

Totally Turkish Cauliflower Kofta Bites + Spiced Tomato Sauce + Herbaceous Haydari (Minted Yogurt Dip) + Fresh Sweet Mint Tea



totally turkish cauliflower kofta bites

boil+chop

First, boil **1 small potato** until it is cooked through. Remove from water and cool. Chop up **1½ C cauliflower**, **2 green onions**, and **1 garlic clove** into tiny bits and set to the side.

mash+measure

In a large bowl, mash together the boiled potato, **a pinch of salt and pepper**, and **½ can chickpeas (Garbanzo beans)**, rinsed and drained. Then measure out the spices into a small bowl: **¼ tsp each of dried ginger, ground turmeric, ground cumin, and ground coriander.**

heat+sauté

Meanwhile, heat **2 T vegetable oil** in a skillet on your stovetop. When hot, add the chopped cauliflower, garlic, and green onions, and stir until fragrant and soft, about 3-5 minutes. Add your spices and stir to coat. Transfer to a mixing bowl and set aside to let cool slightly.

combine+grind

Combine the chickpea/potato mixture in with the cauliflower mixture. Then, either in the bowl using an immersion blender, or in a food processor, grind up the ingredients into a coarse paste.

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form+fry

Form the mixture into small balls - adding a bit of **flour** to the mixture if the kofta don't come together and stick. Then, heat a 1-2 T oil in your skillet on the stovetop and add the kofta and gently fry until golden brown on both sides. Remove and drain on paper towels while you make the spiced tomato sauce (see recipe below). Once the tomato sauce is finished simmering in your skillet, you'll add the koftas back in to cover with sauce before serving!

spiced tomato sauce

chop+pinch+squirt

Chop **½ of a garlic clove** and **2 tomatoes** and combine in a bowl. Add **pinches of dried ginger, ground turmeric, ground cumin,** and **ground coriander, ¼ tsp salt,** and **a squirt of honey,** along with **1½ T oil.**

blend+simmer

Blend the ingredients up with an immersion blender in the bowl, or pour into a blender/food-processor. Then pour sauce into your skillet on your stovetop and simmer for 3-5 minutes, covered, to cook and thicken up.

combine+serve

Combine the fried kofta back into the skillet with the sauce and cover in the sauce prior to serving!

herbaceous haydari

chop+tear+whisk

Chop **½ garlic clove** and add to a small bowl. Tear up **3 fresh mint leaves** and add to the bowl. Measure and whisk in **½ C full-fat Greek yogurt, a pinch of salt,** and **a squirt of honey.** Spoon the sauce over the kofta bites and enjoy!

sweet blended fresh mint tea

tear+blend+steep

Tear up **7 fresh mint leaves** and add to a pitcher, along with **4 C warm water.** Blend using an immersion blender (or pour into blender). Let steep for at least 30 minutes.

add+blend

Add **4 T honey/sugar** and **1 C ice** into the pitcher and blend together. Enjoy!

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shopping list

Turkish Cauliflower Kofta Bites

- 1½ C cauliflower florets
- ½ C chickpeas (Garbanzo beans)
- 1 small potato, boiled
- 2 green onions
- 1 garlic clove
- ¼ tsp dried ginger
- ¼ tsp ground turmeric
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp honey/sugar
- ½ tsp salt
- pinch of ground black pepper
- 4 T oil
- 2-3 T flour, as needed
- pita bread or corn tortillas, optional

Spiced Tomato Sauce

- 2 tomatoes
- ½ clove garlic
- pinch of dried ginger
- pinch of ground turmeric
- pinch of ground cumin
- pinch of ground coriander
- ¼ tsp salt
- 1½ T oil
- squirt of honey

Herbaceous Haydari

- ½ C full fat Greek yogurt
- ½ clove garlic
- big pinch of salt
- 3 fresh mint leaves
- squirt of honey

Sweet Blended Fresh Mint Tea

- 7 fresh mint leaves
- 4 T honey/sugar
- 1 C ice

::continued::



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What is Kofta?

Kofta (KOFF-tah) is a member of the meatball family! Kofta are eaten all over the world, most commonly in the middle East, Southern Asia, or Balkan areas of the world. They traditionally exist as balls of minced or ground lamb, chicken, beef, or pork, depending on the part of the world where they're found and they are usually cooked on a grill.

The word Kofta comes from Classical Persian verb “koftan”, which means “to pound” or “to grind”, reflecting the ground meat used for the meatballs.

India serves versions of vegetarian kofta made from potato, calabash, paneer (cheese), and even banana, whereas fish and seafood kofta are commonly found in West Bengal, South India, Egypt, and parts of the Persian Gulf. In Albania, there are specialized shops called Qofteri, which offer kofta and beer. In Bulgaria, kofta is usually made from pork, beef, or veal, or a mixture of the three. In Iran and Pakistan, koftas are served with spicy gravy, whereas in Cypress and Greece, kofta are served with yogurt or tzatziki.

The surprise ingredient of the week: Mint!

- ★ **Mint was one of the earliest herbs discovered** - it has been found in Egyptian tombs dating back to 1000 BC and has been part of the Chinese pharmacopoeia even longer. The early Romans believed eating mint would increase intelligence. The scent of mint was supposed to stop a person from losing his temper and royal ambassadors carried mint sprigs in their pockets.
- ★ **Peppermint is one of the oldest and best tasting home remedies for indigestion.**
- ★ **One drum of mint oil (weighing about 400 pounds)** can be used to flavor approximately 5 million sticks of chewing gum or 400,000 tubes of toothpaste.
- ★ **Mint gets its name from Minthe, a Greek mythical character.** According to Greek myth, Minthe was a river nymph. Hades, the God of the Underworld, fell in love with Minthe and when Persephone, Hades' wife, found out, she turned Minthe into a plant so that everyone would walk all over her and crush her. Unable to undo the spell, Hades gave Minthe a magnificent aroma so that he could smell her and be near her when people walked on her.
- ★ **Mint comes in over 30 varieties.** The most common garden mint is spearmint. The United States produces more than 70% of the world's supply of peppermint and spearmint.
- ★ **Mint is rich in vitamins A and C** and even though mint is mostly consumed in small quantities, the vital nutrients obtained are still beneficial and shouldn't be underestimated!

Time for a laugh!

Knock-knock! Who's there? **Mint!** Mint, who? **I mint to ring the doorbell!**

What did the kofta say to the minted yogurt dip? We were mint for each other!

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