

# Luscious Lemon Tart Cups + Softly Shaken Cream + No-Cook Raspberry Drizzle + Lemon Raspberry French Fizz



## luscious lemon tart cups

### zest+juice

Have kids zest the outside of **1 large washed lemon** carefully with a grater or zester - the yellow part only, as the white pith is bitter. Set the zest to the side and then have kids juice the lemon and set the juice to the side as well.

### combine+whisk

Combine the lemon zest, lemon juice, **4 T cornstarch or arrowroot powder**, **4 T sugar/honey/agave**, and **1 C milk** into a small saucepan on your stovetop. Add a **pinch of ground turmeric**, for color, if you like. Whisk everything together and then turn the heat on to medium.

### boil+cool

Bring the lemon curd to a boil, continuing to stir with a whisk. Once boiling, turn off the heat and whisk carefully until thick and smooth, with no lumps! Let the lemon curd cool in your saucepan or transfer to a bowl.

### preheat+measure+mix

Time to make the tart crust! Preheat your oven to 450 degrees. Then, have kids measure and mix together all of the dry ingredients with a fork/whisk in a bowl: **1½ C all-purpose flour**, **¼ tsp salt**, **1 tsp sugar**, and **½ tsp baking powder**. Make a well in the center of the flour mixture and add the **½ C (8 T) softened butter** and **¼ C milk**. Mix the dough with a fork until it make a ball and separate out into small balls.

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## flatten+press

Have kids flatten and press the dough into a circular flat shape with their clean hands - making tart crusts that will fit in the wells of a regular or mini-muffin tray - your choice!

## brush+bake

Brush the wells of your muffin tray with a bit of oil and then carefully place the flattened dough into the middle of each well and up the sides. Bake in your preheated oven for 5-7 minutes or until lightly browned. Remove from the oven and cool for 5 minutes in the pan and then remove onto a cooling rack or plate.

## fill+top

Once cooled, fill each tart shell with the cool lemon curd. Then top with softly shaken cream and no-cook raspberry drizzle (see recipes below).



### no-cook raspberry drizzle

## combine+blend

Combine **1 cup of fresh or frozen raspberries**, a **squeeze of fresh lemon juice**, and **2 T agave nectar/sugar** in a blender, food processor, or bowl for use with an immersion blender. Blend until pureed. Taste and adjust the flavors - does it need more sweetener or more lemon? Drizzle over lemon tart cups!



### softly shaken cream

## measure+shake

Have kids fill a plastic jar half full with **heavy whipping cream**, a **squeeze of lemon juice**, a **pinch of salt**, and **1 T sugar/honey/agave**. Shake, shake, shake until cream has thickened and stops moving in the container. Open up and enjoy your homemade whipped cream!



### lemon raspberry french fizz

## cut+scoop+combine

Have kids cut **2 lemons** into wedges, take out the seeds, and scoop the fruit pulp (no rinds) with the juice into a blender or pitcher for use with an immersion blender. Add **¼ C fresh or frozen raspberries**, **½ C sugar/honey**, and **1 C ice**.

## blend+add

Blend everything until smooth. Right before serving, add **3 C sparkling water** and drink up!

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## shopping list

### Lemon Tart Cups

*Lemon Quick Curd*

- 1 large lemon
- 4 T cornstarch or arrowroot powder
- 1 C milk
- 4 T sugar/honey/agave nectar
- pinch ground turmeric, optional

*Easy-Peasy Pastry Crust*

- 1 ½ C all-purpose flour
- ¼ tsp salt
- 1 tsp sugar (or ½ pack stevia)
- ½ tsp baking powder
- ½ C (8 T) softened butter
- ¼ C milk

### Softly Shaken Cream

- small container of heavy whipping cream
- 1 T sugar/honey/agave
- squeeze fresh lemon juice
- pinch of salt

### Lemon Raspberry French Fizz

- 2 lemons
- ¼ C fresh/frozen raspberries
- ½ C sugar/honey (or 1 pack stevia)
- 3 C sparkling water
- 1 C ice

### No-Cook Raspberry Drizzle

- 1 C fresh/frozen raspberries
- 2 T agave/sugar (or ½ pack stevia)
- squeeze fresh lemon juice

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## fun food facts:

### The History of Tarts!

**Food historians tell us that tarts were introduced in Medieval times.** Like pies, they could be savory or sweet. Generally the difference between a tart and a pie is the former does not have a top crust. This made tarts a popular choice for cooks who wanted to present colorful dishes.

**The term tart occurs in the 14th century recipe compilation *The Forme of Cury* and so does its diminutive 'tartlet'.** The relevant recipes are for savory items containing meat. A mixture of savory and sweet was common in medieval dishes and typical of the elaborate, decorative tarts and pies which were served at banquets.

**Thanks to the Roux brothers, Michel and Albert, the tart au citron (lemon tart) is now considered as much a quintessentially French a dessert as the *tart tatin* or *crème brûlée*.** The sibling chefs and restaurateurs opened *Le Gavroche* in London in 1967 and it was there that their take on the classic lemon tart captured the imagination of all who heard about it.

### The Surprise Ingredient of the Week is: Lemons!

★ **Lemon trees bloom** and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year. Food historians say lemons have been in cultivation around the Mediterranean from as early as the first century BCE.

★ **Most lemons are Eureka or Lisbon.** Eureka have somewhat thicker rinds, but regardless of variety, look for a lemon that feels heavy in the hand and which, gently squeezed, gives nicely and doesn't seem to have a thick, hard rind (less juice inside). Lemons turn from green to yellow because of temperature changes, not ripeness, so green patches are OK, but avoid those with brown spots, which indicate rot.

★ **One lemon contains a full day's supply** of ascorbic acid, or vitamin C, but that's the whole fruit; the juice holds about a third. Lemon juice is also about 5 percent citric acid, making it a natural for slowing the browning or oxidation of fresh, raw foods: apples, avocados, bananas, and other fruits.

★ **Before juicing, roll a room-temperature lemon** under your palm to break down the cells inside the fruit that hold liquid. If a fruit is especially hard (and sometimes it's hard to find a good one in an entire supermarket bin), microwave the fruit for 20 seconds. You should get 2 to 3 tablespoons of juice per fruit.

## Time for a laugh!

**What did the Sticky Fingers Chef say to their students?** I love you from the bottom of my tart!

**What did the lemon say to the whipped cream?** You make my tart beat!

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