



Lemon Ricotta Pancakes + Shaken Strawberry Butter

By Erin Fletter, Dylan Sabuco

Prep Time 30 / **Cook Time** 6 / **Serves** 4 - 6

Shopping List

- FRESH
- 2 lemons
- 5 big strawberries, enough for each kid + extra for snacking OR 1 T strawberry jam
- DAIRY AND EGGS
- 4 eggs **** (see allergy subs below) ****
- 2 C ricotta cheese **** (see allergy subs below) ****
- 1 1/3 C milk **** (see allergy subs below) ****
- 1/2 C heavy whipping cream **** (see allergy subs below) ****
- PANTRY
- 1 1/2 C all-purpose flour **** (see allergy subs below) ****
- 2 T baking powder
- 1/2 tsp ground nutmeg
- 3/4 tsp salt
- 4 T granulated sugar
- vegetable oil **** for skillet**
- honey for serving with pancakes
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water

- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime
- 1 lemon
- 1 orange
- 1 mint sprig

Fun-Da-Mentals Kitchen Skills

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!

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

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juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

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

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).

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!

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

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.

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

Equipment

- Pitcher

- Cutting board
- Kid-safe knife
- Measuring cups
- Pancake griddle or skillet
- Mixing bowls
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk
- Zester (or grater with small zesting plate/side)
- Citrus juicer (optional)
- Spatula
- Pastry brush for greasing skillet
- Plastic jar + tight-fitting lid
- Spoon to stir

Ingredients

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon
 - 1 orange
 - 1 mint sprig

Lemon Ricotta Pancakes

- 1 1/2 C all-purpose flour ******(for CELIAC/GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free all-purpose

flour)**

- 2 T baking powder
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 4 T granulated sugar
- 2 lemons
- 4 eggs ******(for EGG ALLERGY sub 1 C puréed silken tofu)******
- 2 C ricotta cheese ******(for DAIRY ALLERGY sub 1 1/2 C dairy-free/nut-free plain yogurt)******
- 1 1/3 C milk ******(for DAIRY ALLERGY sub 1 1/3 C dairy-free/nut-free milk)******
- vegetable oil ****** for skillet
- honey for serving with pancakes

Shaken Strawberry Butter

- 5 big strawberries, enough for each kid + extra for snacking OR 1 T strawberry jam
- 1/2 C heavy whipping cream ******(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter)******
- 1 pinch salt

Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Lemon Ricotta Pancakes

Celiac/Gluten/Wheat: For 1 1/2 C all-purpose flour, substitute 1 1/2 C gluten-free/nut-free all-purpose flour.

Egg: For 4 eggs, substitute 1 C puréed silken tofu.

Dairy: For 2 C ricotta cheese, substitute 1 1/2 C dairy-free/nut-free plain yogurt. For 1 1/3 C milk, substitute 1 1/3 C dairy-free/nut-free milk.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Shaken Strawberry Butter

Dairy: For 1/2 C heavy whipping cream, substitute 1/2 C dairy-free/nut-free butter.

Instructions

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Lemon Ricotta Pancakes

measure + combine

In a medium bowl, measure and whisk together **1 1/2 cups flour**, **2 tablespoons baking powder**, **1/2 teaspoon ground nutmeg**, **1/2 teaspoon salt**, and **4 tablespoons sugar**.

scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to help them rise. They both do this by producing carbon dioxide, but they're not the same. The two substances are used under different conditions and can provide very different results. Baking soda is pure sodium bicarbonate. It is approximately four times stronger than baking powder and is used in recipes that contain acidic ingredients. Baking powder, on the other hand, contains baking soda, but it also includes an acidifying agent, like cream of tartar, so that it can work on its own.

zest + squeeze

Wash and zest **2 lemons** (only the yellow part, not the bitter white pith) and squeeze out the juice, setting the lemon juice and zest aside.

measure + whisk

In a large bowl, measure and whisk together **2 cups ricotta cheese**, **4 eggs**, **1 1/3 cups milk**, and the **reserved lemon juice and zest**. Lightly whisk or fold the dry ingredients into the wet ingredients until just combined.

brush + fry

Heat your griddle or skillet to medium heat. Adults brush the **hot** griddle or skillet with **vegetable oil or butter**. For each pancake, pour approximately **1 to 2 tablespoons of batter** on the griddle or skillet. Cook for 2 minutes or until the bubbles on the pancake start to pop, then flip each pancake and cook for another minute. Repeat until no batter remains. Make about 24 to 28 silver-dollar-sized pancakes. "Mangia bene" (MAHN-jia BEN-eh) or "Eat well" in Italian!

