

Pronto Polish Potato-Cheese Pierogi + Peppered Sour Cream + Perfect Polish Apple Cider



potato cheese pierogi

cook + cool

Scrub and then cook **2 large potatoes**, either by boiling, baking, or microwaving. Set aside to cool.

- *To boil*, chop potatoes into large chunks. Fill a saucepan with enough water to cover the potatoes, bring to a boil and add the potatoes. Cover and cook for 10-12 minutes or until just tender when pierced with a knife.
- *To bake*, preheat oven to 400 degrees. Bake potato for 45 minutes or more. When done, the outside of the potato will have darkened and the inside will be soft.
- *To microwave*, prick the potato all over with a fork and microwave on high for 8-10 minutes or until tender, turning the potato once.

chop+measure+mash

Have your kids chop up the cooked and cooled potatoes and place them into a large bowl. Measure **3 T butter**, **½ C sour cream**, **½ tsp salt**, and **¼ tsp pepper** and add to the bowl. (*For dairy allergy, sub plain soy or coconut yogurt for sour cream and non-dairy butter.*) Mash the potatoes with a potato masher until smooth, adding in a little bit of water, if needed, to get a smooth consistency.

grate+chop+stir

Grate **½ C cheddar, jack, provolone, or mozzarella cheese** and stir into the potato mixture. (*For dairy free version, stir in 1 ½ T nutrition yeast instead of cheese.*) Chop **1 small onion or 4 green onion stalks** and set aside.

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Family Fun Recipes

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trace+fill+seal

Lay out your **wonton wrappers** and have your kids 'trace' the edges of each wonton wrappers with a clean finger dipped in water. *(For gluten free version, use asian rice paper instead of wonton wrappers.)* Then have your kids place about 2 tsp of potato filling in the center of the wrapper. Fold in half to create a half moon shape (or any desired shape!) and press edges together keeping the potato filling inside and removing any excess air. Repeat this process until all filling has been used.

brown+cover+cook

Heat some **butter and/or oil** in your skillet and add pierogi in a single layer. When they are golden and in spots, browned, turn and brown on the other side. Add in your chopped onions and cook for a minute more. Carefully add about **¼ C - ½ C water** to the skillet, cover and cook for 3-4 minutes. Remove the lid and check pierogi - they are ready when tender, but not mushy, and the liquid is evaporated. Serve with the peppered sour cream and apple cider!



peppered sour cream

measure+whisk

Measure **½ C sour cream**, **¼ tsp black pepper**, and **large pinch of salt** into a small bowl. Whisk together and serve with the pierogi!



perfect polish apple cider

measure+heat

Measure **4 C apple juice**, **1 tsp pumpkin pie spice or cinnamon**, **1 T honey/sugar/agave**, and **½ tsp vanilla extract** into a saucepan on your stovetop. Heat over medium-high heat. The juice will begin to concentrate and sweeten, so the longer it's on the heat, the sweeter it will become. Can be served hot, warm, or chill afterwards and serve cold.

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shopping list

Polish Potato-Cheese Pierogi

- 12-oz package round wonton wrappers (*sub Asian rice paper for GF*)
- 2 large potatoes
- 3 T butter (*sub non-dairy butter*)
- ½ C sour cream (*sub plain coconut or soy yogurt*)
- ½ C grated cheddar, jack, provolone, or mozzarella cheese (*sub 1½ T nutritional yeast for dairy free*)
- 1 small onion or 4 green onion stalks
- ½ tsp salt
- ¼ tsp black pepper
- 1 T oil or butter, for cooking

Peppered Sour Cream

- ½ C sour cream
- ¼ tsp black pepper
- large pinch salt

Perfect Polish Apple Cider

- 4 C apple juice
- 1 tsp pumpkin pie spice or cinnamon
- 1 T honey/sugar/agave
- ½ tsp vanilla

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The History of Pierogi!

Pierogi are delicate dumplings that use unleavened dough (a dough made without yeast), stuffed with endless fillings such as mashed potatoes, farmer's cheese, sauerkraut, cabbage, mushrooms, spinach, ground beef, and even healthy grains or legumes such as millet, buckwheat or lentils. Traditionally considered peasant food, pierogi eventually gained popularity and spread throughout all social classes including nobles.

Pierogi is Poland's national dish and is enjoyed year-round. Pierogi have been made in Poland since the 13th century. Some suggest that the original form came from China through Italy during the Marco Polo expeditions. It would be naive to think that pierogi are not cousins of the world's other dumpling varieties, from Italian ravioli to Chinese dumplings. Pierogi were originally prepared for holidays such as Christmas, Easter, and weddings. Each holiday had its own designated pierogi flavor. Today, most Polish families still enjoy the traditional cabbage, sauerkraut, and mushroom variety as part of their Christmas Eve dinner.

The surprise ingredient of the week is: Potatoes!

- ★ **Scientists think that the first potatoes were cultivated about 8,000 years ago** by communities of hunters and gatherers near Lake Titicaca, high in the Andes Mountains, on the border between Peru and Bolivia. Those first farmers domesticated wild potato plants that grew around the lake and then over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in different climates.
- ★ **The average American eats 126 pounds of potatoes each year.** Approximately $\frac{1}{3}$ of all potatoes grown in the US are grown in the state of Idaho, but one very special potato was the first vegetable grown in outer space!
- ★ Potatoes are rich in carbohydrates, making them a good source of energy. They also have vitamin C and potassium.
- ★ **Most potatoes are grown by planting other potatoes,** but the potato plant does produce flowers that turn into small, green berries and contain true potato seeds. In every berry there are 100-400 tiny seeds! Scientists are now developing ways of growing potatoes using these seeds.

Time for a laugh!

Why do potatoes make good detectives? Because they keep their eyes peeled!

What do you call a baby potato? A small fry!

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