



## **Luscious "Lobster" Rolls with Hearts of Palm + Zesty Lemon Crush**

By Dylan Sabuco

**Prep Time 10 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

FRESH

2 green onions

1 celery stalk

3 lemons

DAIRY

1 stick (1/2 C) butter **\*\* (see allergy subs below) \*\***

PANTRY

1 14-oz can whole hearts of palm

1 tsp salt

1/2 tsp ground black pepper

1 tsp Old Bay Seasoning OR paprika **\*\* (see allergy subs below) \*\***

1/3 C mayonnaise **\*\* (see allergy subs below) \*\***

6 or 7 hot dog buns **\*\* (see allergy subs below) \*\***

1/2 C granulated sugar

HAVE ON HAND

3 C ice

5 C water

### **Fun-Da-Mentals Kitchen Skills**

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

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

**poach:** to gently cook a food, like fish or an egg (without its shell), submerged in simmering (not boiling) liquid.

**shred:** to reduce food into small shreds or strips (similar to grate).

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

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

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

**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.

**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).

## Equipment

- Medium pot
- Can opener
- Liquid measuring cup
- Measuring spoons
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Wooden spoon
- Medium mixing bowl
- Forks (2) for shredding
- Skillet for toasting hot dog buns (optional)

- Blender (or pitcher + immersion blender)
- Dry measuring cups
- Zester (or grater with small zesting plate/side)

## Ingredients

### Luscious "Lobster" Rolls with Hearts of Palm

- 1 14-oz can whole hearts of palm
- 2 C water
- 1 tsp salt, divided
- 1 stick (1/2 C) butter **\*\* (for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter, like Earth Balance)\*\***
- 1 lemon
- 1 celery stalk
- 2 green onions
- 1/2 tsp ground black pepper
- 1 tsp Old Bay Seasoning OR paprika **\*\* (for NIGHTSHADE ALLERGY sub onion powder)\*\***
- 1/3 C mayonnaise **\*\* (for EGG ALLERGY sub vegan mayonnaise)\*\***
- 6 or 7 hot dog buns, cut in half **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free buns)\*\***

### Zesty Lemon Crush

- 3 C ice
- 1/2 C granulated sugar
- 3 C cold water
- 2 lemons

## Food Allergen Substitutions

### Luscious "Lobster" Rolls with Hearts of Palm

**Dairy:** For 1 stick (1/2 C) of butter, substitute 1/2 C dairy-free/nut-free butter, like Earth Balance.

**Nightshade:** Substitute onion powder for Old Bay Seasoning or paprika.

**Egg:** Substitute vegan mayonnaise.

**Gluten/Wheat:** Substitute gluten-free/nut-free buns for hot dog buns.

# Zesty Lemon Crush

## Instructions

### Luscious "Lobster" Rolls with Hearts of Palm

#### intro

The lobster roll is a New England classic. Fresh lobster was poached in butter, tossed in a lemony mayo, and served on a toasted buttery bun, and the rest was history. Lobster is a delicacy and is generally expensive. Our Sticky Fingers Cooking spin on this classic dish makes it much more affordable and keeps the same flavors and textures as the original. This recipe replaces lobster with hearts of palm. This veggie can be poached and shredded in a similar fashion to lobster. Old Bay Seasoning will provide a little extra color and flavor. Hopefully, this sandwich satisfies your craving for the classic lobster roll with this "everyday" alternative.

#### slice + measure

Start by opening and draining **1 can of hearts of palm** and pouring them into a medium pot. Then, measure **2 cups water**, **1/2 teaspoon salt**, and **1 stick butter** and add them to the pot. Finally, slice **1 lemon** in half and squeeze the juice into the pot (for added lemon flavor you can also place the lemon halves into the pot).

#### simmer + poach

Time to poach! Turn the heat under the pot to medium and simmer the hearts of palm mixture. Continue to simmer for 8 to 10 minutes or until the hearts of palm are soft and fork tender. Remove the hearts of palm and 1/4 cup of the poaching liquid and place in a bowl for later. Discard the rest of the poaching liquid (skim any floating butter from the top of the poaching liquid and discard in the trash; do not pour butter down the sink).