Shaken Strawberry Butter

chop + fill + shake

Have your kids chop **5 strawberries** and set them aside. Next, fill a plastic jar half full with **1/2 cup whipping cream** and **1 pinch of salt** and seal tightly with the lid. Then, have kids shake, shake, shake, and shake some more until the cream becomes butter.

drain + stir

Drain off the excess liquid from the butter. Stir in the **chopped strawberries**. Serve the strawberry butter on top of pancakes, like our **Lemon Ricotta Pancakes**. Yum!

Featured Ingredient: Lemon!

Hi! I'm Lemon!

"I just love the sun, don't you? That's because I'm a lemon, and we grow so much better in sun and warmth. My skin is a lovely, sunny yellow color. I'm a citrus fruit, but I'm not sweet like an orange. So if you bite into me, your mouth might pucker! But if you squeeze out my juice, then add water and sugar to it, you'll enjoy the sweet and sour taste of lemonade! My zest and juice can bring a wonderful brightness to many dishes."

History

Lemon trees are small evergreen trees thought to be native to Asia. Sometime in the first century, they came to Italy and the Mediterranean region. Although the trees were widely distributed throughout the Middle East and Mediterranean countries between the 8th and 11th centuries, they weren't cultivated to a great extent until the middle of the 1400s in Italy. Spanish explorers brought lemon seeds with them to the Americas later in the 15th century. By the 19th century, you could find lemon trees in Florida and California.

Today, California and Arizona produce 95 percent of the entire lemon crop in the United States.

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips! Today you might find people with naturally blond or light brown hair using lemon juice, diluted with water, to lighten their hair. This method is subtle and requires exposure to sunlight to see results, so be sure to put sunscreen on your skin!

Lemons were once so rare that kings would give them away as gifts.

Anatomy & Etymology

There are two different types of lemons—acidic and sweet. The most common acidic varieties include Eurekas and Lisbons. The acidic types are grown commercially, and the sweet types are grown mainly by home gardeners. Lemon trees bloom and produce fruit year-round. Each tree can produce up to 500 to 600

lemons annually.

Lemons are hybrids of bitter or sour oranges and citrons, another type of citrus fruit.

Lemons are technically berries. All citrus fruits are berries!

Lemons are protected by a rind or peel and a lining of spongy, white tissue called the "pith." When zesting lemon peel for a recipe, you want to avoid including the pith, which is bitter. Lemon flesh is plump, full of juice, and studded with seeds.

Common types of lemons include Eureka, Lisbon, and Meyer. Meyer lemons have a sweeter, more floral taste and aroma. They are a combination of a lemon and a sweet orange. Eureka lemons are the most prolifically grown lemon in the world. They have pointed, tapered ends.

The word "lemon" is from the Middle English "lymon," from the Old French "limon," which is from the Arabic "līmūn," a collective term for citrus fruits.

How to Pick, Buy, & Eat

To choose lemons with the most juice, look for those with thin peels and are heavy for their size. There are about three tablespoons of lemon juice in one lemon and about eight seeds.

Lemon juice is sour by itself, but you can add lemon juice and zest from the rind to bring an acidic balance to a sweeter recipe, like cakes, cookies, and curds. It also brightens up vinaigrettes, marinades, and risottos. Lemons can be squeezed over grilled, fried, or roasted chicken, fish, or vegetables. You can make lemonade with the juice and tea from the lemon leaves.

Lemon juice keeps cut pears, apples, bananas, and avocados from turning brown because the acid helps keep the fruit from oxidizing.

Nutrition

Vitamin C! The rind of the lemon has the most vitamin C. Since lemons are high in vitamin C, they have been used throughout history to prevent scurvy—a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of lemon juice a day. The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay large sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.

Lemon oil, extracted from lemon peel, cannot be ingested. However, when diluted and applied to a person's skin, there is evidence that it acts as an antibacterial and antifungal. Diffused in the air or added to bath water as aromatherapy, it can ease anxiety and stress, lift mood, and sharpen brain function.

Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming.