

Awesome Artichoke Risotto + Charred Artichoke Caesar Salad Boats + Lemon Zabaglione Shakes



awesome artichoke risotto

drain+pat+chop

Drain **1 can artichoke hearts** and pat them dry, so that they'll char. Chop each artichoke into small pieces.

heat+pan-fry

Heat **2 T olive oil** in a skillet on your stovetop and pan fry the chopped artichoke hearts until they are crispy and charred in parts.

chop+zest+juice+grate

Chop **1 clove garlic** and **2 green onion stalks**, zest and then juice **½ of a lemon**, and grate **¼ C grated parmesan cheese**.

remove+saute

Remove about half of the pan-fried artichokes from the skillet for the caesar salad boats and set to the side. Add the chopped green onion and garlic to the skillet and sauté for about 30 seconds and then turn off the heat.

add+stir+simmer

Add **8 oz (1 C) uncooked instant brown rice**, **¼ C milk**, and **1 C vegetable broth** to the skillet (still turned off) with the cooked vegetables. Stir the risotto and then turn the heat on the skillet back on to medium. Allow the liquid to bubble and simmer, stirring as the liquid is absorbed.

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melt+mix+season

Add **1 T butter** into the risotto, stirring until it melts. Once all of the liquid is absorbed, add your grated cheese, lemon zest, and lemon juice, and mix well. Taste and season with **salt** and **pepper** and enjoy!

charred artichoke caesar salad boats

measure+emulsify

Measure the ingredients for the caesar dressing together in a large bowl: **1 minced garlic clove, 2 T mayonnaise + ½ tsp soy sauce, ¼-½ tsp sugar/honey/agave nectar, juice of ½ a lemon, ⅛ tsp salt, and pinch of black pepper**. Whisk together to emulsify the dressing, slowly streaming in **1 T olive oil** as you whisk. The dressing is ready when it is smooth and combined. Taste and adjust if it needs anything!

wash+separate+chop

Wash and separate the leaves of **1 small head of romaine lettuce**. Line up enough full leaves up for the servings of salad you'd like to make (so they look like boats)! Chop up the remaining lettuce and add to a bowl.

add+drizzle+toss

Add the reserved half can of pan-fried artichokes to the bowl with the chopped lettuce. Drizzle the caesar dressing over the artichokes and lettuce and toss until everything is well coated.

spoon+sprinkle

Spoon the salad into the boats and then sprinkle with **1 T parmesan cheese**. These are most fun to eat with your hands - so dig in and enjoy!

lemon zabaglione shakes

zest+juice+measure

Zest **1 lemon** until you have 1 T fresh lemon zest and then juice the lemon. Add the zest and juice to a blender or pitcher for use with an immersion blender. Measure **¼ C sugar/honey/agave nectar, ⅛ tsp salt, ½ C milk, and 2 C ice** into the pitcher/blender as well.

blend+pour

Blend until thick and smooth. Pour into cups and enjoy!

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shopping list

Awesome Artichoke Risotto

- 2 T olive oil
- ½ can artichoke hearts
- 2 green onion stalks
- 1 garlic clove
- 8 oz (1 C) uncooked instant brown rice
- 1 C vegetable broth
- ¼ C milk
- ¼ C grated parmesan cheese
- ⅛ tsp each salt + pepper
- juice + zest from ½ lemon
- 1 T butter

Charred Artichoke Caesar Salad Boats

- ½ can artichoke hearts
- 1 small head romaine lettuce
- 1 garlic clove
- 2 T mayonnaise
- ½ tsp soy sauce
- ¼ - ½ tsp honey/agave nectar
- juice of ½ lemon
- 1 T olive oil
- ⅛ tsp salt
- pinch black pepper
- 1 T parmesan cheese

Lemon Zabaglione Shakes

- 1 lemon, juiced
- 1 T fresh lemon zest
- ¼ C sugar/honey/agave nectar
- ⅛ tsp salt
- ½ C milk
- 2 C ice

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The History of Risotto

Risotto (rizz-oh-toe) is a famous North Italian rice dish cooked in broth to a creamy consistency. The broth may be meat, fish, or vegetable based. Many types of risotto contain butter, wine, and onion. It is one of the most common ways of cooking rice in Italy.

Rice was first introduced to Italy and Spain by the Arabs during the Middle Ages. The humidity of the Mediterranean was quickly found to be perfect for growing shorter-grained rices, and enormous profits were made by those selling rice in Italy. The popularity of rice grew throughout Italy, though primarily among the wealthy, owing to the still exorbitant prices of the product.

It was in Milan where the rice met its delicious destiny. Milan had been under Spanish rule for almost two centuries (hence the similar evolution of paella in Spain) and rice had become a staple. The slow-cooking principles were combined with the local rice, emphasizing the rich flavors and spices (particularly saffron) for which the area was known, to create *Risotto all Milanese*.

The Surprise Ingredient of the Week is: Artichokes!

- ★ **Artichokes are one of the oldest cultivated vegetables** - people from the Middle East were thought to have been some of the earliest groups to use them as a food. People began cultivating artichokes as early as the 5th century BC. Due to artichokes great taste, they quickly became popular and by Roman times, around 70-80 AD, only the rich were allowed to eat artichokes and they were forbidden to the common people.
- ★ **A single artichoke is an unopened flower bud from a thistle like plant.** Artichokes grown on a large thistle plant, which can reach 4.9 ft in height. The fuzzy part is called the choke and is a mass of immature forest in the center of the flower bud that are inedible. The meaty “vegetable” part in the center is called the heart, which is the base of the plant’s flower bud.
- ★ **To pick the best artichokes, select small to medium, compact, bright green, plump globes that feel heavy for their size.** Artichokes are prime for eating just before the flower starts to open.
- ★ **Artichokes are a nutrient dense rich source of dietary fiber and anti-oxidants.** They also contain folic acid and moderate amounts of vitamin C.
- ★ **Artichokes can be eaten raw, though they are very commonly eaten cooked.** When cooking artichokes, it is best to add a small amount of sugar and salt to the water to make them sweeter and keep their green color.

Time for a laugh!

What is a flip-flop’s favorite dinner? Risso-TOE!

What is the funniest vegetable in the garden? The arti-JOKE!

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