



## **German Tender Bean Schnitzel + Cucumber Gurkensalat Salad + Apple-Apfelschorle Fizz**

By Dylan Sabuco

**Prep Time** 35 / **Cook Time** 20 / **Serves** 4 - 6

### **Shopping List**

Fresh:

1 lemon

1 cucumber, grated

1 carrot, grated

1 C cabbage, shredded

Pantry:

1 can pinto beans **\*\***(for LEGUME ALLERGY sub frozen, thawed, unseasoned hash browns or canned potatoes, drained)**\*\***

1 1/2 C all-purpose flour + more for dusting **\*\***(for GLUTEN ALLERGY sub gluten-free flour)**\*\***

1 tsp paprika

1 1/4 tsp ground mustard

1 1/2 tsp salt

1 tsp black pepper

4 T cornstarch

1/4 C breadcrumbs (panko breadcrumbs are best) **\*\***(for GLUTEN ALLERGY sub gluten-free breadcrumbs)**\*\***

1/4 C vegetable oil

1/4 tsp white sugar or honey

- 3 C apple juice or apple cider
- 1 C unflavored sparkling water
- Dairy and Eggs:
- 1 egg **\*\* (for EGG ALLERGY sub 1 T flaxseed + 3 T water)\*\***
- 6 T plain yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***

## Fun-Da-Mentals Kitchen Skills

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

**coat:** to apply a covering of flour, breadcrumbs, oil, sauce, or batter to food before baking or frying.

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

**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.

**pan-fry:** to fry 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).

**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.

**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.

**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.

## Equipment

- Can opener
- Strainer

- Blender or masher
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon or rubber spatula
- Large mixing bowl
- Small bowls
- Grater
- Small or medium sauté pan
- Citrus juicer (optional)
- Pitcher

## Ingredients

### German Tender Bean Schnitzel

- 1 can pinto beans **\*\***(for LEGUME ALLERGY sub frozen, thawed, unseasoned hash browns or canned potatoes, drained)**\*\***
- 1 1/2 C all-purpose flour + more for dusting **\*\***(for GLUTEN ALLERGY sub gluten-free flour)**\*\***
- 1 egg **\*\***(for EGG ALLERGY: sub 1 T flaxseed + 3 T warm water—more info below)**\*\***
- 1 tsp paprika
- 1 tsp ground mustard
- 1 tsp + 1 pinch salt
- 1/2 tsp + 1 pinch black pepper
- 3 T plain yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)**\*\***
- 4 T cornstarch
- 1/4 C breadcrumbs **\*\***(for GLUTEN ALLERGY sub gluten-free breadcrumbs)**\*\***
- 1/4 C vegetable oil

### Creamy Cucumber Gurkensalat Salad

- 1/2 lemon, cut in wedges (optional, for squeezing on top of the schnitzel)

- 1 cucumber, grated
- 1 carrot, grated
- 1 C cabbage, shredded
- 3 T plain yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***
- 1/2 tsp salt
- 1 pinch of black pepper
- 1 pinch of ground mustard
- 1/4 tsp white sugar or honey
- 1/2 lemon, juiced

### Outrageous Apple-Apfelschorle Fizz

- 3 C apple juice or apple cider
- 1 C unflavored sparkling water
- 1/2 lemon, juiced
- ice (optional)

## Food Allergen Substitutions

### German Tender Bean Schnitzel

**Legume:** Substitute frozen and thawed unseasoned hash browns or canned potatoes that have been drained for pinto beans in Schnitzel.

**Gluten/Wheat:** Substitute gluten-free flour and gluten-free breadcrumbs in Schnitzel.

**Egg:** For 1 egg in Schnitzel, substitute 1 T flaxseed + 3 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Dairy:** Substitute plain dairy-free/nut-free yogurt for plain yogurt in Schnitzel.

### Creamy Cucumber Gurkensalat Salad

**Dairy:** Substitute plain dairy-free/nut-free yogurt for plain yogurt in Salad.

### Outrageous Apple-Apfelschorle Fizz

# Instructions

## German Tender Bean Schnitzel

### drain + blend + measure

Drain **1 can of pinto beans** and rinse them under cold water in a strainer. Place the rinsed beans into a large mixing bowl and either blend with an immersion blender or mash until smooth. Measure **2 tablespoons cornstarch, 1 teaspoon paprika, 1 teaspoon ground mustard, 1 teaspoon salt, 1/2 teaspoon black pepper**, and **3 tablespoons yogurt** and add to the blended or mashed beans.

