



Sticky Fingers  Cooking  
 Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT



Recipe  
Collection

Dream BIG  
Day Camp:  
Session 2  
Summer 2017



# Lemon-Strawberry Shortcakes + Whipped Honey Yogurt + Whole Fruit Strawberry Lemonade



## lemon strawberry shortcakes

### slice+zest+squeeze

First make the lemon-strawberry compote. Have your kids slice up a **1-pound package of fresh strawberries** and add to a bowl. Then have your kids zest **½ tsp of lemon zest** from the yellow part of a lemon rind over the chopped berries. Finally, have your kids squeeze about **2 T of lemon juice** (from the same lemon you zested!) over the berries.

### toss+soak

Toss the berries with **½ C of sugar or honey**. Soak and *macerate* (soften by soaking in liquid) the strawberries in the lemon-sugar syrup while you make the rest of the recipe.

### combine+cut

In a large mixing bowl, have your kids combine **2 C flour**, **4 tsp baking powder**, **¾ tsp salt**, **2 T sugar**, and **½ tsp lemon zest**. Cut **4 T butter** into the flour mixture with clean hands until the dough forms a pea sized texture. Mix in **¾ C whole milk**.

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## drop+puff

Warm a non-stick skillet on your stovetop over medium heat and drop large spoonfuls onto the hot skillet. Brush with **melted butter** and sprinkle with **sugar**. Cook until puffed and light brown on the bottom and then flip and cook on the other side until cooked all the way through.



### whipped honey yogurt

## measure+whisk

Have your kids measure and whisk and whip together **1 C of plain Greek yogurt** and **2 T honey**. Serve atop sliced open shortcakes, topped with lemon-strawberry compote and a dollop of whipped honey yogurt.



### whole fruit strawberry lemonade

## scoop+combine

Have your kids cut **2 lemons** in half, take out the seeds, and scoop the fruit pulp into your blender (or a pitcher for use with an immersion blender). Add **½ C sugar or honey**, **½ C fresh strawberries**, and **2 C cold water**.

## blend+strain+stir

Blend until smooth and then strain into a serving pitcher. Stir in the remaining **1 C of cold water**. Right before serving add **ice**, stir again, and enjoy!

*::continued::*



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## shopping list

### Lemon-Strawberry Compote

- 1 lb package of fresh strawberries
- ½ C sugar or honey
- 2 T lemon juice
- ½ tsp lemon zest

### Lemon Shortcakes

- 2 C flour
- 4 tsp baking powder
- ¾ tsp salt
- 2 T butter
- ¾ C whole milk
- ¾ tsp lemon zest

### Whipped Honey Yogurt

- 1 C plain Greek yogurt
- 2 T honey

### Whole Fruit Strawberry Lemonade

- 2 lemons
- ½ C fresh strawberries
- ½ C sugar or honey
- 3 C cold water
- ice

::continued::

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## Shortcake History

**Shortcake gets its name from the addition of shortening or butter to a dough which makes it tender.** Calling a baking lard or fat shortening comes from the term, “to shorten”, a 15th century term which meant, “easily crumbled”. This is probably because its fibers were short, unlike bread. Shortcake is a European invention that goes back to at least the late 1500s. Shakespeare even mentioned shortcake in his play, The Merry Wives of Windsor! The crumbly shortcake which resembled the texture and shape of a scone, became round when the typical triangular shaped pastries keep having the point break off. It was thought that the round shape became more practical. Strawberry shortcake parties became popular in the United States around 1850, as a celebration of the coming of summer!

## The surprise ingredient: Strawberries!

- ★ **Strawberries are the only fruit with seeds on the outside of their skin**, about 200 on each berry.
- ★ **Strawberries are members of the large, diverse rose family (Rosaceae).**
- ★ **The largest strawberries in history** weighed over 8 oz and were the size of a big apple.
- ★ **Strawberries have a history that goes back over 2,200 years!**
- ★ **Strawberries have been grown in California since the early 1900s.** Today, over 25,000 acres of strawberries are planted each year in California and the state produces over 80% of the strawberries grown in the U.S.
- ★ **The name strawberry may have been derived from the Anglo-Saxon verb *to strew (spread)*** and the fruit came to be known as streabergen, straberry, streberie, straibery, straubery, and finally, STRAWBERRY!
- ★ **Americans eat 3.4 pounds of fresh strawberries each year**, plus another 1.8 pounds of frozen strawberries per capita.
- ★ **Strawberries are high in vitamin C, fiber, folate, and potassium.**
- ★ **Folklore says that if you split a double strawberry in half and share it with the person you like most**, you'll both soon fall in love with each other. In France, strawberries were thought to be a love portion - soup made of strawberries, thinned sour cream, and powdered sugar was served to newlyweds.

