

happy new year brie flatbread + lucky black-eyed pea + grape bruschetta

measure+knead+nap

Have kids start with the flat-bread. Mix together **4 C flour**, **1 tsp baking powder** and **1tsp salt**. Have kids stir in **2 C of plain yogurt** till the dough is too stiff to mix with a spoon. Have kids knead the dough in the bowl till it holds together well, adding more flour if necessary. Have kids chop up **8 oz of brie cheese (rind and all)** and add to the dough. Continue to knead to incorporate the cheese into the dough. Turn dough out on a floured surface and cut into equal pieces for each child. Have kids continue kneading their dough for about 5 minutes till the dough feels smooth and elastic. Have kids roll the dough into a ball. Put the dough balls in an oiled bowl, covered with a damp clean dish towel, set to the side to nap (rest!)

chop+cook

Have kids chop up **one bunch of seedless grapes** into small pieces! Combine the chopped grapes with **1 clove of garlic** (chopped), **¼ tsp of fresh thyme leaves**, **½ C honey**, **2 cups sugar** (we like coconut sugar) in skillet and cook over medium heat until the mixture becomes thick and syrupy -- about 5 min. Have kids zest the rind of **1 lemon** (grate just the yellow part!) and add to the skillet. Let cool to the side.

zest+marinate

While the grapes are cooking and cooling, have kids squeeze the juice of **1 lemon (use the same lemon that the kids zested!)** over **1 can of black-eyed peas** (drained and rinsed) in a medium bowl to marinate while you bake the flat-bread.

brush+bake

Grown-Ups: Pre heat your oven to 500 degrees. Have kids wake up a dough ball from the bowl that they were napping (resting) in. Have kids brush each dough ball in **olive oil**. Press the balls flat into round discs try to make sure it is less than ¼ inch thick. The thinner the dough the better! Brush oil on a baking sheet. Add the bread dough to the baking sheet and bake for about 10 minutes. The flat-bread will puff up in places and there may be some blackish-brown spots on the bottom. Totally OK! Fit as many bread disks as you can onto your baking sheets. Allow to cool before eating!

brush+bake

Add the cooled grape mixture to the bowl of black-eyed peas and mix together. Taste! Adjust sugar if need be and season the grapes and black eyed peas to taste with freshly ground pepper and salt. Add a spoonful of the Black-Eyed Pea with Grape Bruchetta to the top of the Brie Flat-Bread...Adding more brie to the top if you wish.

Mangia! (Eat in Italian)

continued



Mixing & Measuring & Knife Skills, Oh My!

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Lucky New Years Foods!

For many, January 1 offers an opportunity to forget the past and make a clean start. But instead of leaving everything up to fate, why not enjoy a meal to increase your good fortune? Whether you want to create a full menu of lucky foods or just supplement your meal, we have an assortment of recipes, guaranteed to make for a happy new year, or at the very least a happy belly.

Grapes

New Year's revelers in Spain consume twelve grapes at midnight—one grape for each stroke of the clock. This dates back to 1909, when grape growers in the Alicante region of Spain initiated the practice to take care of a grape surplus. The idea stuck, spreading to Portugal as well as former Spanish and Portuguese colonies such as Venezuela, Cuba, Mexico, Ecuador, and Peru. Each grape represents a different month, so if for instance the third grape is a bit sour, March might be a rocky month. For most, the goal is to swallow all the grapes before the last stroke of midnight, but Peruvians insist on taking in a 13th grape for good measure.

Legumes

Legumes including beans, peas, and lentils are also symbolic of money. Their small, seed-like appearance resembles coins that swell when cooked so they are consumed with financial rewards in mind. In Italy, it's customary to eat cotechino con lenticchie or sausages and green lentils, just after midnight—a particularly propitious meal because pork has its own lucky associations. Germans also partner legumes and pork, usually lentil or split pea soup with sausage. In Brazil, the first meal of the New Year is usually lentil soup or lentils and rice, and in Japan, the osechi-ryori, a group of symbolic dishes eaten during the first three days of the new year, includes sweet black beans called kuro-mame. In the Southern United States, it's traditional to eat black-eyed peas or cowpeas in a dish called hoppin' john. There are even those who believe in eating one pea for every day in the new year. This all traces back to the legend that during the Civil War, the town of Vicksburg, Mississippi, ran out of food while under attack. The residents fortunately discovered black-eyed peas and the legume was thereafter considered lucky.

Black Eyes Peas

- ★ Black-eyed peas are a variety of the cowpea and are part of the family of beans & peas (legumes)
- ★ Although called a pea, it is actually a bean.
- ★ Both peas and beans are legumes, and both have edible seeds and pods.
- ★ Legumes are extremely nourishing vegetables, both to people and to the soil. They are able to fix nitrogen, meaning nitrogen from the air is taken in by the plant and bacteria living in the roots convert it to a useable plant nutrient. Because of this process, nitrogen-fixing plants improve soil quality by adding nutrients back into the soil.
- ★ From Western Africa and cultivated since pre-historic times in China and India, they are related to the mung bean.
- ★ In the USA they were used as food for livestock, they then became a staple of early African American's diet. During the Civil War, black-eyed peas (field peas) and corn were thus ignored by Sherman's troops. Left behind in the fields, they became important food for the Confederate South.
- ★ In the American South, eating black-eyed peas and greens (such as collards) on New Year's Day is considered good luck: the peas symbolize coins and the greens symbolize paper money.
- ★ Originally called mogette (French for nun). The black eye in the center of the bean (where it attaches to the pod) reminded some of a nun's head attire.
- ★ They are high in protein, fiber, iron and calcium. Low in fat.

What do you call an angry pea? A: Grump-pea

What do you call a pea that runs into a Grump-pea? A Black Eyed Pea!



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