

Crispy Cheesy Corn Dog Bites on a Stick + Honey Mustard Dip + Summer Garden Pickles + Fresh Frozen Lemonade



crispy cheesy corn dog bites

preheat+measure+combine

Preheat your oven to 350 degrees. Generously oil a muffin pan with **olive oil**. In a medium mixing bowl, measure and combine **1 C yellow cornmeal**, **1 C flour**, **2 tsp kosher salt**, **1 tsp baking powder**, and **¼ tsp baking soda**.

puree+grate

Either in a bowl for use with an immersion blender or in a food processor/blender, combine **1 C corn (either fresh, frozen and thawed, or canned and drained)** and **1½ C buttermilk**. Puree until smooth. Grate **⅓ C cheddar cheese** and add to the pureed corn/buttermilk mixture.

add+stir+rest

Add the dry ingredients into the wet ingredients all at once and stir only enough times to bring the batter together; there should be lumps. Set aside to rest.

cut+roll+tap

Cut **6 veggie hot dogs** into bite sized pieces, about 4-6 pieces per hot dog. Scatter **4 T cornstarch** out into a shallow bowl and roll each hot dog piece in the cornstarch. Tap well to remove any excess.

::continued::

Family Fun Recipes

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dip+cook+serve

Take each hot dog bite and quickly dip it in and out of the batter and then immediately and carefully into your greased cupcake pan wells. Bake about 10-15 minutes, until the coating is golden brown and the tops are crispy. Remove corn dog bites from the oven and stick one toothpick into each bite to serve!



honey mustard dip

measure+whisk

Measure **3 T honey** and **3 T deli mustard** into a small bowl. Whisk until well combined. Serve a dollop of honey mustard sauce for dipping the corn dog bites!



summer garden pickles

slice+measure+whisk

Slice up **2 cucumbers** and **2 small carrots** and add to a bowl with **¼ C corn (fresh, frozen and thawed, or canned and drained)**. In a separate bowl, measure **¼ C white vinegar**, **½ C sugar**, **1 T salt**, and **1 heaping tsp pickling spice**. Whisk together to combine.

pour+coat

Pour the pickling solution over the chopped veggies and stir to coat all of the veggies. Set aside to pickle for at least 30 minutes and then enjoy!



fresh frozen lemonade

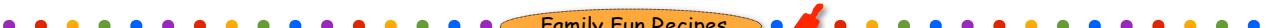
squeeze+add

Squeeze the juice of **2 lemons** into your blender or a pitcher for use with an immersion blender. Measure and add **½ C sugar/honey** or **2-3 packs of Stevia**, **2 C water**, and **2 C ice** into the blender pitcher.

puree+adjust+pour

Puree your lemonade until smooth. Taste and adjust - does it need more lemon juice? More sweetener? Adjust and then pour into cup and enjoy!

::continued::



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shopping list

Crispy Cheesy Corn Dog Bites

- | | |
|--|--|
| <input type="checkbox"/> 1 C yellow cornmeal | <input type="checkbox"/> 1 C corn (fresh, frozen, or canned) |
| <input type="checkbox"/> 1 C all-purpose flour | <input type="checkbox"/> 1½ C buttermilk |
| <input type="checkbox"/> 2 tsp kosher salt | <input type="checkbox"/> ⅓ C cheddar cheese |
| <input type="checkbox"/> 1 tsp baking powder | <input type="checkbox"/> 4 T cornstarch, for dredging |
| <input type="checkbox"/> ¼ tsp baking soda | <input type="checkbox"/> 6 veggie hot dogs |

Honey Mustard Dipping Sauce

- | | |
|------------------------------------|---|
| <input type="checkbox"/> 3 T honey | <input type="checkbox"/> 3 T deli mustard |
|------------------------------------|---|

Summer Garden Pickles

- | | |
|---|---|
| <input type="checkbox"/> ¼ C white vinegar | <input type="checkbox"/> 2 cucumbers |
| <input type="checkbox"/> ½ C sugar | <input type="checkbox"/> 2 small carrots |
| <input type="checkbox"/> 1 T salt | <input type="checkbox"/> ¼ C fresh/frozen/canned corn |
| <input type="checkbox"/> 1 heaping tsp pickling spice | |

Fresh Frozen Lemonade

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> ½ C sugar/honey or 2-3 packs Stevia |
| <input type="checkbox"/> 2 C ice | |

::continued::

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History of the Corn Dog

A corn dog is a sausage on a stick that's been battered in cornmeal, milk, and egg, and then deep fried. It's usually served with ketchup and mustard, and in fact is not entirely authentic without either of these additions, though this is a debatable opinion and various regions of the country approve of different combinations of condiments.

Corn dogs are so delicious and beloved by Americans from coast to coast that more than one story exists for their origin. You'd think that because they've only been around for less than 100 years, the origin would be easy to pinpoint. Not so! Neil and Carl Fletcher of Texas claim to have served the first Corny Dogs at their State Fair in 1942. In 1941, a small fountain shop called Pronto Pup in Portland, Oregon started selling cornmeal battered hot dogs on a stick. But only one man holds the patent for this delectable treat: Stanley S. Jenkins filed for a patent for a machine that would deep-fry hot dogs on a stick. The patent was granted in 1929, more than a decade before the others laid claim. Whatever the true origin, the popularity of corn dogs exploded in the 1940s, and they've been a beloved summer treat ever since, especially at county and state fairs.

The surprise ingredient: Corn!

- ★ **Corn is a tall plant grass that has large ears with many seeds or kernels.** These seeds grow in rows on the larger ears and are eaten as a vegetable. On average, an ear of corn has 800 kernels in 16 rows.
- ★ **With the exception of Antarctica, corn is produced on every continent in the world.** Corn can be produced in various colors including blackish, bluish-gray, purple, green, red, white, and the most common, yellow.
- ★ **Corn is high in vitamin B, fiber, vitamin C, and thiamin.**
- ★ **Sweet corn has been bred to have higher levels of natural sugars** - one of the reasons why it is so popular!
- ★ **As corn ages, the cobs develop more starches.** Sweet corn is one of the few vegetables that is a good source of the slowly digested carbohydrate that gives you long-lasting energy.
- ★ **In the days of the early settlers to North America, corn was so valuable** that it was used as money and traded for other products such as meat and furs.

Time for a laugh!

What do you give a dog with a fever? Mustard, it's the best thing for a hot dog!
Why didn't anyone laugh at the gardner's jokes? Because they were too corny!

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