



Savory Matzo Ball Passover Patty Cakes + Mighty Mango Kid-Made Chutney

By Erin Fletter, Dylan Sabuco

Prep Time 25 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

FRESH AND FROZEN

1 bunch fresh parsley for 1/2 C parsley leaves

1 red bell pepper

2 green onions

2 C frozen diced mangos

EGGS

4 large eggs ******(see allergy subs below)******

PANTRY

3 to 4 matzo crackers ******(see allergy subs below)******

1/2 C vegetable stock ******

1/4 C + 2 T olive oil

2 1/2 tsp salt

1 pinch ground ginger

1/2 C apple cider vinegar

1/2 C firmly-packed light brown sugar or honey

1/2 C raisins

HAVE ON HAND

- large plastic resealable bags (2)
- "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).

bake: to cook food with dry heat, as in an oven.

crush: to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

snip: to use scissors to cut something with quick, sharp strokes.

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

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

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).

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

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

Equipment

- Pitcher
- Cutting board
- Kid-safe knife
- Measuring cups
- Oven
- Muffin pan
- Large plastic resealable bags (2)
- Clean kid-safe scissors OR cutting board + kid-safe knife
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Wooden spoon or spatula
- Mixing bowls
- Whisk
- Pastry brush or paper towel
- Metal tablespoon (optional)
- Saucepan
- Mixing bowl

- Wooden spoon

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

Savory Matzo Ball Passover Patty Cakes

- 3 to 4 matzo crackers for 1 C broken pieces ******(for CELIAC/GLUTEN ALLERGY sub gluten-free matzo crackers (may contain egg yolks))******
- 1 bunch fresh parsley for 1/2 C parsley leaves
- 4 large eggs, separated ******(for EGG ALLERGY sub 1 drained block firm tofu, if no soy allergy, + 2 T ground flaxseeds)******
- 1/2 C vegetable stock ******
- 1/4 C + 2 T olive oil, divided
- 2 tsp + 1 pinch salt, divided

Mighty Mango Kid-Made Chutney

- 2 C frozen diced mangos, thawed
- 1 red bell pepper
- 2 green onions
- 1 pinch ground ginger
- 1/4 tsp salt
- 1/2 C apple cider vinegar
- 1/2 C firmly-packed light brown sugar or honey

□ 1/2 C raisins

Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Savory Matzo Ball Passover Patty Cakes

Celiac/Gluten/Wheat: For 3 to 4 matzo crackers (for 1 C broken pieces), substitute 3 to 4 gluten-free matzo crackers (may contain egg yolks).

Egg: For 4 large eggs, substitute 1 drained block of firm tofu (if no soy allergy present) + 2 T ground flaxseeds.

Celiac/Gluten/Wheat/Soy: Check vegetable broth labels for possible allergens and, if necessary, use water only.

Mighty Mango Kid-Made Chutney

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.

Savory Matzo Ball Passover Patty Cakes

preheat + crush + snip

Adults preheat your oven to 425 F. Have your kids place **1 cup of matzo crackers** into the two large plastic resealable bags, seal the bags, and crush the crackers into tiny bits. Snip or chop **1 bunch of parsley** into small pieces for **1/2 cup of parsley leaves**.

crack + separate + whisk

Crack **4 large eggs** and separate the egg yolks from the egg whites. Add the egg yolks, **1/2 cup vegetable stock**, **1/4 cup olive oil**, the snipped parsley, **2 teaspoons salt**, and the crushed matzo crackers to a large mixing bowl. Whisk to combine.

whisk + fold

In a separate bowl, combine the **egg whites** and **1 pinch of salt**, then whisk until stiff peaks form. Fold the whipped egg whites into the matzo cracker mixture until a smooth, thick dough forms.

shape + bake

Add about **1/2 teaspoon of olive oil** to each well of your muffin pan and spread it around with a brush or paper towel. Have the kids form balls the size of ping-pong balls by rolling them with their clean hands or scooping them with a spoon. Drop them into the muffin pan wells and bake until fully cooked, golden brown, and puffed, about 15 to 20 minutes. Top with **Mighty Mango Kid-Made Chutney** and enjoy!

Mighty Mango Kid-Made Chutney

chop + snip

Have your kids chop **2 cups of diced mango** (thawed) and **1 red bell pepper** into small chunks. Then, have them snip or chop **2 green onions** into small bits. Place the mango, bell pepper, and green onions in a large bowl.

measure + mix

Kids can measure and mix in **1 pinch of ground ginger**, **1/4 teaspoon salt**, **1/2 cup apple cider vinegar**, **1/2 cup brown sugar or honey**, and **1/2 cup raisins** in the bowl with the mango. Place all the ingredients in a saucepan.

boil + simmer + stir

Adults help to bring the ingredients to a boil, reduce the heat to low, and simmer until the chutney is thick, about 20 minutes. Stir often! Let cool slightly and serve with **Savory Matzo Ball Passover Patty Cakes!**

Featured Ingredient: Matzo!

Hi! I'm Matzo!

"I'm a thin, cracker-like unleavened bread that is made of just flour and water, and no yeast. I've got holes all over because, when my dough was raw, it was poked with a fork or roller with spikes to further prevent me from rising."

Matzo or matzah is an unleavened bread that is a staple of Jewish cuisine. Kosher matzo is an essential part of the Passover Seder meal.

Passover is a Jewish festival that commemorates the day enslaved Israelites were freed by the Egyptian Pharaoh and their exodus from Egypt in the 15th century BCE. The people were instructed to have a meal of roasted meat, bitter herbs, and bread without yeast before they would be taken out of Egypt. They were also instructed to celebrate that day for generations to come with a seven-day festival, serving bread without yeast for the seven days. They also had to remove all yeast from their home before Passover.

Matzo is a symbol of freedom and redemption. The unleavened bread is also a symbol of humility, referred to as the "bread of affliction."

Machine-made matzo can be bought as square crackers in the grocery store, or it can be made at home, commonly in thin rounds, about 6 to 8 inches in diameter.

There is both kosher and non-kosher matzo available in grocery stores. If you require kosher matzo for Passover, be sure to read the labels carefully.

Gluten-free matzo is available for people with celiac or gluten and wheat allergies.

Matzo balls are a type of dumpling made with matzo meal (ground crisp matzo), egg, water, and oil or chicken fat. Matzo ball soup is typically a chicken soup with matzo balls in it.