice. Mix well. To serve, put spoonfuls of avocado mixture and remaining sour cream over the nachos.

Wedges with sour cream and tomato sauce: Why wash, peel and cut a kilo of potatoes? Buy a packet of oven wedges, add the sour cream and tomato sauce for dipping.

Hero Dogs: This menu item could be replaced by "Hero Sandwiches".

Ingredients: 10 frankfurts, 1 tablespoon vegetable oil, 3 medium brown onions sliced thinly, 10 hot dog rolls, 1 ½ cups grated cheddar cheese.

Special Sauce Ingredients: ½ cup tomato sauce, 2 teaspoons of worchester sauce, 1 tablespoon brown sugar, 1 teaspoon seeded mustard, 1 teaspoon malt vinegar, 1 clove garlic crushed. Directions: Place frankfurts in large saucepan and cover with cold water. Bring to boil uncovered, then drain. Heat oil in large frying pan and cook onion, stirring for about 10 minutes or until soft. Split rolls in half and place frankfurts in rolls. Top with special sauce, onion and cheese. (Special Sauce: Combine ingredients in small bowl)



Parties Kids Remember

Aquaman Jelly Cups:

Make blue jelly according to directions on the box. Pour into clear plastic cups. Let them cool in the fridge until partially set – about an hour. When they are partially set – place a few chocolate frogs or snake lollies in each cup. Put in the fridge until completely set.

Wonder Woman Melon Cups: Using a watermelon baller, simply take balls from Watermelon, Rockmelon and Dew Melon and arrange them into ½ watermelon which has had the red fruit scooped out. Provide toothpicks for easy serving.

Chocolate Crackles: – All time party favorite. Ingredients: 4 cups rice bubbles, 1 ½ cups sifted icing sugar, 1 cup desiccated coconut, 3tbsp cocoa, 250 g cocola, 24 patty cake cups. Directions: Mix first 4 ingredients together in a bowl, pour melted cocola in and mix well. Put in patty cups and chill.... Makes 24.

Superhero Birthday Cup Cakes: You could use these cupcakes as your birthday cake by displaying nicely on white tray adorned with star scatters (Use your imagination). Place candles strategically in cup cake centres.

Ingredients: 125g unsalted softened butter, 125g caster sugar, 2 large eggs, 125g self raising flour, ½ teaspoon vanilla extract, 2-3 tablespoons of milk. 12 muffin tin lined with muffin papers. Royal Icing: 600g icing sugar, 4 egg whites, blue, red and yellow food colouring and sprinkles of your choice.

Directions; Preheat oven to 200 degrees. Put all ingredients except milk in food processor and blitz until smooth. Pulse while adding milk down the funnel to make soft dropping consistency. Divide between 12 muffin papers. Bake for 15 minutes until the cakes are cooked golden on top. Take cakes in their papers out of muffin tray and cool on wire rack. Royal Icing directions: Combine icing sugar and egg whites stirring until smooth. Separate into three bowls to create Red, Yellow and Blue Icing. Add food colouring to each bowl. Decorate each cup cake as a superhero emblem or alternatively use your child's initials in lieu of the "S".

