

Christmas Treats for Your Doggy

Treat 1: Pumpkin pudding



Christmas is coming! To all the pet parents out there – are you ready to spend the festive season with your furry babies?

The **pumpkin pudding** we're introducing here has an attractive yellowish orange colour and is paired with the refreshing silkiness of soy milk. It's very easy to make and is an excellent choice for celebrating the festivities with your pooch!

Ingredients (for 3 cups):		Tools and equipment:
1. Pumpkin	90g	1. Knife
2. Sugar-free soy milk	150g	2. Small saucepan
3. Kanten powder	1g	3. Microwave oven or hob
		4. Measuring cup
		5. Wooden spoon
		6. 2-3 pudding moulds
		7. Large bowl
		8. Blender (if available)

Method:

1. Cook the pumpkin until soft: Peel the pumpkin and cut it into large chunks, then heat them in the microwave oven for 2-3 minutes. If you don't have a microwave oven, you can steam the pumpkin or boil it for 8-10 minutes.
2. Transfer the softened pumpkin to a large bowl and mash it with a wooden spoon. If you have a blender, you can puree the pumpkin in the blender and then transfer the puree to the large bowl.

3. Add soy milk to the pumpkin puree, blend the mixture thoroughly until it is silky smooth and becomes a paste.
4. Pour the pumpkin paste back to the saucepan. Place it over low heat, stirring constantly to prevent burning in the bottom. As the surface of the paste starts to bubble, add the Kanten powder in one go and keep stirring.



As the pumpkin blends in with the soy milk, the mixture displays a bright, light yellow hue.

5. After adding Kanten powder, the pumpkin paste will thicken very quickly. Remove it from the heat as soon as it starts bubbling again. Pour the pumpkin paste into the pudding moulds and keep them in the fridge for 1 hour.



The mould we are using is one that is made of silicone.

6. After the puddings have set, invert them onto a plate. Let the puddings sit at room temperature and serve them to your dog.

Tips:

- ✓ **Pumpkin – the best vegetable for pets :** Pumpkin is a vegetable that is very good for cats and dogs. It is rich in dietary fibre as well as Vitamin A, Vitamin C, minerals, lutein and dietary fibre. It also has a high water content, which helps keep a dog's eyes healthy, boost its immunity and promotes its gastrointestinal health. It is high in fibre and low in calories, thus making the dog feel fuller, which can help with weight control!
- ✓ **Please note that because of its high fibre content, pumpkin is not suitable for puppies whose digestive system is not yet fully developed.**
- ✓ **Kanten powder vs gelatin powder?** Kanten powder, or agar-agar, is a coagulating agent frequently used in Japanese desserts. It is made of red and brown algae. Whereas food made with gelatin as the coagulating agent melts at 25 degrees or above, those made with Kanten stay solid at room temperature. In general, doggies do not like food that is too cold, so Kanten is the more suitable coagulant. It is usually available at Japanese supermarkets and bakery shops.
- ✓ **Storage tips:** As pumpkin pudding contains soy milk, it must be kept in the fridge and be consumed within 3 days.
- ✓ Before preparing fresh meals, do some research, and pay attention to your dog's reaction after eating. You will naturally be able to create fresh meals that are best for your beloved furry baby.

Treat 2: Christmas Cake



Santa Claus is coming to town ... The colourful Christmas cake we are introducing here is made with vegetables and meat and is delicious while low in fat and high in protein. It is the perfect choice for a guilt-free festive season for pet parents and kids.

Ingredients:		Tools and equipment:
1. Skinless chicken breast	128g	1. Knife
2. Water for the broth	380mL	2. Hob
3. Kanten powder	3g	3. Small saucepan
4. Pumpkin	5g (about the size of a mahjong tile)	4. Measuring cup
5. Beetroot	5g (about the size of a mahjong tile)	5. Wooden spoon
6. Broccoli	5g (1-2 small florets)	6. Container to be used as a mould
		7. Blender

Method:

1. Wash the ingredients, chop the chicken breast into large chunks. Set aside.
2. Boil the vegetables in the small saucepan. Get the vegetables out and drain. Cut them into small pieces. Put part of them in the bottom of the mould and set the rest aside.



Since the pigments in the beetroot will turn the broth red, the vegetables and meat should be treated separately to avoid affecting the colour of the final product.

3. Measure the required amount of water according to the recipe and put it in the small saucepan. Bring the water to the boil and cook the chicken in it. Transfer the chicken together with the broth to the blender and blend them into a paste.



When boiling the chicken, skim off the foam on the surface so that the broth will be clear. That also reduces the fishy smell and grease.

4. Transfer the meat paste back to the saucepan. Bring it over low heat, constantly stirring to prevent burning the bottom. When the paste starts bubbling, pour the Kantan powder into it in one go and continue stirring.



5. After adding Kantan powder, the meat paste will thicken very quickly. Remove it from the heat as soon as it starts bubbling again.

6. Pour half of the meat paste into the mould, cover it with the remaining vegetables, then pour in the other half of the meat paste. Leave it in the fridge for 1 hour.



7. After it has set, invert the cake onto a plate. Let it sit at the room temperature and serve it to your dog.

Tips:

- ✓ The container to be used as a mould should have a wide opening and be heat-resistant. In case the cake is stuck when you try to get it out, run a small knife around the rim to loosen it from the mould.
- ✓ **Storage tips:** The Christmas cake is suitable for freezing. Defrost it in the fridge at 4 degrees a day before consumption.
- ✓ **Chicken strengthens muscles and bones:** Chicken is rich in protein and is good for the muscle growth of furry kids. Omega 6 in chicken also helps keep doggies' hair healthy and shiny, whereas amino acids and glucosamine help strengthen their bones.
- ✓ When using chicken in fresh food for dogs, the skin and bone should first be removed in order to reduce fat intake and avoid small pieces of broken bones cutting the dog's throat. These days many people are feeding raw chicken meat to their dogs. However, we would recommend giving them cooked chicken meat to prevent salmonella infection.



Furry Green, a startup social enterprise, is using upcycled ingredients and transformed them into a wide variety of tasty and nutritious pet foods.

Sometimes, we just need a bit of rituals in our daily life! Furry Green does not only provide fresh meals catering to your dog's everyday needs, but also provides recommendations for festive meals, ideas for playing with dogs – all are here to help you take good care of your furry kids and to weave loving memories with them.