### crack + mix + knead

Crack **1 egg** into the large mixing bowl of beans and mix. Add all of the **1 1/2 cups flour** at once. Start mixing until a dry dough begins to form. (If the dough is sticky to the touch, add more flour until dry.) Pour the dough onto a clean and floured surface and start kneading. Press down on the dough with the heels of your hands, fold the dough in half, rotate the dough, and then repeat the process. This is the best way to knead dough and create an even texture. Continue kneading until all the flour is incorporated and the dough is dry, so that it can be shaped into patties easily.

### shape + bread

Divide the dough into 4 to 6 large balls. Flatten the balls into circular patties about 1/4 to 1/2 inch thick. In a separate bowl, measure **2 tablespoons cornstarch, 1/4 cup breadcrumbs, 1 pinch of salt**, and **1 pinch of black pepper**. Press the bean patties in the breadcrumb mixture until they are coated. Shake off the excess coating over the bowl before placing the patties somewhere safe before frying.

### important note

It's important for safety to monitor your pan whenever frying. Keep a lid nearby to cover the pan to avoid splattering of hot oil. Keep kids at a safe distance and turn off the heat as soon as you finish.

### fry + serve

Measure **1/4 cup vegetable oil** and pour into a small sauté pan. Heat the oil over medium heat and place a small amount of leftover bean dough in the pan. When the small bit of bean dough sizzles, then the oil is hot enough to fry the rest. Place one bean patty in the hot oil and cook for 5 minutes on each side, holding each schnitzel in a warm oven until ready to serve! (You can also cook up to four at a time in a large skillet, but be sure to control excessive splattering by turning the heat down accordingly.) Make sure each Schnitzel is golden brown and crisp! Serve with a squeeze of lemon and some Creamy Cucumber Gurkensalat Salad (see recipe) on the side.

## Creamy Cucumber Gurkensalat Salad

### grate + squeeze

Grate **1 cucumber** and **1 carrot**, and combine with **1 cup shredded cabbage**. Squeeze out as much of the excess liquid as possible and drain. Place all the shredded vegetables into a large mixing bowl. Add the

juice of **1/2 lemon** to the bowl of vegetables and set aside.

#### measure + whisk

Measure **3 tablespoons yogurt, 1/2 teaspoon salt, 1 pinch of black pepper, 1 pinch of ground mustard**, and **1/4 teaspoon sugar** and add to a small bowl. Whisk until well combined. Pour the mixture over the vegetables in the large mixing bowl and stir gently to combine. Once the ingredients are combined, taste and adjust the amount of salt and pepper to your taste. Serve alongside the German Tender Bean Schnitzel (see recipe). Guten Appetit! (German for Enjoy your meal!)

### Outrageous Apple-Apfelschorle Fizz

#### measure + squeeze + mix

Measure **3 cups of apple juice** in a pitcher. Add the juice from **1/2 lemon** and **1 cup of sparkling water**. Stir a few times before pouring over ice. Cheers!

## Featured Ingredient: Pinto Beans!

Hi! I'm Pinto Bean!

"Do you know what a bean with freckles is called? A pinto bean! Yep, we "frijoles pintos" (that's "pinto beans" in Spanish) have speckled skin, just like a pinto horse! We're especially popular in Mexican, Spanish, and Brazilian cuisines."

### History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein.

Pinto beans are the most widely produced bean in the United States.

Dove Creek, Colorado, proclaims itself the Pinto Bean Capital of the World, and in New Mexico, the Pinto Bean is one of the official state vegetables!

### Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

Pinto beans got their name from the Spanish word "pintado," which means "painted."

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

### How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they are popped from their shells.

Before pinto beans are cooked, they are pale pink in color with reddish-brown speckles.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

### Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, manganese, phosphorus, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are also good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

#### Beany Expressions:

Bean counter = an accountant

Bean feast = a party with food and drink

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Has-been = once was something, maybe famous or rich, and now those days are gone

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth