



Juniors Simple Meals Badge: One Pot Pasta + Create-Your-Own Scones + Raspberry Mousse

By Erin Fletter

Prep Time 65 / **Cook Time** 35 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 3 garlic cloves

☐ 2 C mixed vegetables (kid chef's choice: broccoli, cauliflower, zucchini, bell peppers, corn, sun-dried tomatoes, baby carrots, mushrooms, arugula, fresh tomatoes, or black olives are all great)

☐ 2 lemons

☐ 1 orange

☐ 1 ripe pear

☐ 1 apple

☐ 1/2 C fresh raspberries

☐ FROZEN

☐ 4 C (16 oz) frozen fruit (kid chef's choice)

☐ DAIRY

☐ fresh grated parmesan or shredded mozzarella cheese, optional ****(see allergy subs below)****

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

☐ 1 15-oz container whole milk ricotta cheese ****(see allergy subs below)****

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

☐ PANTRY

☐ 1 lb dried pasta noodles, kid chef's choice: spaghetti, fettuccine, spirals, penne, rotini, farfalle (bowtie),

rigatoni, or macaroni—all work great! ****(see allergy subs below)****

☐ 1 1/2 tsp salt

☐ 1/4 tsp ground black pepper

☐ 2 14-oz cans diced tomatoes (plain or with Italian herbs)

☐ 2 T olive oil

☐ 1 qt (4 C) vegetable broth

☐ 1/2 C sugar

☐ 2 1/4 C whole wheat or white all-purpose flour ****(see allergy subs below)****

☐ 3 1/2 tsp baking powder

☐ 1/2 C raspberry jam

☐ 3 T honey

☐ ladyfingers for dipping, 2 to 3 per child ****(see allergy subs below)****

☐ CREATIVE SCONE ADD-IN OPTIONS (choose at least 4, watching for allergies):

☐ pure vanilla extract

☐ chopped fruit (dried, frozen, or fresh)

☐ chocolate chips

☐ shredded coconut

☐ cinnamon

☐ lemon zest

☐ candied ginger

☐ CREATIVE WHIPPED CREAM ADD-INS:

☐ sugar/stevia/honey

☐ lemon/orange zest

☐ ground cinnamon

☐ ground nutmeg

☐ pure vanilla extract

☐ HAVE ON HAND

□ 1/2 C cold water

Fun-Da-Mentals Kitchen Skills

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

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

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

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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.

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.

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

seal: to close tightly, keeping filling inside.

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!

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

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

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

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

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

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.

simmer: to cook a food gently, usually in a liquid, until softened.

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.

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.

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

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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.

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

Equipment

- ☐ Plastic or glass jar with a tight fitting lid
- ☐ Liquid measuring cup
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Wooden spoon
- ☐ Medium mixing bowl
- ☐ Cutting board + kid-safe knife
- ☐ Measuring spoons
- ☐ Citrus juicer (optional)
- ☐ Potato masher (to mash fruit)
- ☐ Oven
- ☐ Oven mitt
- ☐ Baking sheet
- ☐ Parchment paper
- ☐ Cutting board

- ☐ Kid-safe knife
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Whisk
- ☐ Plastic or glass jar with tight-fitting lid (or mixing bowl)
- ☐ Wooden spoon or rubber spatula
- ☐ Large pot + lid
- ☐ Can opener
- ☐ Blender

Ingredients

Chef's Choice Magical One-Pot Pasta

- ☐ 1 lb dried pasta noodles, kid chef's choice: spaghetti, fettuccine, spirals, penne, rotini, farfalle (bowtie), rigatoni, or macaroni—all work great! ****(for GLUTEN ALLERGY sub gluten-free pasta noodles)****
- ☐ 3 garlic cloves
- ☐ 2 C mixed vegetables (kid chef's choice: broccoli, cauliflower, zucchini, bell peppers, corn, sun-dried tomatoes, baby carrots, mushrooms, arugula, fresh tomatoes, or black olives are all great)
- ☐ 2 14-oz cans diced tomatoes (plain or with Italian herbs)
- ☐ 2 T olive oil
- ☐ 4 C or 1 quart vegetable broth
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ fresh grated Parmesan or shredded mozzarella cheese, optional ****(omit for DAIRY ALLERGY or sub Daiya brand dairy-free mozzarella shreds)****

Create-Your-Own Scones

- ☐ 2 to 2 1/4 C all-purpose wheat or white flour ****(for GLUTEN ALLERGY sub gluten-free flour blend with xanthan gum)****
- ☐ 3 1/2 tsp baking powder
- ☐ 2 T + 1 tsp sugar
- ☐ 1 tsp salt

☐ 1 1/2 C heavy whipping cream ****(for DAIRY ALLERGY sub 1 can full-fat coconut milk)****

☐ Add-in options (choose at least 4, watching for allergies): pure vanilla extract, chopped fruit (dried, frozen, or fresh), chocolate chips, shredded coconut, cinnamon, lemon zest, candied ginger