### Time for a laugh!

**Why was the farmer in jail?** For armed stROBBERY!

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

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# Tomatillo Chilaquiles + Super-Speedy Horchata



## tomatillo chilaquiles

### peel+wash+chop

Have your kids peel off the paper from **½ to 1 lb of fresh tomatillos** and wash or wipe off the waxy coating. Now kids get to chop them up very well and set to the side. Next, have kids chop up the **2 to 3 green onions** and **2 cloves of garlic**.

### heat+stir

Warm up a non-stick skillet to med-high heat, add **2 T olive or canola oil** and the *chopped green onion*. Cook, stirring frequently, until soft and slightly browned – about 3 minutes. Then add **a BIG pinch of sugar** and the *chopped garlic* and cook for 3 minutes more.

### pour+ bubble

Add the *chopped tomatillos* and pour in **½ C vegetable (or your favorite) stock**. Heat until bubbly, then reduce heat to low and simmer for 5-10 minutes until it gets pretty thick.

### crack+whisk+scramble

*IF USING EGGS (see below if using tofu):* Crack **3 to 5 eggs** into a bowl and have kids measure and add **1 tsp of sea salt** and **½ to 1 tsp of mild chili powder**. Take turns whisking (count to 5 in Spanish) the eggs with your kids. Then whisk some more! Scramble eggs in a non-stick skillet on your stovetop and set to the side when just cooked.

::continued::

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## crumble+combine

IF USING TOFU: Have kids crumble **4-8 ounces extra firm tofu**, drained and pressed in a clean towel, and combine with the tomatillo sauce (the sauce adds more flavor) in your skillet. Have the kids carefully add **½ T cornstarch**, some **sea salt** and some **chili powder**, to their taste.

## throw+mix+coat

Have kids throw in **2-5 BIG handfuls of tortilla chips** and stir gently to coat with the sauce. Add the scrambled eggs back in, along with some extra salt and pepper. Heat for 2-4 more minutes until the tortilla chips just begin to soften. Remove from the skillet and into a bowl.

## top+create+eat

Add additional toppings that might include: **fresh lime, cheese, cilantro, corn, olives, chopped tomatoes, hot chiles** and/or **sour cream** then SHOUT: “*Comer bien mis amigos!*” – *Eat well my friends!*

## super-speedy horchata

*This is Mexican "rice water" and it tastes like rice pudding! YUM! The original recipe requires you to use actual rice, which takes a full day to make. This is a fast, refreshing Sticky Fingers Cooking version! - Erin*

## fill+measure+whisk

Fill a measured pitcher with **3 cups of water**. Have kids measure **¼ C of rice flour, 1 tsp of vanilla extract, ½ tsp of cinnamon** and have kids whisk well. This will ensure there aren't any clumps.

## add+pour+yum

Have kids add the rest of the water (about ½ gallon). Now have kids pour in **1 (7 ounce) can sweetened condensed milk (or sub canned coconut milk)** and about **½ C of sugar** (more to taste). Stir and mix well. Serve over ice.... *Enjoy!*

::continued::



# shopping list

## Terrific Tomatillo Chilaquiles

- |  |   |
|--|---|
| <input type="checkbox"/> 2 to 5 large handfuls <b>tortilla chips</b> | <input type="checkbox"/> <b>sea salt and black pepper</b>                     |
| <input type="checkbox"/> ½ to 1 lb <b>fresh tomatillos</b>           | <input type="checkbox"/> <b>3-5 eggs (or 4-8 oz extra firm tofu)</b>          |
| <input type="checkbox"/> 2 to 3 <b>green onions</b>                  | <input type="checkbox"/> if using tofu: ½ T <b>cornstarch</b>                 |
| <input type="checkbox"/> 2 cloves of <b>garlic</b>                   | <input type="checkbox"/> ½ - 1 tsp <b>chili powder</b>                        |
| <input type="checkbox"/> 4 to 5 T <b>olive or canola oil</b>         | <input type="checkbox"/> ⅓ C <b>grated cheese (jack, cheddar, mozzarella)</b> |
| <input type="checkbox"/> ½ C <b>vegetable stock</b>                  |   |
| <input type="checkbox"/> BIG pinch of <b>sugar</b>                   |   |

## Optional Chilaquiles Toppings

- |  |  |
|--|--|
| <input type="checkbox"/> <b>cheese</b> (jack, cheddar, mozzarella) | <input type="checkbox"/> <b>limes</b>      |
| <input type="checkbox"/> <b>black olives</b>                       | <input type="checkbox"/> <b>sour cream</b> |
| <input type="checkbox"/> <b>avocado</b>                            | <input type="checkbox"/> <b>cilantro</b>   |
| <input type="checkbox"/> <b>spicy chiles</b>                       | <input type="checkbox"/> <b>corn</b>       |
| <input type="checkbox"/> <b>diced tomatoes</b>                     |  |

