



Cottage-Cheesecake Pancakes + Balsamic Strawberries + Strawberry Butter + Orange Smoothies

By Erin Fletter

Prep Time 27 / Cook Time 4 / Serves 4 - 6

Shopping List

☐ FRESH AND FROZEN

☐ 2 C strawberries

☐ 1 banana

☐ 2 cans orange juice concentrate

☐ DAIRY AND EGGS

☐ 3 eggs ****(see allergy subs below)****

☐ 1 C cottage cheese ****(see allergy subs below)****

☐ 1/2 C heavy whipping cream ****(see allergy subs below)****

☐ 2 C milk + more if needed ****(see allergy subs below)****

☐ PANTRY

☐ 2 T granulated sugar or honey

☐ 2 tsp pure vanilla extract ****(see allergy subs below)****

☐ 1/3 C all-purpose flour ****(see allergy subs below)****

☐ vegetable oil **** to grease skillet**

☐ 1/2 tsp balsamic vinegar

☐ 2 tsp honey + more if needed for serving with pancakes

☐ 1 T strawberry jam

☐ 1 pinch salt

☐ 1/2 to 1 C powdered sugar, or to taste (you can reduce the sugar or choose to use honey or 8 stevia packets)

☐ HAVE ON HAND

☐ 4 C ice

Fun-Da-Mentals Kitchen Skills

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whip: to beat food with a whisk or mixer to incorporate air and produce volume.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

macerate: to soften foods, like fruit, and bring out their juices by allowing them to soak in a liquid.

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

☐ Griddle or Skillet

☐ Small bowls (2)

☐ Large mixing bowl

- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Rubber spatula
- ☐ Oil or pastry brush to grease griddle or skillet
- ☐ Heat-resistant spatula turner
- ☐ Plastic jar + tight-fitting lid
- ☐ Spoon for stirring
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup
- ☐ Medium bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Wooden spoon

Ingredients

Cheery Cottage-Cheesecake Pancakes

- ☐ 3 eggs, separated ****(for EGG ALLERGY sub 2 bananas, mashed)****
- ☐ 2 T granulated sugar or honey
- ☐ 1 tsp pure vanilla extract ****(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- ☐ 1 C cottage cheese ****(for DAIRY ALLERGY sub 1 C dairy-free/nut-free cream cheese)****
- ☐ 1/3 C all-purpose flour ****(for CELIAC/GLUTEN ALLERGY sub 1/3 C gluten-free/nut-free all-purpose flour)****
- ☐ vegetable oil or butter ****** to grease skillet
- ☐ honey, optional for serving with pancakes

Honey Balsamic Strawberries

- ☐ 2 C strawberries
- ☐ 1/2 tsp balsamic vinegar

☐ 2 tsp honey

Kid-Made Strawberry Butter

☐ 1/2 C heavy whipping cream ******(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter)******

☐ 1 T strawberry jam

☐ 1 pinch salt

Orange Push-Up Smoothies

☐ 2 cans orange juice concentrate, slightly thawed

☐ 1 banana

☐ 2 C milk + more if needed ******(for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)******

☐ 1 tsp pure vanilla extract ******(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

☐ 1/2 to 1 C powdered sugar, or to taste (you can reduce the sugar or choose to use honey or 8 stevia packets)

☐ 4 C ice

Food Allergen Substitutions

Cheery Cottage-Cheesecake Pancakes

Egg: For 3 eggs, substitute 2 bananas, mashed.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. For 1/3 C all-purpose flour, substitute 1/3 C gluten-free/nut-free all-purpose flour.

Dairy: For 1 C cottage cheese, substitute 1 C dairy-free/nut-free cream cheese. Use vegetable oil to grease the skillet.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Honey Balsamic Strawberries

Kid-Made Strawberry Butter

Dairy: For 1/2 C heavy whipping cream, substitute 1/2 C dairy-free/nut-free butter.

Orange Push-Up Smoothies

Dairy: For 2 C milk, substitute 2 C dairy-free/nut-free milk.