Creative Whipped Cream

☐ 1/2 C heavy whipping cream ****(Omit Creative Whipped Cream for DAIRY ALLERGY)****

☐ 1 pinch salt

☐ Creative add-ins: sugar/stevia/honey, lemon/orange zest, ground cinnamon, ground nutmeg, vanilla extract

Mashed Fruit Jams

☐ 1 orange

☐ 1 ripe pear

☐ 1 apple

☐ 1 lemon

☐ 3 tsp sugar

Frosty Fruit Sorbet Blender Wizardry

☐ 1 lemon

☐ 1/4 C granulated sugar

☐ 2 T cold water + more as needed

☐ 4 C or 16 oz frozen fruit (kid chef's choice)

Raspberry Ricotta Mousse with Ladyfingers

☐ 1 15-oz container whole milk ricotta cheese ****(for DAIRY ALLERGY sub 1 16-oz pkg of silken tofu)****

☐ 1 C whipping cream ****(Omit for DAIRY ALLERGY)****

☐ 1/2 C raspberry jam

☐ 3 T honey

☐ 1/2 C fresh raspberries

☐ ladyfingers for dipping, 2 to 3 per child ****(for GLUTEN ALLERGY sub gluten-free/nut-free ladyfingers or vanilla cookies)****

Food Allergen Substitutions

Chef's Choice Magical One-Pot Pasta

Gluten/Wheat: Substitute gluten-free pasta noodles.

Dairy: Substitute Daiya brand dairy-free mozzarella shreds for optional shredded Parmesan or mozzarella.

Create-Your-Own Scones

Gluten/Wheat: Substitute gluten-free flour blend with xanthan gum for all-purpose flour in Scones.

Dairy: Substitute 1 can full-fat coconut milk for 1 1/2 C heavy whipping cream in Scones.

Creative Whipped Cream

Dairy: Omit Whipped Cream recipe.

Mashed Fruit Jams

Frosty Fruit Sorbet Blender Wizardry

Raspberry Ricotta Mousse with Ladyfingers

Dairy: For 1 15-oz container of whole milk ricotta cheese and 1 C whipping cream, substitute 1 16-oz pkg of silken tofu.

Gluten/Wheat: Substitute gluten-free/nut-free ladyfingers, if available, or gluten-free/nut-free vanilla cookies.

Instructions

Chef's Choice Magical One-Pot Pasta

peel + mince + chop + add + stir

Peel and mince **3 garlic cloves**. Chop **2 cups of mixed vegetables** into bite-sized pieces. To a large pot, add **1 pound dried pasta noodles**, minced garlic, mixed vegetables, **2 cans diced tomatoes**, **2 tablespoons olive oil**, **4 cups vegetable broth**, **1 pinch of salt**, and **1 pinch of black pepper**. Stir all the ingredients together!

boil + simmer + stir

Adults place the pot on the stove and turn on the heat. Bring the contents of the pot to a boil, then reduce to a simmer and let cook for about 8 to 10 minutes, or until most of the liquid in the pot has evaporated

and the pasta has softened. Adults should stir pasta often as it cooks!

recipe tip

The heat will cook the pasta and other ingredients, the pasta will release its starch into the water, and the liquid will evaporate and concentrate the flavors.

stir + serve

To finish, stir in the optional **shredded cheese** and serve the pasta and veggies in bowls. Serve extra cheese at the table!

Create-Your-Own Scones

intro

"Halò" (Ha-low)! ("Hello" in Scottish Gaelic!) You'll be making scones today, which originated in Scotland! Kid chefs will choose about 1 tablespoon total add-ins (in whatever combination they like) for each scone.

preheat + measure + mix

Preheat the oven to 400 F, then make your scone dough! To a large mixing bowl, measure and add **2 cups flour**, **3 1/2 teaspoons baking powder**, **2 tablespoons plus 1 teaspoon sugar**, and **1 teaspoon salt**. Mix together. Next, add **1 1/2 cups of heavy whipping cream**. Mix with a spoon until all bits of flour disappear, but don't overmix! If dough is too sticky, add up to 1/4 cup more flour. Set aside the dough.

choose + chop + mix

Now for the really fun part! Have kids choose their creative add-in ingredients: dried, frozen, or fresh chopped fruit, herbs, chocolate chips, shredded coconut, cinnamon, lemon or orange zest, candied ginger, etc. in any combinations they like. They can chop and mix together their add-in ingredients.

divide + fold + flatten

Divide the dough into about 12 pieces. Sprinkle some flour onto a clean, flat surface (like a cutting board or countertop) for each child. Have kids add their creative ingredients and fold them into their dough pieces with their hands. Then they can flatten their scones with their hands.

brush + bake

Brush each scone with whipping cream and sprinkle with sugar. Arrange scones on a parchment-lined baking sheet and bake for about 20 to 25 minutes until golden brown on top! Top with Creative Whipped Cream and Mashed Fruit Jams!

