

Strawberry Flummery + Sweetly Whipped Cream + Oatmeal Lace Cookies + Strawberry Earl Gray Iced Tea



strawberry flummery

dice+measure+combine

Dice **4 C fresh strawberries** (removing the stems and leaves first) into small pieces. Measure **½ C sugar, a pinch of salt,** and **½ C water** and combine in a saucepan on your stovetop.

simmer+stir+boil

Warm up your saucepan to low heat and simmer the berry mixture, stirring frequently, until it breaks down and becomes liquid. Then turn your heat up to medium-high and bring to a boil. Keep an eye out so that the strawberries don't burn!

squeeze+mix

Squeeze the **juice of ½ a lemon** and set to the side. Measure **2 T cornstarch or 2 tsp arrowroot powder** and mix together with **3 T cold water** in a small bowl.

thicken+stir

Add the cornstarch and water mixture to the boiling strawberries and let it begin to thicken. Then stir in the lemon juice and simmer for 1 more minute.

transfer+cool

Transfer the flummery away from the heat and let it cool slightly while you make the whipped cream, lace cookies, and iced tea!

::continued::

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sweetly whipped cream

measure+screw

Measure $\frac{3}{4}$ C heavy whipping cream, 1 T sugar, 1 tsp vanilla, and a pinch of salt into a clean glass jar. Screw on the lid semi-tightly.

shake+shake+shake

Take turns shaking the jar for about 5 minutes, until the contents thicken up and whipped cream begins to form. Listen for a “swoosh” - this is when the consistency of the whipped cream changes and will coat the sides of the jar. Open the jar and check to make sure it's thick and be careful not to over shake, or you'll make butter instead!

strawberry earl gray iced tea

plop+steep

Carefully plop 1-2 bags of decaf Earl Gray Tea into 3 C of warm water. Let the tea steep for 30 minutes.

liquify+combine+serve

Pulse $\frac{1}{2}$ C of strawberries with a blender or food processor until they are liquified. Then, remove the tea bags you've been steeping and add the strawberries, 1 T white sugar, $\frac{1}{2}$ T brown sugar, and the juice of $\frac{1}{2}$ a lemon. Blend again until everything is well combined. Taste your tea and add more sugar, if needed! Divide into cups and serve over ice.

oatmeal lace cookies

preheat+measure+mix

Preheat your oven to 375 degrees and line a baking sheet with parchment paper. In a small bowl, measure and mix together, $\frac{1}{4}$ C softened butter, $\frac{1}{4}$ C packed light brown sugar, 1 tsp vanilla, and a pinch of salt. In a mixing bowl, combine $\frac{1}{2}$ C oats and 2 T flour and then add in the butter-sugar mixture. Mix everything together well!

drop+spread+bake

Drop tablespoons of batter about 2" apart on your lined baking sheets (leaving room for them to spread). Bake for 5-7 minutes, watching closely so that they do not burn. Cool the cookies on a plate and they will get crispy as they cool!

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shopping list

Strawberry Flummery

- 4 C fresh strawberries
- ½ C sugar
- juice from ½ a lemon
- 2 T cornstarch or 2 tsp arrowroot powder
- pinch of salt

Strawberry Earl Gray Iced Tea

- ½ C strawberries
- 1-2 bags decaf Earl Gray tea
- juice from ½ a lemon
- 1 T white sugar
- ½ T brown sugar
- 3 C ice

Sweetly Whipped Cream

- ¾ C heavy whipping cream
- 1 T sugar
- 1 tsp vanilla extract
- pinch of salt

Oatmeal Lace Cookies

- ¼ C butter, softened
- ¼ C light brown sugar, packed
- 1 tsp vanilla extract
- pinch of salt
- ½ C oats
- 2 T flour

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What is flummery?

The word *flummery* comes from the Welsh word *llmryu*. Flummery means “meaningless babble”, although some cookbooks that have published recipes for flummery define the word to mean “delight”. Flummery was an antiquated dessert enjoyed in Ireland, England, and Wales, which is why we say this dessert is from the United Kingdom. Originally, it was made from oatmeal, which was soaked in water and then boiled down to release its starch and become thick and gelatinous. It would then be eaten for breakfast. Other names for flummery were flummary and wash-brew. By the 1800s in Britain, the dish was made with almonds or cream. Later, flummery became known as any type of soft-set dessert. Even fruit molds were sometimes called flummery. In the U.S., flummery is known as a soft pudding-like dessert made from fruit and topped with cream.

The surprise ingredient: Strawberry!

- ★ **Strawberries are members of the large, diverse rose family (Rosaceae)**, which also includes blackberries and raspberries.
- ★ **The strawberry plant is a perennial.** That means if you plant one now, it will come back next year and the following years after that. It may not bear fruit immediately, but when it does, it will remain productive for about 5 years.
- ★ **Some believe that the name strawberry came from the practice of placing straw around the growing plants for protection**, others believe that the name originated over 1000 years ago because of the runners which spread outward from the plant.
- ★ **Strawberries are the only fruit with seeds on the outside of their skin**, about 200 on each berry. Strawberries aren't true berries, like blueberries or even grapes. Technically, a berry has its seeds on the inside. And to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!
- ★ **Americans eat an average of three and a half pounds of fresh strawberries each year** and closer to five pounds if you count frozen ones!
- ★ **The ancient Romans thought strawberries had medicinal powers.** They used them to treat everything from depression to fainting, to fever, kidney stones, bad breath, and sore throats.
- ★ **In some parts of Europe, people once believed that elves could control how much milk cows produced and that the elves loved strawberries.** Farmers tied baskets of strawberries to their cows' horns as an offering to them!

Time for a laugh!

What is a scarecrow's favorite fruit? Straw-berries!

Why were the little strawberries upset? Because their parents were in a jam!

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