



## **Freaky Fried Pickle Nickels + Green Goblin Ranch Dressing + Pickle Lemonade**

By Dylan Sabuco

**Prep Time 2 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 1 small avocado, as soft and ripe as possible

☐ 4 lemons

☐ PANTRY

☐ 2 C round pickle slices + 6 T juice from jar + extra if needed

☐ 1/2 C cornmeal

☐ 1/4 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 2 tsp salt

☐ 3/4 tsp ground black pepper

☐ 1/2 tsp mustard powder

☐ 1 tsp onion powder

☐ 1/2 tsp paprika

☐ 1 tsp dried parsley

☐ 1/2 C vegetable oil **\*\* OR coconut oil**

☐ 1/2 C mayonnaise **\*\*(see allergy subs below)\*\***

☐ 1/2 tsp garlic powder

☐ 2/3 C granulated sugar, brown sugar, honey, or 4 stevia packets

- ☐ HAVE ON HAND
- ☐ 4 C water
- ☐ 2 C ice, optional

## Fun-Da-Mentals Kitchen Skills

**fry:** to cook in a pan in a small amount of fat.

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

**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.

**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).

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

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## Equipment

- ☐ Skillet + lid
- ☐ Large sealable bag or bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Spatula
- ☐ Cutting board
- ☐ Paper towels
- ☐ Large bowl
- ☐ Immersion blender (or stand blender)

- ☐ Kid-safe knife
- ☐ Pitcher
- ☐ Citrus squeezer (optional)
- ☐ Liquid measuring cup
- ☐ Spoon for stirring

## Ingredients

### Freaky Fried Pickle Nickels

- ☐ 2 C round pickle slices
- ☐ 1/2 C cornmeal
- ☐ 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub 1/4 C all-purpose gluten-free/nut-free flour)**\*\***
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 1/2 tsp mustard powder
- ☐ 1/2 tsp onion powder
- ☐ 1/2 tsp paprika
- ☐ 1/2 tsp dried parsley
- ☐ 2 T pickle juice + extra if needed for breading to adhere
- ☐ 1/2 C vegetable oil **\*\*** OR coconut oil

### Green Goblin Ranch Dressing

- ☐ 1/2 C mayonnaise **\*\***(for EGG ALLERGY sub 1/2 C egg-free vegan mayonnaise)**\*\***
- ☐ 1 T pickle juice
- ☐ 1/2 tsp dried parsley
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp onion powder OR dried onion flakes
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 small avocado, as soft and ripe as possible

## Pickle Lemonade

- ☐ 4 lemons
- ☐ 4 C water
- ☐ 3 T pickle juice
- ☐ 2/3 C granulated sugar, brown sugar, honey, or 4 stevia packets
- ☐ 2 C ice, optional

## Food Allergen Substitutions

### Freaky Fried Pickle Nickels

**Gluten/Wheat:** For 1/4 C all-purpose flour, substitute 1/4 C all-purpose gluten-free/nut-free flour.

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

### Green Goblin Ranch Dressing

**Egg:** For 1/2 C mayonnaise, substitute 1/2 C egg-free vegan mayonnaise.

## Pickle Lemonade

## Instructions

### Freaky Fried Pickle Nickels

#### intro

Freaky Fried Pickle Nickels are the perfect treat for a savory, spooky snack. Mix your pickle nickels in cornmeal breading and fry them up until crispy!

#### measure + shake

In a large sealable bag or bowl, measure **2 cups round pickle slices, 1/2 cup cornmeal, 1/4 cup flour, 1 teaspoon salt, 1/2 teaspoon black pepper, 1/2 teaspoon mustard powder, 1/2 teaspoon onion powder, 1/2 teaspoon paprika, 1/2 teaspoon dried parsley,** and **2 tablespoons pickle juice.** Here comes the fun part! Have your kids take turns shaking the sealed bag or bowl (carefully). Shaking the ingredients around like this is similar to how I make fried chicken! Add extra pickle juice to the breading while shaking if the breading isn't at first adhering to the pickles.