Creative Whipped Cream

zest

Zest a little of the orange or lemon being used in the Mashed Fruit Jams.

measure + seal + shake

Measure and add **1/2 cup heavy whipping cream** and **1 pinch of salt** to a plastic or glass jar with a tight fitting lid. Seal the jar with the lid and shake!

recipe tip

Whipped cream takes about 3 minutes of active shaking to form! Listen for a “swoosh”—this is when the consistency of the whipped cream changes and will coat the sides. Check to make sure it’s thick; when it is, it’s ready! Careful not to overshake, or you’ll make butter instead of whipped cream (also delicious)!

add + stir

Then stir in creative add-ins: **1 pinch of cinnamon, 1 pinch of nutmeg, 1 pinch of sugar, 1 pinch of lemon or orange zest** (from citrus fruit used in Mashed Fruit Jams), and **1 to 2 drops of vanilla extract**. Serve Creative Whipped Cream and Mashed Fruit Jams with freshly baked Create-Your-Own-Scones (see recipes)!

Mashed Fruit Jams

chop + mix + mash

Peel **1 orange**, chop it, and add it to a bowl. Chop **1 ripe pear** and **1 apple** and add them to the chopped orange. Squeeze the juice from **1 lemon** over the chopped apple and pear. Add **3 teaspoons of sugar** to the fruit. Mix and mash the fruit until the texture resembles jam! Serve over freshly-baked Create-Your-Own-Scones (see recipe) and enjoy!

recipe tip

Use your blender to get a smooth, jam-like consistency!

Frosty Fruit Sorbet Blender Wizardry

squeeze + whisk + add

Squeeze the juice from **1 lemon** into a small bowl. Whisk in **1/4 cup sugar** and **2 tablespoons of cold water** until sugar dissolves. Add this to your blender along with **4 cups of frozen fruit**.

[blend + divide]

Blend until smooth! Add more cold water as needed until the sorbet is smooth and thick. Divide into small bowls or cups and enjoy immediately, or chill in the freezer until ready to eat!

Raspberry Ricotta Mousse with Ladyfingers

measure + whisk

In a large mixing bowl, have kids whisk **1 container of ricotta cheese** until light and fluffy! Add **1/2 cup raspberry jam** and whisk until combined.

shake + shake + shake

Time to shake! Add **1 cup heavy whipping cream** and **3 tablespoons honey** to your glass or plastic jar and screw the lid on to secure it. Have kids pass around the jar and shake until soft cream forms, about 3 minutes! You can also whisk the ingredients in a mixing bowl, but shaking is more fun.

fold + spoon

Fold the whipping cream into the ricotta and jam mixture. Spoon the mousse into serving bowls and garnish with fresh raspberries and ladyfingers for dipping. Enjoy!

Featured Ingredient: Pasta!

Hi! I'm Pasta!

"Did you know that there are about 350 kinds of pasta that come in various lengths, widths, and shapes?! Most have Italian names, and the dishes they're part of often take on the same name. Some types are small and used in soups, like "alphabet pasta" and "orzo." Some are long and skinny or long and wide, like "spaghetti," "fettuccine," and "lasagna." Others are filled, like "ravioli," "cannelloni," and ring-shaped "tortellini." There are short pastas with funny shapes, like the corkscrew tubes of "cavatappi," the straight, diagonal tubes of "penne," or the shells of "conchiglie." Finally, there are pasta dumplings, or "gnocchi."

Pasta is certainly an Italian food, but even before it became part of the cuisine of Italy in the 4th century BCE, pasta or noodles had been eaten in China for at least 1,000 years.

"Lagana," a rolled-out sheet of fried dough and an ancestor of lasagna, is mentioned in the writings of Horace, a 1st-century Roman poet.

Pasta is made from unleavened dough, typically consisting of durum wheat flour and water or eggs, that is cut and formed into various shapes. It is generally cooked in boiling water or soup until tender or "al dente" (Italian for "to the tooth"), which is almost tender but still a bit firm to the bite. It can also be parboiled (partly boiled) and then added to a baked dish, where it becomes tender in the oven.

Gluten-free alternatives to pasta made from wheat flour include those made from rice flour and legumes, like beans and lentils.

Fresh pasta (in Italian, "pasta fresca") can be purchased at the store or made at home. Packaged dried pasta ("pasta secca") is found more abundantly in grocery stores and is less expensive. Fresh pasta cooks faster than dried pasta.

Cooked pasta consists of 62 percent water, 31 percent carbohydrates, 26 percent of which is starch, 6 percent protein, and 1 percent fat.

A 100-gram serving of pasta contains 15 percent of the daily value of manganese, a mineral element that may contribute to bone health, blood sugar regulation, and blood clotting factors.

Pasta has a lower glycemic index than white bread, potatoes, and rice, meaning it has less of a contributing factor to weight gain, developing type 2 diabetes, and cardiovascular disease.