

Back to School Peach Scones + Quick Peach Compote + Clotted Cream + Peachy Iced Tea



quick peach compote

dice+squeeze+toss

Have your kids dice up **2 fresh peaches** and add to a bowl. Squeeze **1 tsp lemon juice** over the top and then toss **1 T of sugar/honey** with the peaches. Soak the peaches in the lemon-sugar syrup for as possible to macerate, but at least 10 minutes.

lemon peach scones

cream+chop

Have your kids cream together **4 T softened butter** and **2 T sugar** in a bowl with a whisk or an electric hand mixer. Then have kids chop **1 peach** into small pieces and set to the side (to use in scones and in clotted cream).

measure+mix

Next, have your kids measure and add **¾ cup whole milk** and **2 tsp lemon juice**, then **2 C flour** and **¾ tsp salt**, and mix until it just comes together in a dough. If it is too sticky, add **1 T flour**.

add+fold

Add **2 Tbs of your chopped peaches** to the dough and have your kids gently fold them into the dough.

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Family Fun Recipes

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divide+cook

Turn the dough out onto a floured surface and fold over until smooth, then divide the dough into about 12 pieces and have your kids flatten their scone with their hands. Heat a skillet on your stovetop over medium-high heat. Test to see if it is hot enough by sprinkling some flour on - if it turns light brown in a few seconds, the skillet is ready. Place your scones on your preheated skillet and cook for a few minutes per side, turning the scones when they have risen and the bottoms are dark in color.

cool+serve

Remove the scones from the heat and let them cool for a few minutes before serving. Serve while still warm with the clotted cream, peach compote, and some peach iced-tea!



quick clotted cream

fill+shake

Fill a plastic jar $\frac{1}{4}$ full with **whipping cream**, **pinch of lemon zest**, and a **pinch of salt**. Have your kids shake, shake, shake until the cream *almost* becomes butter. It may take up to 5 minutes to make the clotted cream. Just when you feel like the cream will not move in the container is right before the butter is made - then you've made clotted cream! If you over shake it - it will become butter and that is yummy too!

stir+enjoy

Stir in **1 T honey/sugar**, **1 tsp lemon juice**, and **2 T of your chopped peaches** and enjoy with scones!



peachy lemon iced tea

steep+combine

Very carefully fill a heatproof glass/cup with **$\frac{3}{4}$ C very hot water**. Dip **2 caffeine free teabags** in the water until you have a glass of very strong tea. Meanwhile fill a pitcher with **$3\frac{1}{2}$ cups cold water**. Then slowly pour the hot tea you made into the pitcher. Add **2 T sweetener**, **2-3 tsp lemon juice**, and **$\frac{1}{2}$ of one ripe peach**.

blend+chill

Blend in your pitcher with a hand blender or pour into a blender. Return to pitcher, add **ice cubes**, and chill for at least 1 minutes. Enjoy your homemade ice tea with your scones!

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shopping list

Lemon Peach Scones

- 2 C flour
- 4 tsp baking powder
- 2 tsp lemon juice
- $\frac{3}{4}$ tsp salt
- 2 T sugar
- 4 T butter, softened
- $\frac{3}{4}$ C whole milk
- 2 T freshly chopped peaches

Quick Peach Compote

- 2 fresh peaches
- 1 T sugar or honey
- 1 tsp lemon juice

Quick Clotted Cream

- 2 T or more whipping cream
- 1 T honey/sugar (or $\frac{1}{2}$ pack stevia)
- pinch of salt

Peachy Lemon Iced Tea

- $3\frac{1}{2}$ C cold water + $\frac{3}{4}$ C hot water
- 2-3 tsp lemon juice
- 2 caffeine free teabags (choose either green or black tea)
- 2 T sweetener (sugar, agave, or 2 packs stevia)
- $\frac{1}{2}$ ripe peach
- ice cubes
- pinch of lemon zest
- 1 tsp lemon juice
- 2 T chopped peaches

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The History of Scones!

Scones are fluffy, buttery quick breads that are originally from Scotland, originating in the early 1500s. Before the mid-1800s, when baking soda and baking powder were invented, scones were made with burnt seaweed, sour milk, and acidic fruits (such as currants) which acted as the rising agents. The dough was wrapped in cabbage leaves and cooked over hot coals. As for the origin of the word “scone”, some say it comes from the Dutch word “schoonbrot”, which means beautiful bread, while others say it comes from Stone of Destiny, where the Kings of Scotland were crowned.

The surprise ingredient of the week is: Peaches!

- ★ **Peaches are a stone fruit, related to nectarines, cherries, plums and loquats.** With a soft, fuzzy skin, peaches are red on a yellow to pale yellow background. The flesh can vary from almost white, yellow, to almost red. Each peach has a pointed, furrowed, egg-shaped seed in the middle which either comes away easily (freestone) or is difficult to remove (clingstone).
- ★ **Peaches are considered a symbol of immortality and friendship** and are found in many Chinese paintings, on porcelain, and in poetry as far back as 551 BC.
- ★ **Colorado and Georgia** are both known for growing wonderful peaches! The first peach orchard in the USA was established in Florida in 1565.
- ★ **Peaches are a good source of vitamin C, dietary fiber, and vitamin A.** Vitamin C helps protect your body from infections, and vitamin A is essential for vision. Dietary fiber helps your digestion!
- ★ **Peaches have other health benefits as well.** They can be a great ingredient in moisturizer because they help refresh the skin, and can be a good stress-reliever (it is referred to as the “Fruit of Calmness” in Hungary).
- ★ **August is National Peach Month in the United States** and peaches are best from the months of June through August.
- ★ **To chose a ripe peach, look for a peach that has a slight give,** but use your whole hand vs. fingertips to check since the fruit bruises so easily. Also, check for an even coloring of golden or creamy

Time for a laugh!

Did you hear the joke about the peach? It is pit-i-ful!

How do you make a peach into a vegetable? Step on it and make it squash!

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