

# Spanish Red Pepper Croquetas + Creamy Garlic Sauce + Kid-Friendly Sangria



## red pepper croquetas

### cook+cool

Scrub and then cook **2 russet potatoes**, either by boiling, baking, or microwaving. Set aside to cool.

- *To boil*, chop potatoes into large chunks. Fill a saucepan with enough water to cover the potatoes, bring to a boil and add the potatoes. Cover and cook for 10-12 minutes or until just tender when pierced with a knife.
- *To bake*, preheat oven to 400 degrees. Bake potato for 45 minutes or more. When done, the outside of the potato will have darkened and the inside will be soft.
- *To microwave*, prick the potato all over with a fork and microwave on high for 8-10 minutes or until tender, turning the potato once.

### dice+sauté

Pre-cook 2 russet potatoes. **1 red bell pepper** and **1 green onion** stalk into tiny pieces. Heat a skillet up on your stovetop with about **½ T oil** and sauté chopped peppers and onions, **½ tsp salt**, **pinch of black pepper**, and **⅛ tsp nutmeg**. Sauté for about 2-4 minutes, or until the vegetables are soft.

### add+stir+thicken

Add **2 T flour** to the cooked vegetables in your skillet, stirring and cooking for 1 minute to begin to make a roux. Then stir in **1 T milk** and cook for 1 minute more until a light sauce forms and thickens. Turn off the heat on the skillet and set the vegetables to the side to cool.

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## mash+grate+crack

Mash **2 C cooked potatoes** and grate **¼ C Monterey Jack, Manchego, or Parmesan cheese**. Stir grated cheese into mashed potatoes. Crack **1 egg** and separate the white from the yolk, stirring the egg yolk into the potatoes/cheese mixture and setting the egg white to the side for use later.

## mix+roll

Mix the cooled cooked vegetables and roux mixture into the potato mixture until the consistency of mashed potatoes. Have kids roll the mixture into balls, patties, or the traditional shape: cylinders.

## whisk+measure+coat

Crack a second egg into the bowl with the reserved egg white and whisk well. Measure **½ C bread crumbs** onto a plate. Dip the croquetas, one by one, first into the egg and then into the bread crumbs, coating well.

## fry+drain

Heat **½ inch of oil** in a skillet on your stovetop, and fry the croquetas in small batches, giving each piece approximately 2 inches of space around it and not overcrowding the skillet. Take each croqueta out of the skillet when golden brown and fully cooked. Drain on paper towels and serve with the creamy garlic sauce and sangria!

## creamy garlic sauce

## measure+whisk+slice

Measure and whisk together **¼ C mayonnaise** and **½ T milk**. Slice **2 garlic cloves** in half and add to the mayonnaise mixture.

## pinch+squeeze+stir

Add a **big pinch of salt** and a **squeeze of lemon juice**, and stir the sauce well. Let the sauce rest for 10 minutes and up to 1 hour.

## discard+dip!

Discard the garlic cloves before serving as a dipping sauce for the red pepper croquetas!

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## kid sangria

### chop+throw

Chop up into very small pieces (peels and all) **1 orange, 1 lemon, and 1 apple**. Throw into the bottom of a pitcher.

### measure+ pour+stir

Measure **2 C apple, cranberry, or grape juice, 2 C ginger ale, and 2 C water** and pour everything on top of the fruit in your pitcher. If you like, add some stevia or sugar, to taste. Stir well and top with **2 C ice** before serving!

## shopping list

### Spanish Red Pepper Croquetas

- |  |   |
|--|---|
| <input type="checkbox"/> 2 russet potatoes     | <input type="checkbox"/> 1 T milk                               |
| <input type="checkbox"/> 1 red bell pepper     | <input type="checkbox"/> ½ tsp salt                             |
| <input type="checkbox"/> 1 green onion stalk   | <input type="checkbox"/> pinch of black pepper                  |
| <input type="checkbox"/> 2 T flour             | <input type="checkbox"/> ⅛ tsp nutmeg                           |
| <input type="checkbox"/> 2 eggs                | <input type="checkbox"/> 1 T vegetable oil + ¼ - ½ C for frying |
| ¼ C Monterey Jack/Manchego/<br>Parmesan cheese |   |

### Creamy Garlic Sauce

- ¼ C mayonnaise
- ½ T milk
- 2 cloves garlic
- big pinch of salt
- squeeze of lemon juice

### Kid Sangria

- 1 orange
- 1 lemon
- 1 apple
- 2 C apple/cranberry/grape juice
- 2 C ginger ale
- stevia/honey/agave/sugar, to taste
- 2 C ice

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## The History of Croquetas

**Croquetas (crow-KET-as) are a heavenly invention as tapas (or bites/snacks) from Spain.** They have roots in French cuisine, but the Spanish people have made them their own. Croquettes are simply a breadcrumbed and fried roll of essentially leftover food, usually bound with a white béchamel sauce or mashed potatoes. They are popular in countries all over the world. Spanish specializes in croquetas, which have become a tapas tradition stemming from its very frugal past.

**The most popular versions include ham, pulled chicken, mushroom, cod, shrimp, and red pepper.** You can find Spanish restaurants that offer more exotic croquettes like spinach and pine nut, blood sausage, beef cheek, and garbanzo bean, too!

## The surprise ingredient of the week is: Bell Pepper!

- ★ **Bell peppers originated from Mexico and Central and South America.** The Spanish and Portuguese explorers were instrumental in spreading cultivation when they introduced the bell pepper to different parts of the world during their voyages in the 16th and 17th centuries.
- ★ **Bell peppers are actually a fruit, not a vegetable!** Since bell peppers have seeds and come from flowering plants, they are considered fruits.
- ★ **Despite the similarity in name, the bell pepper is not related to the plant that produces black pepper.**
- ★ **Bell peppers come in a variety of colors - most commonly, red, orange, yellow, and green.** However, there are also white, purple and even black and brown bell peppers! Red, orange, and yellow bell peppers are the riper versions of the green bell pepper and all of these come from the same plant. As the bell pepper matures, its color changes from green to red as they ripen and become sweeter. That's why red peppers are sweeter than green peppers.
- ★ **Red, orange, and yellow bell peppers provide more vitamin A and C and more antioxidants than green peppers, making them not only sweeter, but healthier too.** In fact, bell peppers top the list of foods with the highest levels of Vitamin C. A large red pepper provides more than 300% of your daily requirement of the nutrient and has more than 3x more vitamin C than an orange!
- ★ **High heat destroys some of the more delicate nutrients in bell peppers,** so it is best to eat them raw for maximum health benefit. If you have to cook them, do so with low heat for a short time.

### Time for a laugh!

**What is the noisiest vegetable in the garden?** Bell peppers!  
**What do you call a rabbit eating a red pepper in a hotel lobby?** The bell-hop!

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