



Fussy Fancy Puff Pastry Bundles + Broccoli Caesar Salad Boats + Sparkling Grape Spritz

By Erin Fletter

Prep Time 40 / Cook Time 21 / Serves 4 - 6

Shopping List

☐ Fresh:

☐ 3 heads broccoli

☐ 1 head romaine lettuce

☐ 1 garlic clove

☐ 1 lemon

☐ 1 small bunch green, red, or purple grapes (about 1 C)

☐ Frozen:

☐ 1 sheet frozen puff pastry ****(for GLUTEN ALLERGY make gluten-free pie crust—see ingredients below)****

☐ Pantry:

☐ salt and pepper

☐ all-purpose flour for sprinkling and rolling out thawed puff pastry dough ****(for GLUTEN ALLERGY use gluten-free flour)****

☐ 2 T mayonnaise ****(for EGG ALLERGY sub vegan mayonnaise, like Veganaise)****

☐ 1/2 tsp soy sauce

☐ 1/4 to 1/2 tsp honey

☐ 1 T olive oil

☐ 3 C white grape juice

☐ 3 C ginger ale or sparkling water

☐ Dairy and Eggs:

☐ 8 oz goat, mozzarella, cheddar, or shredded Mexican blend cheese ******(for DAIRY ALLERGY sub Daiya brand dairy-free cheese shreds, or dairy-free/nut-free cream cheese or ricotta)******

☐ 1 egg ******(for EGG ALLERGY omit egg, or sub milk, dairy-free/nut-free milk, or vegetable oil for egg wash)******

☐ 1 T grated Parmesan cheese ******(for DAIRY ALLERGY sub nutritional yeast)******

☐ For Gluten-Free Pie Crust alternative to puff pastry:

☐ 2 C gluten-free flour (with xanthan gum) + extra for sprinkling

☐ 1/2 tsp baking powder

☐ 1/2 tsp salt

☐ 8 T cold unsalted butter ******(for DAIRY ALLERGY sub Earth Balance Buttery Sticks or Spread)******

☐ Have on hand:

☐ ice

☐ 1/2 to 2/3 C cold water or more (if making gluten-free pie crust)

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

preheat: to set an oven to the desired temperature for a few minutes or heat a pan for a few seconds before cooking, so it reaches the correct temperature by the time you place the food in it.

seal: to close tightly, keeping filling inside.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

mince: to chop into teeny tiny pieces.

peel: to remove the skin or rind from something using your hands or a metal tool.

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

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

chop: to cut something into small, rough pieces using a blade.

pour: to cause liquid, granules, or powder to stream from one container into another.

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!

Equipment

- ☐ Oven
- ☐ Oven mitt
- ☐ Baking sheet (9 x 13 works well)
- ☐ Microwave
- ☐ Microwave-safe bowl
- ☐ Cutting board + kid-safe knife
- ☐ Rolling pin
- ☐ Clean flat surface for rolling out pastry
- ☐ Small bowl
- ☐ Pastry brush
- ☐ Plates, forks, drinking glasses, napkins for serving
- ☐ Optional tools (for gluten-free pie crust):
 - ☐ Mixing bowl
 - ☐ Dry measuring cups
 - ☐ Measuring spoons
 - ☐ Liquid measuring cup
 - ☐ Fork
 - ☐ Citrus juicer (optional)
 - ☐ Whisk
 - ☐ Large mixing bowl
 - ☐ Serving plate for salad

- ☐ Salad spoons or tongs
- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Pitcher
- ☐ Wooden spoon

Ingredients

Fussy Fancy Puff Pastry Bundles

- ☐ 1 sheet frozen puff pastry, thawed **** (for GLUTEN ALLERGY make gluten-free pie crust—see ingredients below)****
- ☐ 1 1/2 fresh broccoli heads
- ☐ 8 oz cheese: goat, mozzarella, cheddar, or shredded Mexican blend **** (for DAIRY ALLERGY sub Daiya brand dairy-free cheese shreds, or dairy-free/nut-free cream cheese or ricotta)****
- ☐ 1 egg **** (for EGG ALLERGY omit egg, or sub milk, dairy-free/nut-free milk, or vegetable oil for egg wash)****
- ☐ salt and pepper, to taste
- ☐ all-purpose flour for sprinkling and rolling out thawed puff pastry dough **** (for GLUTEN ALLERGY use gluten-free flour)****
- ☐ Gluten-free pie crust:
- ☐ 2 C all-purpose gluten-free flour (with xanthan gum) + more for sprinkling
- ☐ 1/2 tsp baking powder
- ☐ 1/2 tsp salt
- ☐ 8 T or 1/2 C cold unsalted butter **** (for DAIRY ALLERGY sub Earth Balance Buttery Sticks or Spread)****
- ☐ 1/2 to 2/3 C cold water

Broccoli Caesar Salad Boats

- ☐ 1 garlic clove
- ☐ 1 lemon
- ☐ 2 T mayonnaise **** (for EGG ALLERGY sub vegan mayonnaise, like Veganaise)****
- ☐ 1/2 tsp soy sauce

- ☐ 1/4 to 1/2 teaspoon honey
- ☐ 1 T olive oil
- ☐ 1 T grated Parmesan cheese **** (for DAIRY ALLERGY sub nutritional yeast)****
- ☐ 1 head romaine lettuce

Sparkling Grape Spritz

- ☐ 1 small bunch green, red, or purple grapes
- ☐ 3 C white grape juice
- ☐ 3 C ginger ale or sparkling water
- ☐ ice

Food Allergen Substitutions

Fussy Fancy Puff Pastry Bundles

Gluten/Wheat: Make gluten-free pie crust from scratch (see ingredients and steps under Pastry Bundles).