## Super-Speedy Horchata

- |  |   |
|--|---|
| <input type="checkbox"/> 1 (7 oz) can <b>sweetened condensed milk (or sub canned coconut milk)</b> | <input type="checkbox"/> ¼ C <b>rice flour</b>        |
| <input type="checkbox"/> ½ C <b>sugar, to taste</b>  | <input type="checkbox"/> 1 tsp <b>vanilla extract</b> |
|  | <input type="checkbox"/> ½ tsp <b>cinnamon</b>        |
|  | <input type="checkbox"/> <b>crushed ice</b>           |

::continued::



## The History of Chilaquiles

**Chilaquiles (Chee-lah-KEE-less) is a traditional Mexican dish.** Typically, corn tortillas cut in quarters and lightly fried are the basis of the dish. Green or red salsa or mole is poured over the crisp tortilla triangles, called totopos. The mixture is simmered until the tortilla starts softening. Pulled chicken is sometimes added to the mix. It is commonly garnished with cream crema, shredded queso fresco, raw onion rings and avocado slices. Chilaquiles can be served with refried beans, eggs (scrambled or fried), beef and guacamole as side dish. As with many Mexican dishes, regional and familial variation is quite common. Usually, chilaquiles are eaten at breakfast or brunch. This makes them a popular recipe to use leftover tortillas and salsas. They are also served as last meal in a long wedding party close to morning in what is called a tornaboda.

**All About Texture: Chilaquiles are, in their most basic form, a collection of tortilla pieces, usually fried, with a chili sauce poured over them.** The crunchy fried tortillas begin to soften and absorb the liquid of whatever sauce they are immersed in. The prime time to eat chilaquiles is between textures, when they are no longer crunchy but have not yet turned completely soft.

**The name means what?** The word chilaquiles comes from the ancient Nahuatl word for "chilis and greens." The Nahuatl language was used by the Aztecs. It originated in Central Mexico and is still spoken today in select communities. Chilaquiles came to America in 1898.

## The Surprise Ingredient of the Week is: Tomatillos!

★ **The word tomatillo means 'little tomato' in Spanish.**

★ **Herbal, tangy, citrus-y, and a little bit sweet, tomatillos are like no other fruit.** The tomatillo is a small, green Mexican fruit surrounded by an inedible, paper-Japanese lantern-type shell. When removing the covering, don't be surprised when the fruit seems a little sticky – this can be easily washed off. The flesh is slightly acidic with a hint of lemon. The fruit contains a pectin-like substance that thickens as it cools after cooking. Tomatillos belong to the same family as tomatoes.

★ **The Aztecs first grew tomatillos as far back as 800 B.C.** and they have been popular in Mexico and other Latin American countries for many years. In the US, they are mainly grown in Texas.

★ **The tomatillo is native to Mexico** where it is known as tomate verde and tomate de fresadilla. Additional names for tomatillos include husk tomatoes, husk cherries, jamberberries, strawberry tomatoes, and Mexican green tomatoes.

★ **Tomatillos are also a highly nutritious fruit and are a very good source of dietary fiber, niacin, potassium, and manganese.** They contain 20 percent of the daily-recommended value in vitamin C, 13 percent of the vitamin K, and a healthy amount of iron, magnesium, phosphorus, and copper.

## Time for a laugh!

Knock, knock! Who's there? **Ben.** Ben who? **Ben waiting all day for tomatillo chilaquiles!**

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# Cinco De Mayo Mexican Tortilla Churro French Toast + Whipped Cinnamon Yogurt "Crema" + Fruit Salad Salsa



## tortilla churro french toast

### crack+whisk

Have your kids crack **2 eggs** into a medium sized mixing bowl. Add **½ C milk** and **1 T vanilla extract**. Whisk together to combine.

### mix+cut

In another bowl, have your kids mix together **¼ C sugar** with **1 tsp cinnamon**. Have your kids cut your **tortillas** into halves or fourths.

### melt+dip+fry

Heat a nonstick skillet over medium heat on your stovetop and melt **1 T butter**, swirling or brushing to coat the pan. Have your kids dip each tortilla into the egg mixture, covering both sides well. Shake off the excess and then place on your hot skillet. Fry the tortillas for about 1-2 minutes on each side, until puffed and golden brown.

### cool+dredge

Cool the tortillas a bit and then have your kids dredge the cooked tortilla French toast in the cinnamon sugar mixture you made earlier. Serve with yogurt crema and fruit salad.

