



Week 9

#kdysonlineclub



A Positive Activity program for all the family

Available on all our social media sites!



Share with us by posting pictures or videos with the hashtag

#kdysonlineclub



KDYS ONLINE CLUB

A Tech Free Time With Family In Your Home

Join KDYS In Taking
Time Out & Getting
Active With Your Family
In A Positive Way.

Follow Our Positive
Activity Program In Your
Home Each Week We will
Suggest New Activities

Share With Us By Posting
Pictures/Videos With
#kdysonlineclub



For More Info Contact Local
Youth Centre

Week 9 Positive Activity Program:

- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play "Balloon Hitter" -Game Rules Attached In Activity Sheet
- Read A Book or Magaxine or Comic Book
- Play "Give Me The Marshmallow" -Game Rules Attached In Activity Sheet
- Go for A Walk/Run

KDYS Listowel (085) 8011172
KDYS Tralee (085) 7599567
KDYS Castleisland (085) 8729488
KDYS Killarney/Cahirsiveen (087) 7801375

Mini Mocha Eclairs

Ingredients:

For the éclair choux pastry

150ml water
60g salted butter
70g strong white flour
2 eggs, beaten

For the cream filling

4 egg yolks
120g Siucra rich dark sugar
200ml milk
1 tbsp cocoa powder
2 tbsp cornflour
1 shot espresso
100ml whipped cream

For the top

100g dark chocolate
Edible flowers, to decorate



Method:

1. To prepare the cake, preheat the oven to 200C/180C/gas 4. Line 2 baking trays with baking parchment. Line a 25cm square cake tin with baking parchment on the base and brush the sides with melted butter.
2. Place the water and butter in a saucepan and bring to the boil. Sieve the flour. Lower the heat, add the sieved flour to the butter and water. Whisk very briskly until the pastry comes away from the sides of the saucepan. Remove from the heat and add the eggs, a little at a time, whisk very well until a soft glossy pastry forms.
3. Spoon into a piping bag fitted with a plain nozzle. Pipe 5cm pastry out onto the sheets and place into the oven to bake for about 20 minutes until risen and golden. Remove from the oven, make a hole in the top of each of the éclairs, then turn them over and return to the oven for about 3 to 4 minutes.
4. To prepare the filling cream, whisk the egg yolks and rich dark sugar together in a mixer until light and fluffy. Pour the milk, cocoa powder, cornflour and shot of espresso into a saucepan and heat over a medium heat. When the machine is still running, pour the hot milk into the egg sugar mix steadily and then return the mixture to the saucepan, heating over medium heat, while stirring all the time until a very thick sauce forms.
5. Leave to cool completely then fold in the whipped cream and spoon into a piping bag fitted with a plain nozzle. To assemble the cake, melt the chocolate in a shallow bowl. Pipe the filling into each éclair, turn over and dip the other side in the melted chocolate. Invert and leave to set for a short while before decorating with edible flowers.



"KDYS Online Club"

Positive Activity Sheet Week 9

Game 1: Give Me The Marshmallow

What You Need:

Marshmallows

A Bag For 1/2 the Players

1. Place an equal amount of marshmallows in each bag.
2. Divide the players into pairs as tosser's & catchers - the players have to toss a marshmallow into their partners mouth.
3. Partners stand at least five feet apart. Now hand a bag of marshmallows to each player from the tossers side. At the signal, the tossers have to throw the marshmallow into their partners mouth. Time the game. The team that collects the biggest number of marshmallows wins.

Game 2: Balloon Hitter

What You Need:

Balloon for each player

Objects that will be the target

How To:

1. Each player gets a balloon and they must blow it up and tie a knot.
2. Place targets at a considerable distance on the floor and ask all players to stand on one side. At the signal, the players have to hit their target with their balloons. You can decide the amount of tries the players are allowed or base it on time.
3. The player who can hit the target first with the balloon is the winner



Chocolate Mousse

Ingredients:

100g Dark Chocolate

3 eggs, separated

1 tsp vanilla extract (optional)



Method:

1. Whip the egg whites until they form stiff peaks. Set aside.
2. Melt the chocolate over a double-boiler or in the microwave. Let cool slightly and add the egg yolks and the vanilla extract if using.
3. Delicately fold the egg whites, trying not to break them. Pour the mixture into 4 small ramekins and refrigerate for at least 3 hours, preferably overnight.