



# Kid's TABLE

Cooking breakfast in bed for Mom...  
or for any one you want to treat!

By Rosemarie Perla  
Photos by Heather Mull

**FIRST:** Write an invitation to Mom inviting her to stay in bed on Mother's Day for a special treat.

*Dear Mom,*  
*You are invited to stay in bed on mother's day for a special treat:*

- Juice or coffee or tea
- French Toast or Pancakes
- Yogurt or Bacon

*P.S. Your favorite book or newspaper will also be delivered.*

**SECOND:** If you have never used the stove before, ask an adult or an older brother or sister to help you with the breakfast and cooking at the stove.

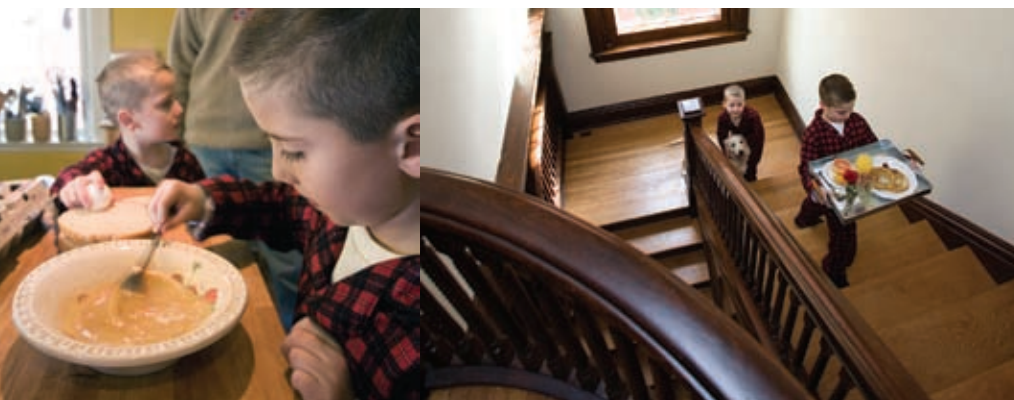
**THIRD:** Read the pancake recipe. Get all the measured ingredients ready. Assemble a big bowl for

mixing dry ingredients and a small bowl for mixing milk and eggs. Get a skillet or griddle ready and an egg spatula. Make the pancakes using recipe on this page.

**FOURTH:** If Mom wants bacon, place four strips of bacon on a plate covered with a paper towel and place another paper towel on top of the bacon. Then Microwave bacon for 4 minutes - a minute for each piece - repeat for more bacon.

**FIFTH:** Place cooked pancakes on a plate with the bacon or yogurt, juice, coffee or tea. Place all of this on a tray with a napkin, fork and knife. Write a note letting Mom know how much she means to you.

**SIXTH:** Give Mom the tray of food in bed, with the special note and a big hug.



**Take a family trip and visit some of these Farm stores or Farms with markets for "Breakfast in Bed for Mom" Ingredients:**

**FARMS THAT SELL EGGS:**

**Kistaco Farms**, Armstrong County; 3483 N. Balsiger Rd, Apollo, PA 724.478.4361

**Eichner's Family Farm** (Chicken, Turkey, Eggs, Fruits and Vegetables) 285 Richard Road, Wexford, PA 724.935.2131

**Matthews Farm and Greenhouse**, 116 Matthews Spur Road, Eighty Four, PA 724.239.2118

**Beccari Produce Farm**, Oakdale, PA 724.693.0304

**Golden Harvest Produce Farm**, Leechburg, PA; 724.994.7803

**Friendship Farms**, Washington, PA; 724.423.8727

**Soergel Orchards**, 2573 Brandt School Road, Wexford, PA 724. 935. 2090

**FARM MARKETS:**

**Farmers' Market Cooperative of East Liberty**, 344 N. Sheridan Ave. Pittsburgh, PA

**Farmers@Firehouse Farmers' market**, 2216 Penn Avenue; Spring through Fall

**Penns Corner Farm Alliance** [www.pennscorner.com](http://www.pennscorner.com) to have farm eggs and produce delivered to your door

[www.buylocalPA.org](http://www.buylocalPA.org) to find more farm markets and farm stands in your neighborhood or area

R E C I P E

*Pancakes*

- 2 cups of all-purpose flour*
- 1 tablespoon baking powder*
- ½ teaspoon salt*
- 1 tablespoon sugar*
- 2 eggs*
- 1 1/2 to 2 cups of milk*
- Oil or butter for cooking*

*Preheat a large skillet or ask if the family has a griddle. Place over low heat while you make the batter.*

*In one bowl, Mix the flour, baking powder, salt and sugar together. In another bowl, beat the eggs into 1 ½ cups of the milk. Gently, slowly stir the egg and milk mixture into the dry ingredients (the flour mixture). Stir this only long enough to moisten the flour—the batter will have lumps. If it is too thick to stir, add a little more milk.*

*If your skillet or griddle is nonstick (ask Mom about this) you can cook the pancakes without any butter or oil. Otherwise, use a teaspoon or two of butter or oil each time you add batter. Put the butter or oil into the skillet. When the butter is all melted or when the oil shimmers, use a big spoon to ladle the batter into the pan into the shape of a pancake—make any size that you want. Adjust the heat as necessary—keep the heat between low and medium. When the pancake has many bubbles on the top and is brown on the bottom, flip it over using an egg spatula.*

*Cook the pancake until the second side is lightly browned and serve, or hold on a plate with a towel on top to keep it warm while you cook a few more.*

*Serve with butter, syrup or jam...mom might also like a little yogurt on the side too!*

*Adapted from How to Cook Everything by Mark Bittman*