



## **Irish Shepherd's Mug Pie + St. Patty's Lucky Limeade for One**

By Erin Fletter

**Prep Time 20 / Cook Time 5 / Serves 1 - 1**

### **Shopping List**

FRESH

1 handful button or cremini mushrooms

1 small yellow or red potato

1 green onion

2 limes

FROZEN

1/2 C frozen mixed veggies

DAIRY

1 handful shredded cheese **\*\*(see allergy subs below)\*\***

1 T whole milk **\*\*(see allergy subs below)\*\***

PANTRY

2 T olive oil (or butter or dairy/nut-free butter)

1 pinch dried thyme

1 pinch garlic powder

2 tsp tomato paste

1 tsp all-purpose flour **\*\*(see allergy subs below)\*\***

1/4 tsp salt

1 pinch ground black pepper

- 1 1/2 T sugar
- HAVE ON HAND
- 1 C water
- ice

## Fun-Da-Mentals Kitchen Skills

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

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

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**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.

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**dissolve:** to stir an ingredient, like sugar, into another ingredient, like water, until they become one substance; or to melt or liquefy a solid food, such as butter, chocolate, or sugar.

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

**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.

**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

- Microwave
- Microwave-safe mug
- Microwave-safe plate
- Potheader
- Cutting board + kid-safe knife (a butter knife works great)
- Measuring spoons
- Dry measuring cups
- Metal spoon
- Paper towel or dish towel

- Drinking glass
- Soap for cleaning hands
- Liquid measuring cup (2 to 4-cup)
- Citrus squeezer or juicer (optional)
- Spoon to stir

## Ingredients

### Irish Shepherd's Mug Pie

- 1 small yellow or red potato
- 2 T olive oil (or butter or dairy/nut-free butter)
- 1 handful button or cremini mushrooms
- 1 green onion
- 1/2 C frozen mixed veggies
- 1 pinch dried thyme
- 1 pinch garlic powder
- 2 tsp tomato paste
- 1/3 C water
- 1 tsp all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- 2 pinches salt, divided
- 1 pinch ground black pepper
- 1 handful shredded cheese **\*\*(Omit for DAIRY ALLERGY)\*\***
- 1 T whole milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

### St. Patty's Lucky Limeade for One

- 1 1/2 T sugar
- 1/4 C warm water
- 2 limes
- ice
- 1/4 C cold water

# Food Allergen Substitutions

## Irish Shepherd's Mug Pie

**Dairy:** Substitute dairy-free/nut-free milk. Omit shredded cheese.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

## St. Patty's Lucky Limeade for One

### Instructions

#### Irish Shepherd's Mug Pie

##### poke + cut + add

Poke **1 small yellow or red potato** with a fork! Then cut it into quarters and place on a small microwavable plate. Add **1 tablespoon of olive oil or butter** to the potatoes.

##### chop + measure + add + mix

Chop **1 handful of button or cremini mushrooms** and **1 green onion** into small bits. Add mushrooms and green onion to a microwavable mug. Add **1/2 cup frozen veggies, 1 pinch of dried thyme, 1 pinch of garlic powder, 2 teaspoons tomato paste, 1/3 cup water, 1 teaspoon flour, 1 pinch of salt**, and **1 pinch of black pepper** to the mug. Mix to coat the veggies.

##### microwave + sprinkle + mash

Cover with a damp paper towel and microwave both the potato on the plate and the veggie mixture in the mug for 2 minutes at the same time. Using a potholder, carefully remove the mug and plate from the microwave. Poke the potato with a fork to check for softness. If it isn't soft, put the potato back in the microwave for another minute or two. Sprinkle the hot potato with 1 pinch of **salt** and 1 handful of **shredded cheese** and use a fork to mash it all together. Add more olive oil and **1 tablespoon of milk** as needed to make the potatoes creamy.

##### top + cover + microwave

Top the veggies in the mug with the mashed potatoes and cover with a damp paper towel. Microwave for a final minute. Let cool slightly before carefully removing the mug from the microwave with a potholder and digging in!

#### St. Patty's Lucky Limeade for One

##### measure + stir + dissolve

In a 2 or 4-cup liquid measuring cup, measure and add **1 1/2 tablespoon sugar** and **1/4 cup warm water**. If you will be making other recipes, stir the sugar and water and let it sit while you continue

cooking, allowing the sugar to dissolve. (Alternatively, you can microwave the sugar and water for 30 seconds and stir to dissolve the sugar.)

slice + squeeze + stir

Slice **2 limes** in half, squeeze the juice into the measuring cup with the water and sugar, and stir.

pour + stir + taste

Pour the lime mixture into a glass with ice, top with about **1/4 cup cold water**, and stir again. Taste, add a bit more sugar if needed, and stir well. Shout "Sláinte" (SLAHN-che) or "Cheers" in Irish! "Sláinte" literally means "health" and is used as a stand-in for the more time-consuming "I drink to your health!"

## Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

"I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!"

### History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by 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 prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952.

Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

## Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!

Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes," which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow. First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun. Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

## How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the

potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark, dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

## Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!