



Super Sticky Shoo-fly Pies + Sparkling Lemon Zest Streusel + Lovely Lemon-Molasses Shakes

By Dylan Sabuco

Prep Time 25 / Cook Time 15 / Serves 4 - 6

Shopping List

- FRESH
- 1 lemon
- DAIRY AND EGGS
- 3/4 C cold unsalted butter **** (see allergy subs below) ****
- 3 C milk **** (see allergy subs below) ****
- 1 egg **** (see allergy subs below) ****
- PANTRY
- 2 1/4 C all-purpose flour **** (see allergy subs below) ****
- 1/4 C brown sugar
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 tsp baking soda
- 1 1/2 C molasses (or more)
- HAVE ON HAND
- 1 1/4 C water
- 1 C ice

Fun-Da-Mentals Kitchen Skills

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

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.

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

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

Equipment

- Oven
- Muffin pan
- Mixing bowls (1 large, 1 medium, 1 small)
- Wooden spoon
- Whisk
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Zester (or grater with small zesting plate/side)
- Forks (2), optional
- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife

Ingredients

Super Sticky Shoo-fly Pies + Sparkling Lemon Zest Streusel

- Pie Crust:
- 1 1/4 C all-purpose flour + extra for dusting ******(for GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free + extra for dusting)******
- 1/2 C cold unsalted butter ******(for DAIRY ALLERGY sub cold dairy-free/nut-free butter, like Earth

Balance)**

- 1/4 tsp salt
- 2 to 3 T cold water
- Filling:
- 1 C water
- 1 C molasses
- 1 egg **(for EGG ALLERGY sub 1 T flax seed + 1/4 C warm water—more info below)**
- 1 tsp baking soda
- Streusel:
- 1 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free/nut-free flour)**
- 1/4 C brown sugar
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/4 C cold unsalted butter **(for DAIRY ALLERGY sub cold dairy-free/nut-free butter, like Earth Balance)**
- 1 lemon, zested (save juice if making Lemon-Molasses Shakes)

Lovely Lemon-Molasses Shakes

- 1 lemon, juiced (if making, use lemon from Shoo-fly Pies)
- 1/2 C molasses (or more)
- 1 C ice
- 3 C milk **(for DAIRY ALLERGY sub dairy-free/nut-free milk)**

Food Allergen Substitutions

Super Sticky Shoo-fly Pies + Sparkling Lemon Zest Streusel

Gluten/Wheat: For 1 1/4 C all-purpose flour in pie crust, substitute 1 1/2 C gluten-free/nut-free flour + extra for dusting. For 1 C all-purpose flour in streusel, substitute 1 C gluten-free/nut-free flour.

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance, for butter in pie crust and streusel.

Egg: For 1 egg in filling, substitute 1 T flax seed + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Lovely Lemon-Molasses Shakes

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Super Sticky Shoo-fly Pies + Sparkling Lemon Zest Streusel

intro

This sticky recipe is an American classic dating back to the 1800s. The filling reminds me of the rich, custard-like center of a pecan pie, but without pecans. The lemon streusel you sprinkle over the top makes this pie completely unique. You will need to pile the streusel up high on top of the molasses-based filling. This technique helps thicken the otherwise soupy collection of ingredients.

measure + mix

Start off by measuring **1 1/4 cup flour**, **1/2 cup cold unsalted butter**, and **1/4 teaspoon salt** into a large mixing bowl. Then, using a wooden spoon, kid chefs will mix the ingredients until well combined. Lastly, pour in **2 to 3 tablespoons of cold water** and continue stirring until a ball of dough forms.

knead + shape

Using clean, kid chef hands, knead the dough. Be sure to use a little extra flour for dusting here. Then, divide the dough into 12 pieces, 1 piece for each well of a muffin pan. Press the dough into the cold wells of the muffin pan. Make sure to press the dough into a cup shape with steep edges. Set the pan in a cool place while you work on the other parts of the recipe.

measure + whisk

While the dough rests in the muffin pan wells, create the filling and the streusel. For the filling, simply whisk **1 cup molasses**, **1 egg**, **1 cup water**, and **1 teaspoon baking soda** in a medium mixing bowl. Make sure to whisk really well and make it extra foamy. Set it aside and work on the streusel.

