

Crisp Mezzelune Strawberry Ravioli + Whipped Sweet Ricotta + Strawberry Sgroppino Milkshakes



crisp mezzelune strawberry ravioli

zest+chop

Zest the **rind of 1 lemon** and set to the side for whipped sweet ricotta recipe. Chop **½ pint fresh strawberries** (about 6-8 large strawberries) into small bits - the smaller, the better!

pinch+measure+squeeze

Add the strawberries to a bowl with **a pinch of salt, ¼ C sugar, 2 tsp cornstarch, and 2 T ricotta**, and **½ T fresh lemon juice** (from your zested lemon!).

mix+macerate

Mix the filling together until the berries are coated. Let the strawberry mixture sit for at least 2-3 minutes and up to 3 hours to macerate (*soften or break up by soaking in a liquid*).

cut+trace+fill+seal

Using the lid of a jar or a round cookie cutter, make circles out of your **wonton wrappers**. Have kids dip a clean finger in a bowl of water and trace the water around the edges of the circular wonton wrapper. Place about 1 tsp strawberry filling in the center of the wonton and fold over one side to make a half-moon shaped pocket. Press the edges down to seal, making sure to push out all of the air in the center, as the strawberry filling will seep out if there is too much air in the ravioli when you cook it.

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Family Fun Recipes



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fry+crisp

Heat a non-stick skillet on your stovetop over medium heat and add a big lug of **olive oil** to your skillet. Slip the ravioli into the skillet, without any water, cover and cook until ravioli is browned on one side, about 2 minutes. Flip and cook on the second side until browned and crisp. Fry up as many ravioli as you can at a time and then set them all to the side on a plate to cool. Serve with whipped ricotta and sprinkle a little extra sugar on top if desired!



whipped **sweet ricotta**

measure+whisk+whip

Measure **½ C ricotta cheese**, **3 T sugar**, **1 tsp lemon zest**, and **1 tsp lemon juice** into a bowl. Whisk and whip together. Serve a dollop of whipped ricotta with the crisp strawberry ravioli - dip, eat, and enjoy!



strawberry sgroppino milkshakes

chop+squeeze+blend

Chop **½ pint fresh strawberries** (about 6-8 large strawberries) and add to your blender or a pitcher for use with a hand blender. Squeeze **1 T lemon juice** into the blender/pitcher. Add **1 T honey/sugar** and **2 T ricotta cheese**. Blend everything together until the berries are a smooth puree.

measure+whisk

Measure and add **1½ C sparkling water** and **1½ C lemon sorbet** to berry puree in a pitcher. Quickly whisk the ingredients together by hand until a light and frothy mousse forms. Be careful not to over mix or it will separate and become limp and soupy. Spoon the mixture into cups and serve immediately!

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shopping list

Crisp Mezzelune Strawberry Ravioli

- ½ pint fresh strawberries (about 6-8 large strawberries)
- ¼ C sugar
- ½ T lemon juice
- 2 tsp cornstarch
- 2 T ricotta cheese
- pinch of salt
- 24 wonton wrappers (sub Asian rice paper for GF)
- olive oil

Whipped Sweet Ricotta

- ½ C ricotta cheese
- 3 T sugar
- 1 tsp lemon zest
- 1 tsp lemon juice

Strawberry Sgroppino Milkshakes

- 1½ C lemon sorbet
- 1½ C sparkling water
- 1 T honey/sugar
- ½ pint fresh strawberries (about 6-8 large strawberries)
- 2 T ricotta cheese
- 1 T lemon juice

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The History of Ravioli

Ravioli, a pasta whose name derives from the Italian verb “to wrap”, ravioli practically holds their own universe, with such a tremendous variation in the fillings. Most say that true ravioli contain no meat and there is some truth to this assertion, because ravioli are a testament to the frugal resourcefulness of the Ligurian people of Italy, who could combine wild greens plucked from the mountainsides with the simplest of cheeses and — if they had it — pasta, to make an extraordinarily rich and tasty dish.

Stuffed pasta goes a long way back and almost every region in Italy has its own varieties, with characteristic forms and stuffings. A century ago, stuffed pasta with vegetable-based fillings were eaten on Fridays on in Lent by the well off and eaten year round by those too poor to buy meat. The meat-stuffed varieties, on the other hand, were a day-after treat made with the leftover meats from Sunday dinners or festive meals. Times have changed and now most Italians buy their stuffed pasta ready made.

The Surprise Ingredient of the Week is: Strawberries!

- ★ **Strawberries are the only fruit with seeds on the outside of their skin,** about 200 on each berry.
- ★ **Strawberries are members of the large, diverse rose family (Rosaceae).**
- ★ **The largest strawberries in history** weighed over 8 oz and were the size of a big apple.
- ★ **Strawberries have a history that goes back over 2,200 years!**
- ★ **Strawberries have been grown in California since the early 1900s.** Today, over 25,000 acres of strawberries are planted each year in California and the state produces over 80% of the strawberries grown in the U.S.
- ★ **The name strawberry may have been derived from the Anglo-Saxon verb *to strew (spread)*** and the fruit came to be known as streabergen, straberry, streberie, strabery, straubery, and finally, STRAWBERRY!
- ★ **Americans eat 3.4 pounds of fresh strawberries each year,** plus another 1.8 pounds of frozen strawberries per capita.
- ★ **Strawberries are high in vitamin C, fiber, folate, and potassium.**
- ★ **Folklore says that if you split a double strawberry in half and share it with the person you like most,** you'll both soon fall in love with each other. In France, strawberries were thought to be a love portion - soup made of strawberries, thinned sour cream, and powdered sugar was served to newlyweds.

Time for a laugh!

Why was the farmer in jail? For armed stROBBERY!

What is a scarecrow's favorite fruit? Straw-berries!

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