



Super Swiss Potato Rösti + Fresh Applesauce + Simple Swiss Cider

By Erin Fletter

Prep Time 20 / Cook Time 25 / Serves 4 - 6

Shopping List

- ☐ FRESH
- ☐ 3 C frozen or dry hash browns
- ☐ 2 green onions
- ☐ 2 to 4 apples
- ☐ DAIRY AND EGG
- ☐ 1 large egg, beaten **(see allergy subs below)**
- ☐ 1/4 to 1/2 C Swiss cheese **(see allergy subs below)**
- ☐ PANTRY
- ☐ 2 T all-purpose flour **(see allergy subs below)**
- ☐ 1 1/4 tsp salt + extra for sprinkling
- ☐ 1 big pinch ground black pepper
- ☐ vegetable oil ** for frying
- ☐ 2 tsp pumpkin pie spice
- ☐ 1 1/2 tsp pure vanilla extract **(see allergy subs below)**
- ☐ 1 1/2 T honey
- ☐ 4 C apple juice
- ☐ HAVE ON HAND
- ☐ water, if needed for applesauce

☐ ice, optional

Fun-Da-Mentals Kitchen Skills

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

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

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

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.

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

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!

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

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.

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

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

☐ Nonstick skillet

☐ Grater

☐ Cutting board

☐ Kid-safe knife

☐ Dry measuring cups

☐ Measuring spoons

☐ Heat-resistant spatula or pancake turner

- ☐ Paper towels
- ☐ Cookie sheet
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Potato masher or blender
- ☐ Liquid measuring cup

Ingredients

Super Swiss Potato Rösti

- ☐ 3 C frozen or dry hash browns
- ☐ 2 green onions
- ☐ 2 T all-purpose flour ******(for GLUTEN ALLERGY sub 2 T gluten free/nut free all-purpose flour)******
- ☐ 1 large egg, beaten ******(for EGG ALLERGY sub extra 1 tsp flour + 1 tsp baking powder)******
- ☐ 1/4 to 1/2 C Swiss cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free cheese, like Daiya brand)******
- ☐ 1 tsp salt + extra for sprinkling
- ☐ 1 big pinch ground black pepper
- ☐ vegetable oil ****** for frying

Fresh Applesauce

- ☐ 2 to 4 apples
- ☐ 1 tsp pumpkin pie spice
- ☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 1 pinch salt
- ☐ 1 T honey

Simple Swiss Cider

- ☐ 4 C apple juice
- ☐ 1 tsp pumpkin pie spice
- ☐ 1/2 T honey
- ☐ 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not

imitation vanilla flavor—check label)**

☐ ice, optional

Food Allergen Substitutions

Super Swiss Potato Rösti

Gluten/Wheat: For 2 T all-purpose flour, substitute 2 T gluten-free/nut free all-purpose flour.

Egg: For 1 large egg, substitute extra 1 tsp all-purpose flour + 1 tsp baking powder.

Dairy: Substitute dairy-free/nut-free cheese, like Daiya brand. Use oil for frying.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Fresh Applesauce

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

Simple Swiss Cider

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

Instructions

Super Swiss Potato Rösti

measure

Have your kids measure **3 cups frozen or dry hash browns** and **1/4 to 1/2 cup Swiss cheese**. Then, ask them to slice up **2 green onions** into small bits. Set these all to the side.

combine + whisk + stir

In a large bowl, combine the **sliced green onions** with **1 large beaten egg**, **2 tablespoons flour**, and **1 teaspoon salt** and whisk well. Add **1 big pinch of black pepper**, the **grated potato**, and **grated Swiss cheese**. Stir everything gently to combine.

flatten + fry + flip

Coat your nonstick skillet with a good amount of vegetable oil. Have kids take a heaping **2 tablespoons**

of the potato rösti mixture in the palm of their hands and flatten it into patties as best they can. Place the potato patties on your skillet, flatten with a large spatula, and fry for 3 to 5 minutes until golden. Flip the potato rösti over and brown the other side. Make sure your rösti are nice and crispy; you may need more vegetable oil in your skillet between batches. Place the cooked potato rösti on a cookie sheet in the oven to keep warm and crisp as you cook them all up.

scrumptious science

Frying is a cooking method that relies on the principles of heat transfer and chemical reactions to cook food. When food is submerged in hot oil, the high temperature causes water to evaporate rapidly, creating steam and forming a crust. This process and the Maillard reaction (a chemical process that occurs when food is heated, causing browning and development of complex flavors) contribute to the characteristic crispiness and flavor of fried foods.

rest + serve + eat

Before serving, let the potato rösti rest on paper towels to drain any excess oil. Sprinkle them with extra salt if you wish and serve with cheese, crème fraîche, or applesauce, like our **Fresh Applesauce**. Yum!

Fresh Applesauce

wash + chop

Ask your kids to wash **2 to 4** apples. There's no need to peel the apples before preparing the applesauce. Have them roughly chop the apples and discard the cores. Add the apples to a large saucepan.

measure + simmer

Have kids measure and add **1 teaspoon pumpkin pie spice, 1 teaspoon vanilla extract, 1 pinch of salt**, and **1 tablespoon honey** to the chopped apples. Simmer the apples and spices together until they have softened up. After cooking, cool the apples slightly, and then have the kids mash with a potato masher or use your blender. Set the applesauce to the side and save to eat with another dish, like our **Super Swiss Potato Rösti**.

Simple Swiss Cider

measure + stir

Have your kids measure and pour **4 cups of apple juice** into a saucepan on your stove. Have them stir in **1 teaspoon pumpkin pie spice, 1/2 tablespoon honey**, and **1/2 teaspoon vanilla extract**. Set the burner to low.

warm + enjoy

Keep warm for at least 5 minutes or more. The juice will concentrate and sweeten, so the longer it's on the heat, the sweeter it will become. Serve hot or cold. Enjoy!

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!