#### scrumptious science

The previous step might have you asking yourself: What is the difference between boiling and poaching? The answer is just a difference in temperature, and only by a few degrees at that. The boiling point of water is 212 F. When water molecules reach this temperature, they have had so much energy transferred to them that they start moving quickly around (this is called a rolling boil), which we can observe with our naked eye. Poaching happens at a much lower temperature of roughly 140 to 190 F. This form of cooking is gentle with no rolling bubbles. Without reaching boiling point, the water will have much less energy transferred to it and will be a more gentle environment to cook the food you are poaching. In short, boiling is a harsher cooking method characterized by rolling bubbles, and poaching involves gentle simmering.

#### shred + chop + toss

Shred the hearts of palm with 2 forks or clean hands. Make sure the hearts of palm are completely pulled apart and resemble braised meat. Next, chop **1 celery stalk** and **2 green onions** and add them to the

hearts of palm mixture. Toss the mixture with **1/2 teaspoon salt**, **1/2 teaspoon black pepper**, **1 teaspoon Old Bay Seasoning**, and **1/3 cup mayonnaise**.

build + toast + serve

Cut **6 or 7 hot dog buns** in half. If you would like, you can quickly toast your buns in a skillet over high heat for about 30 seconds or until each bun is lightly browned. Then, place roughly 2 to 3 tablespoons of the hearts of palm mixture on the buns. Dig in and enjoy!

## Zesty Lemon Crush

measure + zest

Measure **3 cups ice**, **1/2 cup sugar**, and **3 cups cold water** into a blender. Then, wash **2 lemons** and zest the yellow peel (not the bitter "pith" or white part) into the blender.

juice + blend

Slice the lemons in half after zesting. Then, squeeze the juice into the blender. Blend until almost smooth. Some chunks of ice are okay. Pour into cups and enjoy! Cheers!

## Featured Ingredient: Heart of Palm!

Hi! I'm a Heart of Palm!

"I'm the edible bud in the inner core or heart of certain varieties of palm tree! You may have seen me in cans and jars in the grocery store. I often find my way into salads and vegan dishes, replacing the seafood and other meat, like the lobster in lobster rolls! If you've never tried me before, you may just decide you 'heart' (love) me!"

### History & Etymology

Palm trees are native to tropical and subtropical Central and South America and South and Southeast Asia. The cultivation and culinary use of the heart of palm goes back to at least pre-Columbian times, thousands of years ago, in Central and South America. It is also traditional in Southeast Asian culture.

In Florida, where cabbage or sabal palmetto palms are the official state tree and hearts of palm have been harvested from native trees, they call the vegetable "palm cabbage" or "palmetto." In Central and South America, they use the name "palmito," and in the Philippines, it is called "ubod."

Conservation programs have halted most of the harvesting in Florida. Canned hearts of palm sold in the United States now come from Central and South American countries such as Costa Rica, Ecuador, and Peru.

The English word "palm" comes from the Middle English "paume," from Old English, from the Latin "palma," or "palm (of a hand)," because the palm tree leaf is like a spread hand.

## Anatomy

Some of the palm trees that produce edible hearts of palm include the açai, coconut, juçara, palmetto (sabal), and peach (or pupunha) palms. Not all palm trees have edible hearts of palm; some are bitter or even toxic.

There are palm trees that produce multiple stems and are sustainably harvested, so they continue to produce stems. Other palms, like the palmetto, only have one stem, so harvesting their hearts of palm destroys those trees.

Heart of palm has a mild flavor, similar to artichoke, chestnut, or white asparagus. It has a hearty texture and is sometimes used as a meat substitute. It is crunchy but tender and can be cut easily.

## How to Pick, Buy, & Eat

Most people buy their hearts of palm in cans or jars, pickled in brine. This is because fresh heart of palm is highly perishable.

Gluten-free pastas made from puréed heart of palm, like spaghetti and lasagna, are also available for purchase.

You can eat the innermost core of the fresh vegetable raw after removing the outer layer, although it spoils quickly. The taste and texture is similar to jicama.

Heart of palm goes well in a salad. It can replace or accompany other firm vegetables in a soup or stew.

You can purée it to create a dip, spread, or gluten-free pasta. Or, try grilling or sautéing it by itself or with other veggies or meats.

## Nutrition

Heart of palm is rich in potassium and vitamin B6 and low in fat and sugar. It is a good source of protein, fiber, iron, zinc, copper, and manganese. It also contains some vitamins A and C.

Heart of palm has all nine essential amino acids, necessary for many bodily functions. Potassium is needed for healthy hearts, and vitamin B6 helps our brains to function. Fiber is good for our digestion.

Fresh hearts of palm do not have much natural sodium, but since they are pickled in salt water (brine) for the canned and jarred versions, you may want to rinse them before eating if you are avoiding salt.