Celiac/Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Cheery Cottage-Cheesecake Pancakes

preheat + measure + whisk

Adults preheat a griddle or skillet. Have kids measure and whisk together **1/3 cup flour** and **2 tablespoons sugar or honey** in a small bowl and set it aside.

crack + whip

Crack and separate **3 eggs** (the whites from the yolks), adding the whites to a large bowl and the yolks to another small bowl. Whip the egg whites with a whisk until stiff peaks form.

measure + whisk or fold

Have kids measure and fold together **1 cup cottage cheese**, the **egg yolks**, and **1 teaspoon vanilla extract** in the large bowl with the **egg whites**. Now have kids lightly whisk or fold the flour and sugar mixture into the wet egg ingredients until just combined.

brush + pour + cook

Brush the hot griddle or skillet with vegetable oil or butter. For each pancake, pour approximately 4 tablespoons of the batter on the griddle or skillet and cook on each side for 2 minutes until light golden brown. Repeat until no batter remains. Makes about 12 6-inch pancakes. Serve the Cheery Cottage-Cheesecake Pancakes with **Kid-Made Strawberry Butter** and top with the **Honey Balsamic Strawberries!**

Honey Balsamic Strawberries

scrumptious science

Maceration is the process of softening the texture and increasing the flavor of fruit with sugar or salt. When sugar or salt is sprinkled over fruits, the acid in the fruit will react with the sugar or salt, causing either one to melt. Meanwhile, the sugar or salt is also drawing out the moisture inside the fruit. The result is super soft fruit swimming in a sticky, sweet syrup.

slice + stir + macerate

Have kids slice or chop **2 cups of fresh strawberries**. Mix the strawberries together with **1/2 teaspoon balsamic vinegar** and **2 tablespoons honey** in a medium bowl. Stir to combine and set aside at room temperature while you make pancakes, like **Cheery Cottage-Cheesecake Pancakes**. They get better and better the more they sit!

Kid-Made Strawberry Butter

scrumptious science

Friction is the resistance met when one surface or object moves against another. Friction's effects vary based on surface materials and roughness. When chefs whisk and blend food, they are utilizing the power of friction to create new foods, flavors, or textures.

shake + shake + shake

Fill a plastic jar with a tight-fitting lid half full with **1/2 cup of heavy whipping cream** and **1 pinch of salt**. Have the kids shake, shake, shake, shake until it becomes butter. Dance! Jump! It will take at least 5 minutes. You cannot over shake the butter. After you hear a thump, you've just made your own butter!

drain + stir

Drain off the excess liquid from the butter. Stir in **1 tablespoon of your favorite strawberry jam** into the fresh kid-made butter. Spread it on **Cheery Cottage-Cheesecake Pancakes** and top with Honey Balsamic Strawberries!

Orange Push-Up Smoothies

measure + add + blend

To your blender (or pitcher for use with an immersion blender), have your kids add **2 cans of orange juice concentrate**, slightly thawed, **1 banana**, **2 cups milk**, **1 teaspoon vanilla extract**, and **1/2 to 1 cup powdered sugar** (or to taste). Blend until smooth and creamy, taking care that the sugar has dissolved and is well incorporated. If needed, add a splash more milk. Add **4 cups of ice** and blend until smooth.

Featured Ingredient: Cottage Cheese!

Hi! I'm Cottage Cheese!

"I can be a low-fat, protein-filled meal on my own, or you can add me to granola, fruit, smoothies, and baked goods!"

Cottage cheese is made from curdled skim milk, and its texture is known for its small curds. It has a mild, slightly sour taste and a creamy, somewhat soupy consistency.

Early curd cheeses made with milk and salt in Mesopotamia in 3,000 BCE were similar to today's cottage cheese.

Cottage cheese is thought to be the first cheese made in America by immigrants from Europe who had separated curds and whey when making farmer cheese. The name "cottage cheese" started being used in the 1800s.

To make cottage cheese, an acid is introduced to the milk to separate the solids from the whey (the watery part). The acid can be vinegar or lactic acid from a bacteria culture. This process develops the curd, which

is cut, cooked, and pressed to release more whey. The resulting curds are then rinsed and salted.

Farmer or baker's cheese is a type of cottage cheese, but it is drier and firmer because more of the liquid has been pressed out. It is used in baking and cooking and can be sliced or crumbled.

Because the curds are made with skim milk, cottage cheese begins as a non-fat product. However, a light cream dressing is often added, resulting in a higher fat content, depending on the percentage of milk fat in the dressing. If it contains 4 percent fat, it is like whole milk; if it has 2 percent milkfat, it is considered low-fat cottage cheese.

Cottage cheese can be eaten alone or with added spices or fruit, like apples, peaches, pears, and pineapple. It can be part of a salad or dip. It can replace ricotta cheese in lasagna or cream cheese in cheesecake or jello salad.

Cottage cheese is high in protein and calcium and low in sugar. Its casein (KAY-seen) protein is a complete protein. It may contain probiotics, good bacteria that can improve digestion. Non-fat and low-fat versions can be part of a healthy, low-fat diet!