Dairy: Substitute Earth Balance Buttery Sticks or Spread for butter if making gluten-free pie crust for Pastry Bundles. Substitute Daiya brand dairy-free cheese shreds (or dairy-free/nut-free cream cheese or ricotta) for cheese in Pastry Bundles.

Egg: Omit egg, or substitute milk, dairy-free/nut-free milk, or vegetable oil for egg wash on Pastry Bundle dough.

Broccoli Caesar Salad Boats

Dairy: Substitute nutritional yeast for Parmesan cheese.

Egg: Substitute vegan mayonnaise, like Veganaise, for the mayonnaise.

Sparkling Grape Spritz

Instructions

Fussy Fancy Puff Pastry Bundles

preheat + chop + microwave

Preheat the oven to 425 F. Chop **1 1/2 heads of broccoli florets** from their stems. Add the chopped broccoli to a microwave-safe bowl and sprinkle the broccoli with water. Cover the bowl with a damp paper towel. Microwave for 1 minute to steam the broccoli. When broccoli is cool enough to handle, chop the

florets into very small pieces and set aside.

sprinkle + roll

Sprinkle flour onto a clean, flat surface and place **1 thawed puff pastry sheet** on the surface. (Or, see gluten-free pie crust steps below.) Use a rolling pin to roll it out until it measures a square that's approximately 16 x 16 inches!

cut + arrange

Cut the puff pastry sheet into 9 to 16 equal squares or rectangles, depending on how big you want your bundles to be! Arrange the cut pastry squares on your baking sheet. Time to stuff!

fill + season

Add fillings along the center in a diagonal line: starting with one corner and going to the opposite corner, layer the puff pastry squares with chopped broccoli and **8 ounces of cheese**, crumbled or shredded. Season the filling with salt and pepper to taste.

whisk + roll + brush

Crack **1 egg** into a small bowl and whisk it. Take one corner of the pastry sheet and roll it over the filling. Brush the exposed pastry with the egg wash.

seal + bake

Press to seal it and brush the whole pastry with egg wash. Bake for 15 to 20 minutes or until puff pastry is golden brown on the outside and cooked through! Let cool slightly before eating! "Délicieuse" (DEH-lee-seeuz)!

GF pie crust steps: measure + whisk

Measure and whisk together ****2 cups gluten-free flour, 1/2 teaspoon baking powder, and 1/2 teaspoon salt****. Add **8 tablespoons of cold unsalted butter** in chunks to the dough and use hands or a fork to incorporate the butter into the flour. Once butter is cut to pea size, start adding **1/2 cup of cold water**.

mix + rest + roll

Mix the dough with hands to form a dough ball, adding more cold water as needed. Start with less—then add more water by the tablespoon. If the dough is too wet and at all sticky, add more flour by the tablespoon. Once the dough has formed into a ball, set it aside to rest for 5 minutes. Roll out the dough and cut into equal rectangles before filling (follow method above).

Broccoli Caesar Salad Boats

peel + mince + whisk

Smash, peel, and mince **1 peeled garlic clove** and add it to a bowl. Slice **1 lemon** and squeeze the juice over the garlic. Then add **2 T mayonnaise, 1/2 tsp soy sauce, 1/4 to 1/2 tsp honey, 1 T olive oil**, and

1 T grated Parmesan cheese to the garlic. Whisk the ingredients together to emulsify them.

wash + separate + chop + fill

Wash and separate leaves from **1 head of romaine lettuce** (serve 1 to each person) and line them side by side on a plate. Chop the remaining romaine leaves and add to a big mixing bowl. Chop **1 1/2 heads broccoli florets** into very small pieces and add them to the lettuce bowl. Drizzle your homemade Caesar dressing over the veggies and toss to coat everything evenly. Spoon the broccoli filling into each "lettuce boat" and sprinkle with extra grated Parmesan cheese!

Sparkling Grape Spritz

chop + add + blend

Kids can chop **1 bunch of grapes** (reserve 4 to 6 grapes for garnish) and add them to a blender (or pitcher for use with an immersion blender). Add **3 cups of white grape juice**. Adults help kid chefs blend until smooth. Then pour into a pitcher.

add + stir + pour

Add **3 cups of ginger ale or sparkling water** to the pitcher and gently stir. Add ice to each drinking glass and pour the drink over the ice. Garnish each glass with a fresh grape or two. Cheers!

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.