

Crispy Cauliflower Fritter Bites + Savory Sautéed Collard Greens + Southern Style Sweet Tea



crispy cauliflower bites

wash+break

Wash **1 head of cauliflower** and then have your kids break it down into bite-sized florets. Florets should be medium-sized. Cut off any large stems, so that you're left with just the floret heads.

crack+whisk

Crack **2 eggs** into a small bowl. Add **1 T water** and **1 tsp salt** and whisk again.

measure+add

Then, measure and combine **1 C flour**, **¼ tsp ground black pepper**, and **1 tsp salt**, along with an optional **pinch of paprika** and **¼ tsp garlic powder**, in a gallon-sized plastic Ziploc bag. Seal shut and shake quickly to mix the seasonings into the flour.

pour+seal+shake

Pour the egg mixture into a separate gallon-sized plastic Ziplock bag. Add the cauliflower florets. Seal the bag tightly and then have your kids shake the bag to coat the cauliflower in egg. *(The egg helps the flour in the next step stick to the cauliflower!)*

transfer+seal+shake

Using a big slotted spoon or tongs, scoop out the cauliflower florets from the egg bag and transfer them into the flour bag. Seal the bag tightly and shake to coat the cauliflower in flour. *(The flour helps the cauliflower get crispy!)*

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Family Fun Recipes

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heat+fry

In a frying pan on your stovetop, heat enough **oil** to fry the cauliflower. Using tongs, place the cauliflower bites from the flour bag into the frying pan. Be careful, as the oil may splatter! Fry until they are crispy on all sides, about 5-10 minutes, turning as necessary.

cool+enjoy!

Once cauliflower bites are nice and crispy, transfer them to a plate and let cool before enjoying!



savory sautéed collard greens

chop+heat+swirl

Chop **6-8 collard green leaves** into small pieces. Heat **2 T butter** in a skillet on your stovetop and swirl it around until it all melts.

add+stir+steam

Add chopped collards and **1 tsp vinegar** to the butter and stir. Add **¼ C water** and let the collards steam as the water evaporates.

sauté+sprinkle+wilt

Sauté on low heat and sprinkle with **a pinch of sugar, 1 tsp salt, and a pinch of black pepper**. Let collards soften and wilt for a few minutes and then enjoy!



southern-style sweet tea

boil+dissolve

Boil **4 C water** on your stovetop. When the water is boiling, add **¾ C sugar** and stir until sugar has dissolved, forming a simple syrup. Once the sugar has dissolved, turn off the heat.

steep+cool

Add **4 bags of decaf black tea** to the simple syrup, swirling them around as the tea begins to steep into the liquid. Let the tea bags steep for 5-10 minutes, then remove them and carefully pour the tea into a pitcher. Add **2 C cold water** and then serve over **ice!**

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shopping list

Crispy Cauliflower Bites

- 1 head cauliflower
- 2 eggs
- 1 C flour
- 2 tsp salt
- ¼ tsp ground black pepper
- pinch of paprika, optional
- ¼ tsp garlic powder, optional
- oil, for frying

Savory Sautéed Collard Greens

- 6-8 collard green leaves
- 2 T butter
- 1 tsp salt
- 1 tsp vinegar
- pinch of black pepper
- pinch of sugar

Southern-Style Sweet Tea

- 4 bags decaf black tea
- ¾ C sugar
- ice

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What are fritters?

Fritter is a name applied to a wide variety of fried foods, usually consisting of a portion of batter or breading which has been filled with bits of meat, seafood, fruit, or other ingredients. In the most basic version, corn or potatoes are simply mixed into a light batter like that used to batter-fry foods, and then the mixture is ladled onto a hot frying pan or griddle. For an even lighter version, people use beaten egg whites, folding the egg whites into a vegetable mixture to make a frothy blend, which creates a lighter, crispier version of the fritter.

Fritters are found all over the world. Although many people associate corn fritters with the American South, a region of the world famous for its fried foods, people in many cultures make a version of fritters. In Asia, for example, fritters may be made with mixed vegetables and a spicy sauce. Regañonas are a popular and versatile fritter from Colombia.

The surprise ingredient of the week: Cauliflower!

- ★ **Cauliflower is a member of the noble Cruciferae family**, which includes broccoli, cabbage, arugula, collards, watercress, horseradish, kohlrabi, radish, rutabaga, and turnips.
- ★ **As its name suggests, cauliflower is indeed a flower!** The creamy white, crunchy stems and head of the cauliflower plant, which is the part we eat, are actually the undeveloped stems and buds of a flower.
- ★ **Cauliflower traces its ancestry to the wild cabbage**, a plant thought to have originated in ancient Asia Minor, which resembled kale or collards more than the vegetable that we know it to be today. The cauliflower went through many transformations and reappeared in the Mediterranean region, where it has been an important vegetable in Turkey and Italy since at least 600 B.C. It gained popularity in France in the mid-16th century and was subsequently cultivated in Northern Europe and the British Isles. The
- ★ **Cauliflower comes in two types - the white variety with which most consumers are familiar and a green variety.** The green variety is a cross that combines the physical features of cauliflower with the chlorophyll found in broccoli. Green cauliflower is sweeter than traditional cauliflower.
- ★ **Cauliflower is high in vitamin C and K**, which is good at boosting your immunity to colds and flu.

Time for a laugh!

What kind of flowers should you NEVER give to your Mom on Mother's Day? Cauliflowers!

What did the collard green say to the cauliflower? Leaf me alone!

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