zest + measure + pinch

Wash and zest **1 lemon**. In a small mixing bowl, combine **1 cup flour**, **1/4 cup brown sugar**, **1/4 teaspoon salt**, **1/2 teaspoon cinnamon**, **1/4 cup cold unsalted butter**, and the **lemon zest**. Using 2 forks or clean hands, mix or pinch the ingredients together until a sandy mixture forms.

preheat + bake

Preheat the oven to 400 F. Pour the filling into each pie crust until barely halfway full. Then, sprinkle a heaping amount of the streusel over the top of the filling. The streusel will work together with the egg and baking soda in the filling to make a stable, custard-like consistency in the short time frame we are working with. Bake for 12 to 15 minutes or until the center is no longer runny.

cool + serve

Cool the pies for at least 10 minutes before serving. It is always fun to have your kids blow on the pie a few times and take some deep breaths while doing so. Then, before anyone takes a bite, ask them what it made them think of. This will help distract them from biting into the hot food and give it a chance to cool a bit. Eat and Enjoy!

Lovely Lemon-Molasses Shakes

slice + squeeze

Slice **1 lemon** in half and squeeze the juice into your pitcher or blender. Discard any seeds.

combine + blend

Measure, combine, and blend the **lemon juice, 1/2 cup molasses, 1 cup ice,** and **3 cups milk.**

taste + serve

Once blended to a smooth consistency, have a kid chef take a taste to see if more molasses is needed. If it is ready, start pouring. Make sure to say a big "Cheers!"

Featured Ingredient: Molasses!

Hi! I'm Molasses!

"I'm a thick, sweet dark syrup that can be added to gingerbread and other cakes, wheat or rye breads, barbecue sauce, and milk! You may have heard the saying, "slow as molasses." That's because I'm quite thick, compared to other syrups, especially when I'm cold!"

History & Etymology

Molasses is a by-product of sugar production. It may have first been made in India from sugarcane as early as 500 BCE. It eventually came to Colonial America from the Caribbean to make rum.

Molasses was popular as a sweetener until after World War I, when refined white or brown sugar became more economical.

The Great Molasses Flood, also called the Boston Molasses Disaster, happened on January 15, 1919, in a Boston neighborhood in Massachusetts. A large storage tank, holding 13,000 tons of molasses, burst and sent a wave of molasses, 25 feet at its peak, through the streets at an estimated 35 mph. The flood killed 21 people and injured 150. Many horses and other animals also died. The city used salt water from fire boats and sand to clean up the sticky mess, which took weeks.

The word "molasses" comes from the mid-16th century Portuguese "melaço," from the Latin "mel" (honey).

How It is Made

Sugar cane is harvested, and machines are used to press the juice out of the cane. The sugar cane roots go very deeply into the soil, commonly 15 feet down and ranging from 6.5 to 19 feet—deep enough to bypass nutrient-depleted topsoils that have become the norm and take in more nutrients. That juice is boiled and then put through centrifugal machinery to extract the sugar crystals from the liquid. There are two types of molasses: sulfured and unsulfured. The three grades of molasses are light, dark, and blackstrap.

Sulfur dioxide is used to process unripe green sugar cane. Sun-ripened sugar cane is processed without sulfur dioxide, making unsulfured molasses a better choice. Most stores sell only unsulfured molasses. Regular molasses is the first or second boiling of cane sugar syrup, while blackstrap is the third boiling of the syrup. The third boiling produces a thick dark substance known as blackstrap molasses, which is the most nutrient-dense but also the most bitter.

Molasses is a sweetener that is actually good for you. Unlike refined white sugar and corn syrup, which are stripped of virtually all nutrients except simple carbohydrates, molasses is a healthful sweetener that contains significant amounts of a variety of minerals that promote your health.

Nutrition

In addition to being a simple carbohydrate, which can be quickly converted to energy, molasses also contains high levels of iron, manganese, and magnesium, translating into an energy boost for those with low iron levels.

Molasses also has a good amount of calcium and potassium, and it is a rich source of vitamin B6, which is essential for the nervous system and immune system health. Blackstrap molasses is even more nutrient dense due to the third boiling it goes through, concentrating it.

Molasses is also lower on the glycemic index than other sweeteners, so it takes longer to increase blood sugar levels.