Russian Borscht Dip + ‘Dill’icious Cream + Molasses Quick Bread + Can’t Beet It Smoothies

molasses quick bread
Q: What would you get if you crossed noodles with a snake? A: Yakisoba that wraps itself around a fork
Q: How does a farmer mend his pants? A: With Cabbage patches

mix+measure
Have your kids mix flour, baking powder and baking soda and salt together. This is the dry mix.

crack+stir
Have your child crack the egg. Then, stir in buttermilk, molasses and oil with the egg. This is the wet mix. After that, stir dry mix into the egg mixture.

mix+bake
Mix the dough until it just comes together. Scrape batter into pre-heated cupcake makers and bake for 4-8 minutes; or until the bread looks browned and a tester comes out clean. Remove the bread from the cupcake makers and place to the side to cool.

enjoy!
Do you like it? Then say “Yes, Thank You Very Much” In Russian…. “Da, Spaseebo Balshoye” (Большое спасибо)

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**russian borscht dip**

**chop+combine**
Have your kids chop up **green onions** into little bits. Shred the **beets**. Place the **beets**, **onion**, **beans**, **vinegar**, **sugar** and **salt/pepper** into a big bowl.

**blend+serve**
Blend the beet mixture with a hand blender or food processor. Count to 5 in Russian. Blend until smooth. Add a little water if needed. Taste and adjust with more **vinegar**, **sugar**, **salt** and/or **pepper** if needed.

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**‘dill’icious cream**

**whisk+season+serve**
In a medium bowl, have kids whisk together the **sour cream or Greek yogurt** and **½ tablespoon of the dill**. Season with **salt and pepper** to taste. Serve the DILL cream with the beet dip and bread (Leave the cream off of any child’s plate with a dairy allergy).

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**can’t beet it smoothies**

**chop+measure**
Have kids chop up the bananas… Measure everything together and blend until smooth and creamy and MAGENTA!!

**taste+adjust+serve**
Taste and add more **Sugar or honey or Stevia** to taste. Serve and enjoy!

:: continued ::
**shopping list**

<table>
<thead>
<tr>
<th>Molasses Quick Bread</th>
<th>‘Dill’icious Cream</th>
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<tbody>
<tr>
<td>2 C Whole Wheat Flour</td>
<td>½ - ¼ C Sour Cream or Greek Yogurt</td>
</tr>
<tr>
<td>1 T Baking Powder</td>
<td>½ tsp Dried Dill</td>
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<tr>
<td>2 C Buttermilk*</td>
<td>Salt + Pepper</td>
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<tr>
<td>1 T Baking Soda</td>
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<tr>
<td>1 T Salt</td>
<td></td>
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<tr>
<td>1 large Egg</td>
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</tr>
<tr>
<td>2 small Carrots</td>
<td></td>
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<tr>
<td>3 T Molasses</td>
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<tr>
<td>1½ T Oil</td>
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</table>

*To replace buttermilk, just add one tsp. vinegar to each one of the cup of the milk of your choice, or replace ¼ of the milk with plain yogurt or sour cream.*

<table>
<thead>
<tr>
<th>Russian Borscht Dip</th>
<th>Beet Smoothies</th>
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<tbody>
<tr>
<td>1 C Canned White Beans</td>
<td>1 C Milk</td>
</tr>
<tr>
<td>1¼ T Canned Beets (drained)</td>
<td>2-3 Bananas</td>
</tr>
<tr>
<td>1 T Olive Oil</td>
<td>½ - ¼ C Beets (not pickled)</td>
</tr>
<tr>
<td>1 T Vinegar</td>
<td>1-2 C fresh or frozen berries</td>
</tr>
<tr>
<td>1 T Honey or Sugar</td>
<td>Sugar or Honey to taste</td>
</tr>
<tr>
<td>½ - 1 tsp Salt</td>
<td></td>
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<tr>
<td>¼ tsp Ground Black pepper</td>
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<tr>
<td>2 Green Onions</td>
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</tbody>
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Let’s Learn Russian!

1. Zdravstvuj (ZDRAH-stvoooy) (hello)
2. Kak dyela? (kahkdee-LAH?) (How are you? [informal])
3. Do svidaniya! (duh svee-dah-nee-ye), which literally means “Till (the next) meeting (Goodbye!)
4. da! (dah) (yes)
5. nyet! (n’eht) (no)
6. Da, pozhalujsta (dah, pah-ZHAH-luh-stuh) (Yes, please.)
7. pozhalujsta (pah-ZHAH-luh-stuh) (please)
8. Spasibo (spuh-SEE-buh) (thank you)
9. Do you like it? Then say “Yes, Thank You Very Much” In Russian…. “Da, Spaseebo Balshoye" (Большое спасибо)

Let’s Count In Russian!

