



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

THYME to TURNIP the BEET on WHAT KIDS EAT



Dream BIG
 Day Camp:
 Session 3
 Summer 2017



Fideuà Fantástico (Spanish Noodle Paella) + Kid-Friendly Spanish Sangria



fideuà fantástico

break-up+toast

Place **12 oz. uncooked thin spaghetti noodles** into a ziplock bag, seal, and have your kids break them into little bits. Then, in a skillet on your stovetop, add **4 T olive oil** and the broken noodles and toast until they are a deep golden brown. Watch the noodles carefully; you don't want them to burn!

chop+sauté

Have your kids chop up **2 cloves of garlic**, **2-3 stalks of green onions**, **1 red bell pepper**, and **1 green bell pepper**. Add all of the chopped veggies, along with 1 cup (8 oz.) frozen peas and a big pinch of salt (to help get the moisture out), to the noodles. Sauté until the veggies are soft.

combine+simmer

Add a **pinch of black pepper** and **½ T sweet paprika** and cook for 30 seconds. Then add one **28 oz. can of diced tomatoes (drained of all liquid)**, **2 C vegetable broth**, and **½-1 C garbanzo beans**. Let simmer until noodles are tender. Do not stir. Cook for up to 15 minutes or until the pasta is "al dente".

cover+rest

Turn the heat off the fideuà, cover with a lid, and let it "rest" for 5 minutes. Uncover and serve with **lemon** slices!

::continued::

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kid-made spanish sangria

chop+throw

Have your kids chop up **2 whole oranges, 1 whole lemon**, and other chosen fruit (**pineapple and/or apples and/or grapes**) and throw on the bottom of a large pitcher.

measure+stir

Have your kids measure **2 C juice (apple, cranberry, or grape), 4 C ginger ale**, and **2-4 C water** and pour over the fruit. Add **stevia or sugar**, to taste, and stir well. Add some **ice** last to hold the fruit down and pour into cups and drink up! Makes about 10 cups. ¡Olé!

Let's Learn Spanish Numbers from Zero to Ten!

While chopping and stirring, count to 10 in Spanish...

0... zero

4... cuatro

8... ocho

1... uno

5... cinco

9... nueve

2... dos

6... seis

10... diez

3... tres

7... siete

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shopping list

Fideuà Fantástico

- 12 oz. package thin spaghetti noodles
- 4 T extra virgin olive oil
- 2-3 green onions
- 2 cloves garlic
- 1 red bell pepper
- 1 green bell pepper
- 8 oz frozen peas
- ½ C to 1 C garbanzo beans
- 28 oz. can diced tomatoes
- 2 C vegetable broth
- ½ T salt, to taste
- pinch of black pepper
- ½ T sweet paprika
- 1 lemon

Kid-Friendly Spanish Sangria

- 2 oranges
- 1 lemon
- pineapple and/or apples and/or grapes
- 2 C juice (apple, cranberry, or grape)
- 4 C ginger ale
- stevia or sugar, to taste
- ice

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What is Fideuà?

Fideuà (pronounced “feed de wa”) is a cross between risotto and paella and is a dish for all lovers of Mediterranean fish soups in the bouillabaisse family. The chef/inventor was named, Jan Bautista Pascual Sanchís. Better known by his nickname, Zabalo, this fisherman from Gandia first created the dish in 1930 at age 15. As the youngest member of the crew, Zabala was responsible for cooking and normally rustled up arroz a banda, rice cooked with fish stock. The problem was that the skipper of the boat ate more than his fair share, which left Zabalo and the rest of the crew was left hungry. Zabalo decided to use noodles instead of rice, thinking that the skipper may leave some more for them, but he ended up loving this version too!

So fideuà was born and soon spread out of Gandia across the rest of the Valencia region of Spain and the rest of the world. In Catalunya, the northeastern part of Spain, there is a traditional dish called fideuà in which short lengths of dry pasta called fideus are cooked with a small amount of liquid in a wide earthenware cazuela or paella pan, first browned in olive oil and then simmered in a rich fish and shellfish broth.

The surprise ingredient of the week is: Bell Peppers!

- ★ **Bell peppers are actually fruits, not vegetables!**
- ★ **The most popular bell pepper in the United States is the green bell pepper.** Green and red bell peppers come from the same plant. As the bell peppers mature, their color changes from green to red as they ripen and become sweeter. That’s why red peppers are sweeter than green peppers.
- ★ **Peppers can come in a variety of sizes and shapes, from short and round to large and oblong.** Peppers come in many colors, including green, yellow, red, and even brown and purple. Bell peppers have a thick flesh with a smooth, waxy skin and a crunchy texture.
- ★ **All bell peppers are rich in vitamin C,** but red peppers contain more than twice as much vitamin C as green bell peppers.
- ★ **Peppers are native to Mexico, Central America, and northern South America.**

Time for a laugh!

Why do fish swim in salt water? Because pepper makes them sneeze!

What kind of socks do you need to plant bell peppers? Garden hose!