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whipped cinnamon yogurt crema

## measure+whisk+whip

Have your kids measure **3 oz. (a little less than ½ C) plain Greek yogurt, 2 T honey, agave nectar, or powdered sugar, 1 tsp vanilla extract,** and **½ tsp cinnamon** into a bowl. Whisk and whip everything together. Taste. Does it taste good? Does it need more cinnamon? More sweetener? Adjust if needed and dollop on the French toast churros!

fruity-licious salsa

## wash+peel+chop

*\*See ingredients list for fruit ideas!\**

Have your kids wash all of your fruit. If using, peel **kiwi, watermelon, bananas, pineapple,** and **mango.** Then, have your kids chop up all of your fruit into itty bitty pieces.

## squeeze+stir

Cut **1 lime** into wedges and then let your child(ren) squeeze the lime juice onto the fruit, to prevent it from turning brown. Have your kids measure and stir in **3 T honey, sugar, or 2 packs of stevia.** Serve with French toast churros!

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## shopping list

### Tortilla Churro French Toast

- |   |   |
|---|---|
| <input type="checkbox"/> 2 large eggs             | <input type="checkbox"/> 1 tsp ground cinnamon                          |
| <input type="checkbox"/> ½ C milk                 | <input type="checkbox"/> 1 T butter                                     |
| <input type="checkbox"/> 1 T pure vanilla extract | <input type="checkbox"/> 6+ flour tortillas (sub corn tortillas for GF) |
| <input type="checkbox"/> ¼ C sugar                |   |

### Fruity-Licious Salsa

Choose 2 or all of the fruits below:

- |   |   |
|---|---|
| <input type="checkbox"/> ½ C green or red grapes    | <input type="checkbox"/> ½ C diced watermelon   |
| <input type="checkbox"/> 1 kiwi                     | <input type="checkbox"/> ½ C mango or pineapple |
| <input type="checkbox"/> 1 banana                   | <input type="checkbox"/> 1 apple                |
| <input type="checkbox"/> 6 to 10 large strawberries |   |

### Whipped Cinnamon Yogurt Crema

- 3 oz Greek Yogurt
- 2 T honey, agave nectar, or powdered sugar
- 1 tsp vanilla extract
- ½ tsp cinnamon

### Fruit Salad Salsa Dressing

- 2 to 3 C crushed ice
- some chocolate chips for top
- 2 T sweetener of your choice (honey or agave or sugar)

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## The Fascinating History of French Toasts

**Bread has been a staple food for most cultures since food first began being prepared and, up until very recently, the vast majority of humans would have never dreamed of wasting any food.**

Soaking bread in milk and egg and then cooking it, seems logical enough, making a good tasty meal while not wasting any bread. Slices of bread are soaked or dipped in mixture of beaten eggs, often with milk or cream. The slices of egg-coated bread are then fried on both sides until they are browned and cooked through. Day-old bread is often recommended by chefs because the stale bread will soak up more egg mixture without falling apart.

**The popular history behind French toast is that it was created by medieval European cooks who needed to use every bit of food they could find to feed their families.** They knew old, stale bread could be revived when moistened and heated. Cooks would have added eggs for additional protein and moisture. Other names for French toast around the globe include: Eggy Bread, Gypsy Toast, or Poor Knights of Windsor (Britain); Rabanada (Portugal & Brazil); Torrijas (Spain); Bombay Toast (Sri Lanka & Burma); and Mozzarella in Carrozza (Italy).

## The surprise ingredient of the week: Cinnamon!

- ★ **Why is cinnamon so good for you? Many of cinnamon's fantastic properties come from one substance, called *cinnamaldehyde*, naturally present in cinnamon.** It is the source of many of the anti-fungal and antibacterial properties that make cinnamon so healthy. But cinnamon also has a high concentration of antioxidants can help protect the body from damage from free radicals and reduce inflammation, reducing risk of diseases.
- ★ **Cinnamon is a small tree that grows in India, Sri Lanka, Indonesia, Brazil, Vietnam, and Egypt.** To prepare it, the bark of the cinnamon tree is dried and rolled into cinnamon sticks. Then cinnamon can be ground into a powder.
- ★ **Cooks value cinnamon because it helps to preserve food and keep it from going bad.** It is also quite versatile, used in both savory and sweet foods.
- ★ **Cinnamon is one of the oldest spices known.** It was mentioned in the Bible and was used in ancient Egypt, not only as a beverage flavoring and medicine, but also as an embalming agent. It was so highly treasured that it was considered more precious than gold.

### Time for a laugh!

**Why did the cinnamon roll?** Because it saw the apple turnover!  
**Wanna hear a joke about cinnamon?** It's pretty dry...

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