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<td>tree</td>
<td>3</td>
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<tr>
<td>chyetyrye</td>
<td>chee-TIH-reh</td>
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<tr>
<td>pyat’</td>
<td>p’ahht’</td>
<td>5</td>
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Where is Russia?

* Continent: Eastern Europe and Central Asia
* Climate: Varies; includes Arctic tundra in the north, sub-Arctic forestland in eastern Asia, desert in central Asia and a temperate and humid region in Europe
* School: Russian children have nine years of elementary education. The school day usually runs from 8:30 a.m. to 2:30 p.m.; lunch is eaten at school.
* Play: Chess is a national obsession. Other pastimes include the card game Durak (Russian Fool) and the computer game Tetris, which was invented in Russia. Soccer is the top sport in Russia. Ice hockey and ice skating are also popular in this chilly country.
* Family: About three-quarters of Russian families live in small city apartments. Some families also have a country cottage, which is called a dacha. In Russia, grandmothers—babushkas—are famous for the strong role they play in families, public life and fairy tales.
* Signature foods: Borscht, a beet soup served hot or cold, topped with sour cream and sprinkled with dill or chopped green scallions
* Did you know? Russia is the largest country in the world. It covers 6.6 million square miles (17 million sq km), eleven time zones and two continents—Europe and Asia.

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fun food facts:

The surprise ingredient of the week: Beets!

Beets (*beta vulgaris*) are a member of the order of flowering plants called *Caryophyllales*, which also includes bougainvillea, cacti, amaranth, carnations, spinach, chard and quinoa and EVEN venus fly traps!

One cup of beets provides approximately (in daily value):
- 60 calories
- 4 grams of fiber
- 2.5 grams of protein
- 34% folate
- 28% manganese
- 15% potassium
- 14% copper
- 10% magnesium
- Plus iron, vitamin C, and B vitamins

JOKES!!

Knock Knock. Who's there? Beets! Beets who? Beets me!
Did you hear about the guy who stopped eating vegetables? His heart missed a beet.

What is the most untrustworthy veggie? The beet around the bush.
What do you call someone who raps about vegetables? A Beet boxer.
What do you call a veggie that is never late? Beet the clock.
How do you get the party started? With a fat beet.
Why did the veggie band sound horrible live? They were missing a beet.
What do you call a guy who doesn't like green veggies? Someone who marches to a different beet.
What new crop did the farmer plant? Beets me.
Q: Why did the people dance to the vegetable band? A: Because it had a good beet.
Let's have a garden party......Lettuce turnip the beet!
What is a farmer's favorite bug? A BEET-le
What is a farmer's favorite band? the BEET-les

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Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Coolinary Curiosity in Kids™

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The Curious history of Beets

- Modern beets are derived from wild sea beets that originated around the coasts of Europe, the Middle East, and Africa.
- Around 800 BC, an Assyrian text describes beets growing in the Hanging Gardens of Babylon, one of the wonders of the ancient world.
- Beets from the time of the ancient Greeks and Romans were white or black rather than red (how crazy?).
- Red beets get their color from a pigment called “betalain.” Betalain is also responsible for the red color of bougainvillea flowers.
- Borscht is an Eastern European soup made from beets that has been an important winter staple in countries like Russia and Poland since the 14th century.
- In 1975, during the Apollo-Soyuz Test Project, cosmonauts from the USSR’s Soyuz 19 welcomed the Apollo 18 astronauts by preparing a banquet of borscht squeezed from tubes and other treats.
- The commercial cultivation of sugar beets began in the 19th century in France and Belgium.
- Sugar beets are about 20% sugar while beets or beetroot are usually no more than 10% sugar.
- Today there are several varieties of commercially grown beets. The most common variety in the United States is the Red Ace.
- One cup of beets contains about 75 calories. Beetroot also contains betaine, a substance that relaxes the mind and is used in other forms to treat depression and contains tryptophan which is also found in chocolate and contributes to a sense of well being.
- Litmus test - You can use beetroot juice to measure acidity. When added to an acidic solution it turns pink, but when it is added to an alkali it turns yellow.
- Turning heads - Since the 16th century, beet juice has been used as a natural red dye. The Victorians used beetroot to dye their hair.
- Beet juice is a water-soluble dye, and hot water seems to ‘fix’ the color stain more, so use lukewarm or cold water to avoid staining.
- To cure the inevitable “pink fingers” when cooking beets, rub with lemon juice and salt before washing with soap and water. On fabrics, try rubbing a slice of raw pear on the stain before washing, or rinse in cold water before washing.
- Record breakers - The world’s heaviest beetroot weighed 51.48 pounds and was grown by Ian Neale from Somerset, England in 2001.
- The Romans used the leaves as an herb and as a medicine.
- The Romans considered beet juice to be a love potion.