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Peach Italian Crostada + Creamy Dreamy Italian Peachy Ice



peach crostada filling

zest+measure

Have your kids carefully zest the peel of **1 lemon** (only the yellow part). In a medium mixing bowl, measure **1/3 C sugar**, **2 tsp flour or cornstarch**, **1/2 tsp salt**, **pinch of cinnamon**, and **1/2 tsp lemon zest** (save some for the dough, too!). Mix to combine.

squeeze+chop+toss

Have your kids add a squeeze of **lemon juice** to the mixture. Then chop and add **3/4 lb fresh peaches** and, if desired, **4 heaping T ricotta cheese**. Toss the fruit to coat in the sugar/lemon mixture. Set to the side.

no-roll pie crust dough

pre-heat+measure

Pre-heat your oven to 450 degrees. In a large mixing bowl, measure **1 2/3 C all-purpose flour**, **1/4 C fine cornmeal**, a **heaping 1/2 tsp salt**, **1 tsp sugar**, **1/2 tsp baking powder**, and a **pinch of cinnamon**.

mix+pour+ball

Mix dry ingredients with a fork or whisk. Have your kids make a well in the center of the dry ingredients and add **7 T (1/2 cup less 1 T) olive oil**, **1/4 C cold water**, and **1/2 tsp of the lemon zest**. Mix with a fork or your hands until it makes a ball.

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shape+fill

At this point you have a few options for how you can create your crostada:

- ★ **THE BIG ONE!** Roll the dough out with a rolling pin or pinch the shape together with your fingers into an 11-inch(ish) circle on a lightly floured surface. Transfer it to your baking sheet and put the filling in the middle (like pizza sauce), leaving a 1-2 inch border around the edge of the dough. Gently fold the 1-2 inch border of the pastry over the fruit, pleating it to make an edge.
- ★ **SMALL RECTANGLES** Roll the dough out with a rolling pin or pinch the shape together with your fingers. Have the kids place the filling on the lower half of each rectangle, leaving about a ¼-inch border. Fold dough over peach filling and have kids press the edges well to seal. Cook on a baking sheet.
- ★ **SMALL CIRCLE** Roll the dough out with a rolling pin or pinch the shape together with your fingers. Then, using clean hands, a cookie cutter, or a lid of a jar, punch out a circle shape. Make the dough into a bowl shape in the wells of a muffin tin and place the filling in the middle of the dough.

bake+bubble+cool

Bake the crostada for 20-25 minutes, until the crust is golden and the fruit is tender and bubbling. Remove from the oven and let cool for 5 minutes. Sprinkle with **sugar** on top before serving if you like! Serve warm or at room temperature. Say, “*Buon appetito!*”...Enjoy your meal!



creamy dreamy italian peachy ice

peel+chop+combine

While the crostada bakes, have your kids peel and chop up **3 bananas** and put in a pitcher or blender. Then add **¼ C honey or sugar** (to taste), **1 C chopped peaches**, **1 C ice**, **pinch of cinnamon**, and a **squeeze of lemon juice**.

blend+enjoy

Blend until smooth (using blender or hand blender in the pitcher). Add water, if needed. Drink the Italian ice in a cup if it is thin, or scoop it onto your crostada as “ice cream”, if it is thick!

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shopping list

No-Roll Pie Crust Dough

- 1⅓ C all-purpose flour
- ¼ C fine cornmeal
- heaping ½ tsp salt
- 1 tsp sugar (or 1 pack stevia)
- ½ tsp baking powder
- 7 T olive oil
- ¼ C cold water
- ½ tsp finely grated lemon zest
- pinch of cinnamon

Peach Crostada Filling

- ⅓ C sugar + more to sprinkle on top (or 6-8 packs stevia)
- 2 tsp all-purpose flour
- ½ tsp salt
- ¾ lb fresh peaches
- 4 T ricotta cheese (optional)
- ½ tsp finely grated lemon zest
- pinch of cinnamon

Creamy Dreamy Italian Peachy Ice

- 3 bananas
- 1 C peaches
- 4 T honey or sugar to taste
- 1 C ice
- pinch of cinnamon
- squeeze of lemon juice

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What is a Crostada?

A crostada is an Italian baked tart or pie. The name derives from the Latin word *crostata*, which ultimately comes from the noun *crusta* (crust). As a form of tart that hails from Italy, the crostata can be prepared with a variety of fruit fillings and made into any size that the cook desires. This means that the crostada can serve as a bite sized accompaniment to a freshly made sorbet or take center stage as a dessert plate sized Italian tart garnished with a glaze.

Because the crostata can be made with just about any type of fruit filling, the pastry can be prepared with fruit that is in season, as well as any range of home canned preserves and even with canned fruits and jams that are purchased in the supermarket. The fact that the crostada may be prepared as an open faced dessert or be covered with a top crust allow this Italian pastry to easily adapt to all sorts of occasions. There are endless variations of both sweet and savory crostada, the sweet ones usually served as a dessert.

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.

