

Fancy French Carrot Gougeres + Petite Veggie Crudites & Remoulade + French Lemon Spritz



fancy french gougeres

preheat+measure+simmer

Preheat your oven to 400 degrees. Measure **¼ C water**, **¼ C whole milk**, **2½ T butter**, **¼ tsp salt**, **¼ tsp black pepper**, and **¼ tsp sugar** into a cold saucepan on your stovetop. Turn the heat on your stovetop to medium-high to melt the butter and simmer the ingredients - whisking continuously.

add+stir

After 1-2 minutes of heating the water/milk mixture, immediately add **½ C all-purpose flour** to your saucepan, continuing to whisk until a bowl forms and pulls away from the sides of the pan. Reduce the heat to medium-low and continue to stir vigorously for another minute or two until the dough is thick and glossy. Transfer the dough to a mixing bowl and allow to cool a bit.

grate+crack+whisk

While the dough cools, grate **1 carrot** and **½ C cheddar or provolone cheese**. Crack 2 eggs into the dough, one at a time, whisking like mad after each one!

fold+brush+scoop

Fold in the grated carrots and cheese and brush **oil** on the inside of the wells of a cupcake pan. Scoop a T of dough into each cupcake well and top each dough ball with a sprinkle of **grated cheese**.

::continued::

Family Fun Recipes

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bake+enjoy!

Bake until golden and crispy, about 20 minutes. Cool a bit and then enjoy with your crudités, remoulade, and lemon spritz!



petite veggie crudités & remoulade

chop+slice+arrange

Chop and slice up your selection of veggies (**fresh green beans, red radishes, celery stalks, cucumber, and/or carrots**) into dip-able bite sized pieces. Arrange on a large plate.

measure+whisk+dip

Measure and whisk together **2 T yogurt, 2T mayonnaise, a squeeze of lemon juice, a big pinch of salt, a small pinch of pepper pepper, and a small pinch of sugar**. Dip your veggies in the remoulade dip and enjoy!



french lemon spritz

squeeze+stir+pour

Squeeze the juice of **1 lemon** into a pitcher. Add **¼ C sugar** and stir. Measure and pour in **2 ½ C sparkling water** and stir until the sugar is dissolved. Add **ice cubes** to cups and pour the spritz over ice!

::continued::



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shopping list

Fancy French Carrot Gougeres

- | | |
|---|--|
| <input type="checkbox"/> ¼ C whole milk | <input type="checkbox"/> ½ C all-purpose flour |
| <input type="checkbox"/> 2½ T butter | <input type="checkbox"/> 2 eggs |
| <input type="checkbox"/> ¼ tsp salt | <input type="checkbox"/> ½ C grated cheddar or provolone |
| <input type="checkbox"/> ¼ tsp black pepper | cheese + extra for topping |
| <input type="checkbox"/> ¼ tsp sugar | <input type="checkbox"/> 1 carrot |
| <input type="checkbox"/> vegetable oil | |

Petite Veggie Crudités & Remoulade

- | | |
|--|---|
| <input type="checkbox"/> Veggies of your choice, such as:
fresh green beans, red
radishes, celery stalks,
cucumber, or carrot | <input type="checkbox"/> 2 T plain yogurt
<input type="checkbox"/> 2 T mayonnaise
<input type="checkbox"/> squeeze of lemon juice
<input type="checkbox"/> pinches of salt, black pepper, and
sugar |
|--|---|

French Lemon Spritz

- | | |
|---|------------------------------------|
| <input type="checkbox"/> 2½ C sparkling water | <input type="checkbox"/> ¼ C sugar |
| <input type="checkbox"/> juice of 1 lemon | <input type="checkbox"/> ice |

::continued::

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What are gougeres?

Gougeres (pronounced “goo-ZHER”) are french cheese puffs. They are traditionally baked hollow dough balls made from choux pastry (same light, flaky pastry used to make profiteroles, eclairs, beignets, Parisian gnocchi, and churros!) and mixed with cheese. Sometimes they're plain, and other times stuffed with a variety of other ingredients such as fresh and dried herbs, mushrooms, beef, or ham.

Reportedly, Gougeres originated in the Burgundy region of France, specifically the town of Tonnerre. Earlier versions of gougeres were not so much a pastry as a stew, and were made with such things as herbs, bacon, eggs, cheese, spices, meat mixed with animal blood, and prepared in a sheep's stomach! In earlier times, people would eat every part of the animal, including their organs, which are said to be highly nutritious and good for health.

The surprise ingredient: Carrots!

- ★ **The carrot is a member of the parsley family including species such as celery, parsnip, fennel, dill and coriander.** A teaspoon holds almost 2000 carrot seeds.
- ★ **Carrots were first grown as a medicine not a food. Carrots are a root vegetable that originated in Afghanistan.** They were purple, red, white, and yellow, but never orange. In the 16th century, Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by cross breeding pale yellow carrots with red carrots.
- ★ **In old England, carrots were seen as both a food and a fashion accessory.** Ladies would often use carrot tops to decorate their hats!
- ★ **Carrots have the highest content of beta carotene (vitamin A) of all vegetables.** There is as much calcium in 9 carrots as there is in a glass (250ml) of whole milk.
- ★ **The longest carrot recorded in 1996 was 5.14 meters (16 feet 10 ½ inches).** The heaviest carrot recorded in the world was just under 19 lb!
- ★ **Carrots were the first vegetable to be canned commercially.**
- ★ **Wild rabbits do not eat carrots** – you have been watching too much Bugs Bunny!

Time for a laugh!

Knock-knock! Who's there? **Carrot!** Carrot who? **Don't you carrot all about me?** Let me in!
How do you know carrots are good for your eyes? Well, have you ever seen a rabbit wearing glasses?

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