

# Sticky Fingers Cooking®

## Children's Sparkling Sangria

By Erin Fletter

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

## 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).

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

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

## Equipment

- Pitcher
- Cutting board + kid-safe knife
- Liquid measuring cup

## Ingredients

Children's Sparkling Sangria

- 1 orange
- 1 lime
- 1/2 pint blackberries, raspberries, pomegranate seeds, or strawberries
- 2 C white grape juice
- 1 C ginger ale

## Food Allergen Substitutions

## Children's Sparkling Sangria

### Instructions

#### Children's Sparkling Sangria

chop + pour + stir

Chop up **1 orange**, **1 lime**, and **1/2 pint blackberries** and add to a pitcher. Pour in **2 cups of white grape juice** and **1 cup of ginger ale** and stir.

steep + pour

Let sit for at least 15 minutes (1 hour is better!). Then pour into cups and enjoy!

### Featured Ingredient: Grape Juice!

Hi! I'm Grape Juice!

"As you can probably guess, I come from grapes! You might think you would have to press each individual grape to squeeze out its juice one at a time, like a lemon or orange, but there's a much easier way! You can take a bunch or bunches of grapes and crush them with a potato masher, your hands, or even your feet (outside only, please), and watch the juice appear in your bowl or bucket!"

Grape juice is the result of crushing or mashing grapes. The varieties typically used are dark blue to purple Concord grapes for purple grape juice or green Niagara grapes for white grape juice.

Grapes have natural sugars, so added sugar is usually not necessary.

During commercial production, the grape bunches are put into a large drum, and the stems and leaves are mechanically removed. They are then crushed and go through holes in the drum. The stems, leaves, and other remaining bits are cleared. The crushed grapes are heated to 140 degrees F, pressed to extract the juice, and then filtered. The filtered juice is heated to 185-190 degrees F and then cooled to 30-32 degrees F before being stored in tanks. This process pasteurizes the juice. Sometimes it has to go through a second pasteurization before it is stored.

If you are making grape juice at home, you want to rinse and destem the grapes and remove any spoiled or wrinkled grapes before mashing. You then put the mashed grapes and juice in a large, heavy pot with a flat bottom and simmer for about 10 minutes, stirring and mashing any uncrushed grapes as they cook. Next, put a fine mesh strainer or cheesecloth over another pot and pour or ladle the mashed grapes mixture into the sieve to filter the solid materials from the juice. Let it sit for a few hours to strain all the liquid (refrigerated, if possible). Store your grape juice in the refrigerator for about a week.

If you don't drink your homemade grape juice within a week, it may start to ferment. It can turn slightly sour, and you may see a few gas bubbles. As long as it doesn't turn to vinegar, it should be okay to drink, but you may not want to make too big a batch so you can drink it before fermentation begins.

Grape juice is an excellent source of vitamin C, which boosts immunity! It is also rich in manganese, a

nutrient that helps with bone, tissue, nerve, and brain function!

Flavonoids and polyphenols are plant compounds found in grape juice. They act as antioxidants, helping our bodies to fight the effects of stress and inflammation, which is good for our hearts!