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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Sweet Pea Mac N' Cheese Cupcakes + VeryBerry Smoothies



sweet pea mac n' cheese

boil+cook+preheat

Bring a large pot of salted water to a boil and cook **2 C of macaroni** according to package directions. Drain and set aside. Also, preheat your oven to 350 degrees.

grate+crack

Have your kids grate **2 C cheddar cheese** and add the grated cheese to a large bowl. Crack **2 eggs** into the same bowl with the cheese.

measure+whisk

Have your kids measure and whisk together **¾ C whole milk plain yogurt**, **¼ C whole milk**, **2 T softened butter**, **1 tsp salt**, **¾ tsp mustard powder**, **1-2 T flour**, and **¼ tsp freshly ground black pepper** into the bowl with the egg and cheese until well blended.

fold+mix

Gently fold your cooked macaroni and **1 C fresh or frozen (thawed) green peas** into the cheese mixture until well mixed.

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fill+bake

Spoon mac n'cheese into the wells on a greased cupcake tray and bake about 25-30 minutes, or until the cupcakes are firm to the touch. Cool slightly and then enjoy!

Does your child have a dairy allergy? Try these substitutions!

- ★ Instead of cheddar cheese, sub Daiya non-dairy cheese.
- ★ Substitute soy butter, such as Earth Balance, for regular butter.
- ★ Leave out plain yogurt.
- ★ Substitute plain non-dairy milk of your choice.



veryberry smoothie

chop+peel+blend

Chop up **2 bananas**, peel **1 orange**, and add to your blender. Add **1 C frozen berries** of your choice, **2 C of milk**, **1 C yogurt**, **2 C ice**, and **honey, sugar, agave or Stevia** to taste and blend until smooth!

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shopping list

Sweet Pea Mac + Cheese

- | | |
|---|---|
| <input type="checkbox"/> 2 C macaroni pasta | <input type="checkbox"/> ¼ C whole milk* |
| <input type="checkbox"/> 1 C green peas, fresh or frozen and thawed | <input type="checkbox"/> 2 large eggs |
| <input type="checkbox"/> 2 C grated cheddar cheese* | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 2 T room temperature butter* | <input type="checkbox"/> ¾ tsp mustard powder |
| <input type="checkbox"/> ¾ C whole milk plain yogurt* | <input type="checkbox"/> ¼ tsp black pepper |
| | <input type="checkbox"/> 1-2 T flour |

* see dairy free recipe above for substitutions

VeryBerry Smoothie

- | | |
|--|--|
| <input type="checkbox"/> 1 C frozen berries of your choice | <input type="checkbox"/> 1 C yogurt |
| <input type="checkbox"/> 1 fresh orange | <input type="checkbox"/> 2 C ice |
| <input type="checkbox"/> 2 bananas | <input type="checkbox"/> honey, sugar, Stevia, or agave to taste |
| <input type="checkbox"/> 2 C milk | |

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The Wonderfully Fun History of Macaroni and Cheese

Pasta and cheese recipes were first found written in a book called “Liber de Coquina” or Book of Cooking, an Italian cookbook from the 13-14th century. This is one of the oldest medieval cookbooks and it includes a recipe called “de lasanis” that many culinary historians believe is the first macaroni and cheese recipe (it featured a dish of parmesan and pasta baked together).

Our 3rd American president, Thomas Jefferson, discovered macaroni and cheese for himself when he traveled in both Paris and in northern Italy in the 1700s. He drew a sketch of the pasta and wrote detailed notes on how to make it. In 1793, he sent an American ambassador all the way to Paris just to purchase a pasta machine so he could make his own macaroni. The machine was finally brought back to Jefferson after a year of waiting and GUESS WHAT?! It DIDN'T work!! Oh no! Did Jefferson give up? Nope! President Jefferson started importing both dried macaroni pasta and Parmesan cheese from Italy to serve at his dinner parties at Monticello (his home). In 1802, Jefferson served the very first macaroni and cheese that he named “a pie called macaroni” at a state dinner. It was considered to be a very EXOTIC and FANCY meal to serve. No one in the USA had ever eaten it before. About 22 years later, a recipe called “macaroni and cheese” appeared in the 1824 cookbook, The Virginia Housewife, written by Mary Randolph, who was a cousin of president Thomas Jefferson.

The surprise ingredient: Peas!

- ★ **Just one serving of freshly frozen garden peas contains as much vitamin C as two large apples,** more fiber than a slice of whole grain bread, and more thiamine than a pint of whole milk!
- ★ **Though most vegetables are quite low in protein, peas have a good supply of protein.**
- ★ **Thick London fogs of the 19th and 20th centuries were dubbed ‘pea-soupers’** because of their density and green tinge.
- ★ **The world record for eating peas** is held by Janet Harris of Sussex who, in 1984, ate 7175 peas one by one in 60 minutes using chopsticks!!
- ★ **Peas are members of the Fabaceae (or Leguminosae) family** which includes: peanuts, chickpeas, licorice, alfalfa, beans, carob, and soybeans.
- ★ **The oldest pea ever found was nearly 3,000 years old** and was discovered on the border of Burma and Thailand.

Time for a laugh!

What did the Sticky Fingers Cooking student say when asked if he would like more mac n' cheese cupcakes? Yes PEAS!
What do you call an angry pea? Gump-pea.

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