

Cozy Broccoli Apple Soup + Cheesy Monkey Bread + Apple Ginger Fizz



cheesy monkey bread

preheat+whisk+rest

Preheat your oven to 350 degrees. In a large mixing bowl, measure **1 tsp active dry yeast** and whisk together with **2 T warm water**. Whisk to combine and then set aside to let rest for about 2 minutes.

crack+add

Crack **1 egg** into the bowl with the yeast mixture and whisk it up. Then add **½ C + 2 T room temperature whole milk, 2 T softened butter, 2 T sugar/honey, ½ tsp salt, and 1½ C flour**.

knead+poke+rest

Start by stirring together the ingredients in the bowl with a wooden spoon and then turn the dough out on a floured surface. Add some flour to your hands and knead the bread just until it springs back when poked. Add more flour as needed, until the dough is firm. Set the dough aside to rest for about 15 minutes.

roll+dip

Break off small pieces of dough and roll them into equal sized balls. Then dip the dough balls into **oil** to coat them - preventing them from sticking.

place+sprinkle

Place 3-4 mini dough balls into the wells of an un-lined cupcake pan and sprinkle them with **8 oz cheddar or Monterey Jack cheese**. Make sure the cheese gets in between the dough balls - as the dough bakes and expands, the cheese will get trapped and be gooey in the center!

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Family Fun Recipes

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bake+cool

Bake for 15-20 minutes, or until golden brown and bread is no longer doughy in the center. Remove from the oven and let stand for 1 minute. Then remove from the pan and serve warm with the soup and apple ginger fizz!



cozy broccoli apple soup

chop+sauté

Chop up **1 head of broccoli**, **2 green onions**, **2 stalks celery**, **1 clove of garlic**, and **1 apple** into small pieces. Then, add **3 T butter** to a saucepan on your stovetop and melt it over low heat. Add all of the chopped veggies and apple to the skillet. Sauté for about 10 minutes until very soft, stirring often.

puree+measure+whisk

Carefully pour the veggie/apple mixture into your blender or food processor and, once cooled a bit, puree until smooth (or use an immersion blender right in the saucepan!). Return the puree to the saucepan and add **4 C vegetable stock**, **1 tsp salt**, **½ tsp black pepper**, and **1 tsp apple cider vinegar**. Whisk it all up!

heat+adjust

Turn the heat back on your saucepan, cover, and let the soup heat up. Before serving, taste and adjust - does it need more salt? More liquid/stock? More vinegar? Something sweet (add a touch of honey or sugar!)?



apple ginger fizz

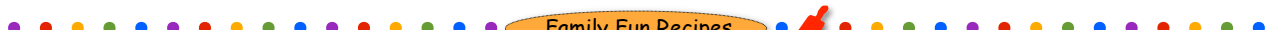
slice+add+stir

Slice a **2-inch pieces of fresh ginger** into coins and add it to **2 C of apple juice** in a pitcher. Then add **2 T honey/sugar** and stir.

steep+discard+pour

Let the ginger steep in the apple juice for at least 30 minutes and then discard the ginger pieces. Pour in **2 C sparkling water** and stir. Divide into cups and serve over **ice**.

::continued::



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shopping list

Cozy Broccoli Apple Soup

- | | |
|---|--|
| <input type="checkbox"/> 3 T butter | <input type="checkbox"/> 1 apple |
| <input type="checkbox"/> 2 green onions | <input type="checkbox"/> 4 C vegetable stock |
| <input type="checkbox"/> 2 stalks celery | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 1 clove garlic | <input type="checkbox"/> ½ tsp black pepper |
| <input type="checkbox"/> 1 head of broccoli | <input type="checkbox"/> 1 tsp apple cider vinegar |

Cheesy Monkey Bread

- 1 tsp active dry yeast
- ½ C + 2 T whole milk, room temperature
- 2 T butter, softened
- 2 T sugar/honey
- 1 egg
- 2 ½ C all-purpose flour
- 8 oz cheddar/Monterey Jack cheese
- ¼ C vegetable oil
- ½ tsp salt

Apple Ginger Fizz

- 2-inch piece of fresh ginger
- 2 C apple juice
- 2 T honey/sugar
- 2 C sparkling water
- 1 C ice

::continued::

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What is monkey bread?

Also called **monkey puzzle bread, sticky bread, Hungarian coffee cake, golden crown, pinch-me cake, and pluck-it cake, monkey bread is a soft, sweet, sticky pastry, usually made with caramel and cinnamon.** Monkey bread can also be made savory with garlic, herbs, lots of butter, and cheese! It is popular in the United States and is commonly served at fairs and festivals. The name was given because the bread is finger food and meant to be pulled apart - how we imagine a monkey would eat it, if given the chance!

Monkey bread is said to have originated from aranygaluska, a Hungarian word that translates to “golden dumpling”. Hungarian immigrants brought the recipe with them when they came to the Americas and started selling the pastry in Hungarian and Hungarian Jewish bakeries in the mid-twentieth century. This bread was different than the monkey bread we know today, in that it contained balls of dough dipped in piping hot butter and sugar and then baked, whereas today, monkey bread dough is typically coated in cinnamon, sugar, and pecans and then baked. The evolution is not clear, but the term monkey bread definitely stuck.

Recipes first appeared in women’s magazines in the 1950s, and in 1972, Betty Crocker published a version in its cookbook called “Hungarian Coffee Cake”. Still, monkey bread is virtually unknown outside of the United States, whereas Aranygaluska remains a traditional and well-known dessert throughout Hungary.

The surprise ingredient: Broccoli!

- ★ **Broccoli is related to both cabbage and cauliflower, in a group of vegetables called cruciferous vegetables.**
- ★ **Broccoli originated in the eastern Mediterranean and Asian Minor and spread to Italy in the 16th century.** The word broccoli comes from the Italian word ‘brocco’, meaning small nail, sprout, or arm. Once, Broccoli was known as Italian asparagus!
- ★ **When the flower buds are still closed and compact, with no yellowing buds or flowers evident, the main head and the group of flower buds on the side shoots are harvested off the broccoli plant.** When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.
- ★ **One cup of raw broccoli has as much Vitamin C as an orange!** Vitamin C helps the heart and the immune system. Broccoli also has a lot of fiber, which acts as a broom sweeping out your intestines!

Time for a laugh!

Why do broccoli bunches win at races? Because they know how to get a-head!

What did the broccoli shout at the concert? Let’s BROCC and ROLL!

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