

Super Swiss Potato Rösti + Fresh Apple Sauce + Simple Swiss Cider



fresh applesauce

wash + dice

Ask our children to wash **2-4 apples**. No need to peel the apples before preparing the applesauce. Have your kids roughly dice up or grate the apples and take out the cores. Add the apples into a large saucepan.

measure + simmer

Have kids measure **1 tsp of pumpkin pie spice**, **1 Tbs vanilla**, **a pinch of salt**, and add in **honey**, **stevia**, or **sugar to taste** (we used 1 Tbs honey) directly into the saucepan. Simmer the apples and spices together until they have softened up. You may need to add some water. After cooking, cook the apples slightly and then have the kids mash with a potato masher or use your blender. Set the applesauce to the side and save to eat with the potato rösti.

potato rösti

pre-cook + pre-heat

Can you all say rösti together? "ROSS-tee"

Pre-cook and cool **1 pound russet (baking) or Yukon Gold potatoes**. The cooked and cooled potatoes make for MUCH easier grating for your kids and a faster cook time. Pre-heat your oven to 350 degrees.

:: continued ::

Family Fun Recipes

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

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2016 Sticky Fingers Cooking

grate + slice

Using a grater, have your kids coarsely grate **1 pound pre-cooked and cooled potatoes** and **¼ - ½ cup Swiss cheese**. Set to the side. Ask your kids to slice up **2 stalks of green onions** into small bits. Set to the side.

pop + pinch + mix

Pop the sliced green onion with **1 large egg (beaten)**, **2 Tbs flour**, and **1 tsp salt** into a large bowl and whisk well. Add a **BIG PINCH of black pepper** and the grated potato and Swiss cheese. Mix everything gently to combine.

coat + flatten + flip

Coat your non-stick skillet with **a good amount of butter** over medium heat. Have kids take about 2 heaping Tbs of the potato rösti mixture in the palm of their hand and flatten into patties as best they can. Place the potato patties on your skillet, flatten with a large spatula, and fry for 3-5 minutes until golden. Flip the potato rösti over and brown the other side. Make sure your rösti are nice and crispy; you may need more butter in your skillet in between batches. Place the cooked potato rösti on a cookie sheet in the oven to keep warm and crisp as you cook them all up.

rest + serve + eat

Before serving, let the potato rösti rest on paper towels to drain excess oil. Sprinkle with extra salt if you wish and serve with the fresh warm applesauce. YUM! Tell your kids some fun facts and jokes about potatoes!

simple swiss cider

measure + stir

Have your kids measure and pour **4 cups of apple juice** into a saucepan on your stove. Set the burner to low/medium. Have your children stir in **1 tsp pumpkin pie spice**, **½ Tbs honey**, and **½ tsp vanilla extract**.

warm + enjoy

Keep warm on low/medium for 5-30 minutes or even more. The juice will concentrate and sweeten; so the longer it's on the heat, the sweeter it will become. Serve hot or cold. ENJOY!

Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2016 Sticky Fingers Cooking

shopping list

Fresh Applesauce

- 2-4 apples
- 1 tsp pumpkin pie spice
- 1 Tbs vanilla
- pinch of salt
- honey, stevia, or sugar to taste

Potato Rösti

- 1 pound pre-cooked and cooled russet (baking) or Yukon Gold potatoes
- 2 stalks green onions
- 2 Tbs flour
- 1 large egg, beaten (or sub 1 extra tsp flour + 1 tsp baking powder)
- ¼ - ½ cup Swiss cheese
- 1 tsp salt
- pinch of freshly ground pepper
- plenty of butter or vegetable oil for frying

Simple Swiss Cider

- 4 cups of apple juice
- 1 tsp pumpkin pie spice
- ½ Tbs honey
- ½ tsp vanilla extract

Family Fun Recipes

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

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2016 Sticky Fingers Cooking

fun food facts:

The History of Rösti:

Rösti (ross-tee) is a **potato cake made with grated potato fried in butter**. The dish originated in **Switzerland**, but is now found all over the world. Rösti can be varied with **cheese, apple, onion, and other ingredients**. Derived from the German word **rösten**, which means to roast or grill, OR “crisp and golden,” rösti consists of fried, shredded potatoes and butter. That’s it. That’s the main and often sole ingredient of this easy Swiss specialty. Originally, rösti served as **a filling breakfast** for 19th-century Bernese farmers. The main meal, at least when the dish was first prepared, was breakfast. In the Swiss canton of Bern, farmers needing **fuel for a long day’s work** were plated up a mountain of grated, fried potatoes. The only crucial ingredients were potatoes and butter. There appears to be **no master recipe**, and it is hard to pinpoint a single place or restaurant that serves the “ultimate” version—which is, itself, unusual, for what is considered a national dish. **It is so simple, that few bother to write down a recipe for it**. Eventually it became common to eat this golden potato cake at dinner as either a hearty main or side dish. **In the evening, cooks would dress up their rösti with a sprinkling of sliced spring onions, grated cheese, eggs or even cubed bacon**. The garnish made the meal fancier, zestier and even more nourishing.

The surprise ingredient of the week is: Potatoes!

- ★ Scientists think 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 obtained the cultivated potato by **domesticating wild potato plants** that grew around the lake in abundance. 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 a year!**
- ★ Approximately 1/3 of all potatoes grown in the US are grown in the **state of Idaho**.
- ★ The potato was the **first vegetable grown in outer space**.
- ★ Potatoes are rich in **carbohydrates**, which makes them a good source of energy. They have high amounts of **vitamin C** and **potassium**, too.
- ★ Most potatoes are grown by **planting other potatoes**.

Time for a laugh!

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

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

Family Fun Recipes

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

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2016 Sticky Fingers Cooking