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Sugar beets are about 20% sugar while beets or beetroot are usually no more than 10% sugar.

In Australia, pickled beets are commonly put on hamburgers.

One Garden beet is very low in calories and fat; but is very rich in dietary fiber, vitamins and minerals like vitamin C and Potassium.

Beets are often called the red meat of the vegetable kingdom, not only because of their intense color but also because they are loaded with iron, manganese, and many other minerals, as well as plenty of vitamins, among them folate, a very important B vitamin.

One cup of beets contains about 75 calories. Beets also contain betaine, a substance that relaxes the mind and is used in other forms to treat depression in people and contains tryptophan which is also found in chocolate and contributes to a sense of well being.

What is Borscht?

Ask most anyone to name a Russian dish and chances are high that borsch will be the first one they mention. What’s the lead item on the menu at the Russian Tea Room restaurant in New York City? Traditional Tea Room Red Borscht. Borsch is the famous soup in many Russian families, as well as many Eastern and Central European countries. The recipes of borsch vary, but vegetables (mainly beet) and sour cream are always the main ingredients. The beets used in cooking borsch gives the soup its trademark deep reddish-purple color. Without a doubt, borsch, or borshch as many Russian cookbooks spell it, is one of the most iconic Russian foods. The passion for this hearty soup made from beets cuts across all classes and economic levels in Russia as well as in neighboring countries in Eastern and Central Europe. In fact, the Ukrainians lay claim to being the original creators of the soup. Borscht has been made since the 1400’s and was mostly a poor man’s food.

Red beets are the heart of borscht. Beets are often called the red meat of the vegetable kingdom, not only because of their intense color but also because they are loaded with iron, manganese, and many other minerals, as well as plenty of vitamins, among them folate, a B vitamin whose importance is increasingly being recognized. But while borscht must contain beets to be considered bortsch, there are "as many recipes for borscht as there are grandmothers," writes Lynn Visson in The Russian Heritage Cookbook.

Borscht is sometimes thought of as a cold soup, but in fact there are both hot and cold variations. The hot versions tend to have a meaty base, whether made with just meat stock or chunky with pieces of long-simmered beef or pork and served with sour cream on the side. The cold versions are often vegetarian—no meat stock, just water—and presented with the sour cream already stirred into the soup so that the dish takes on a vibrant, almost fluorescent magenta hue.
What is Borscht? (cont’d)

Besides beets, vinegar may just be the most important element in borscht. Not only does vinegar’s tartness balance the sweetness of the beets and other vegetables—satisfying that innate human attraction to the pairing of sweet and sour—but more important, Felder explains, it stabilizes the red pigment, called anthocyanin, that’s in beets and red cabbage. Without it, the color would fade or turn a weird purple. Felder prefers to add the vinegar right after the beets goes into the soup, but other recipes add it later.

Once all the vegetables are simmering, the soup doesn’t take long to cook—grating the beets speeds up the process significantly—only about 20 to 25 minutes total, which makes it an easy and feasible main course for a weeknight. Add some hearty pumpernickel bread and you’ve got dinner. But don’t forget the crowning glory to a bowl of borscht: a generous dollop of sour cream and sprigs of fresh dill. That final flourish makes it sing!

JOKES!

How do you make borscht rich? Add 24 carrots
How do you make borscht sing? Add 24 beets

Mighty Molasses

Blackstrap molasses is one of the few sweeteners that are actually good for you. Unlike refined sugar or artificial sweeteners, blackstrap contains several important nutrients.

Minerals to Boost Energy

In addition to being a simple carbohydrate, which can be quickly converted to energy, blackstrap molasses also contains high levels of iron, manganese and copper, all of which can translate into an energy boost for those with low iron levels. Menstruating and lactating women in particular are at danger of having lower levels of iron, which can lead to fatigue. Blackstrap molasses is one way to help correct an iron deficiency.

Calcium for Strong Bones

If you have trouble taking in enough servings of dairy to help provide you with enough calcium, blackstrap molasses can be a helpful addition to your diet. Just two teaspoons of blackstrap molasses will give you nearly 12 percent of your daily need for calcium, as well as some magnesium, which is needed to help absorb the calcium properly.

Improved Sleep

Blackstrap molasses contains several nutrients that are linked to better sleep, such as calcium, magnesium and B-6. It also has a high glucose count, which has been tied to higher tryptophan levels; the natural chemical that makes you feel tired. A high glucose, rather than sucrose, count may also help to boost serotonin levels in the brain, leading to better sleep.