### measure + heat

While your kids shake the freaky pickle nickels, you can heat the **1/2 cup vegetable or coconut oil** in a skillet over medium heat. You know it's hot enough when the oil is starting to ripple, wiggle, or shimmer.

### frying safety

Make sure always to have your skillet lid nearby. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, remove the skillet from the heat to ensure it cools as quickly as possible.

### fry + dry

Line a cutting board with paper towels to help soak up excess oil and dry the fried pickle nickels off. Once your oil is hot, carefully place the pickles into the skillet in a single layer. Fry for 5 minutes undisturbed. Once the pickles are brown around the bottom, stir them around and flip them over gently. Cook for another 2 or 3 minutes until golden brown all around. Then, remove them from the skillet, placing them on the paper towels to cool and blotting them dry.

### serve + dunk

Serve a handful of pickle nickels to everyone at your dinner table! They are great to pick up and dunk into the **Green Goblin Ranch Dressing**. Crunch, munch, and dunk! Enjoy!

## Green Goblin Ranch Dressing

### measure + combine

In a large bowl combine **1/2 cup mayonnaise, 1 tablespoon pickle juice, 1/2 teaspoon dried parsley, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1 pinch of salt, and 1 pinch of black pepper**. Then, slice **1 small avocado** in half, remove the pit, and scoop the fruit into the bowl.

### blend + serve

Using an immersion blender, blend until smooth. (Or, transfer the mixture to a stand blender to blend.) You can add a teeny, tiny splash of water to smooth out the consistency if needed. Serve a big dollop of the dressing with **Freaky Fried Pickle Nickels!** Enjoy!

## Pickle Lemonade

### slice + squeeze

Slice **4 lemons** in half. Squeeze out all the juice into a pitcher.

### measure + stir

Measure and add **4 cups water, 3 tablespoons pickle juice, and 2/3 cup sugar**. Stir the mixture until all the sugar is dissolved.

pour + sip

Add **ice** to each of your cups. Pour the drink into each cup and enjoy this mouth-puckering twist on classic lemonade.

## Featured Ingredient: Pickles!

Hi! I'm a Pickle!

"I'm sometimes sweet, sometimes sour, and sometimes salty! Did you know we start out as small cucumbers? I'm actually a pickled cucumber but people in the United States, Canada, and Australia call me "pickle" for short. In Britain, Ireland, South Africa, and New Zealand they call me "gherkin." Whatever you call me, I bring a crunch and tangy flavor to many foods and dishes!"

Pickles' origins are thought to be from thousands of years ago, possibly 2400 BCE, in ancient Mesopotamia. Queen Cleopatra of Egypt believed her beauty and health could be attributed to pickles, and they were given to ancient Roman soldiers to strengthen them.

Pickles were a luxury food in Victorian England in the late 1800s. They were served in "pickle castors," a fancy glass and metal container for holding pickled cucumbers and other vegetables with matching tongs. Eastern European Jewish immigrants brought their traditional pickling methods to New York in the late 1800s and early 1900s and sold kosher dill pickles in their delis in the city.

There are several types of pickled cucumbers. A salt brine can be used to ferment and preserve the cucumbers. This results in a salty, sour pickle. They can also be pickled in vinegar.

Sweet pickles are pickled in a solution of vinegar and sugar. Bread and butter pickles are similar but have a vinegar, sugar, and spice pickling solution. They may include mustard seed, celery seed, garlic, onion, and bell pepper.

Dill pickles can be made with a vinegar or salt brine, flavored with dill seeds or leaves and stems (dill weed). Kosher dills are pickles made in a salt brine that includes garlic and dill. "Kosher" is a style, not an indication of adherence to a dietary standard.

Gherkin in the US refers to a pickle made from a young cucumber, and is small and sometimes bumpier than other pickles. They can be sweet or flavored with dill and garlic.

Pickles have a moderate amount of vitamin K. Their salt and sugar content can be high, depending on the type of pickle. Fermentation may offer a source of probiotics, contributing to gut health.