

Argentinian Chimichurri Monkey Bread + Awesome Pink Grapefruit Parsley Agua Fresca



chimichurri sauce

rinse+tear+mince

First rinse **1 to 2 bunches flat-leaf parsley** (you want 2 C packed leaves total). **Save a small handful of leaves for the Awesome Agua Fresca (recipe below!).** Then tear leaves from stems and mince them to tiny pieces. The tinier the better! Add minced leaves to your blender or food processor.

crush+peel+mince

Crush **one clove of garlic** and peel it. Then mince it finely and add to your blender or food processor.

measure+add

Measure **2 tsp dried oregano**, **1 T red wine vinegar**, **1 T honey**, **½ tsp salt**, **a pinch of ground black pepper**, and **2 T water** and add to your blender or food processor.

pulse+stream+blend

Pulse the ingredients a few times, then stream in **¼ cup olive oil** while your blender or food processor purees the Chimichurri Sauce!

::recipe continued::

Family Fun Recipes

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argentinian chimichurri monkey bread

preheat+measure+sprinkle+bloom

Preheat oven to 375 F. Measure **2 T warm water** with **1 tsp active yeast** in a small bowl and whisk. Sprinkle with sugar and whisk again. Set aside to let yeast “bloom” or “wake up!”

measure+add+mix

Measure **2½ C all-purpose flour** + **½ tsp salt** + **2 T sugar** and add to a mixing bowl. Use a whisk or a fork to mix.

crack+whisk+mix

Crack **1 egg** and whisk it in a separate mixing bowl. Mix in **4 T of very soft butter** (break the butter up into individual Tablespoons to make it easier to mix). Then add **½ C + 2 T whole milk** to the egg and butter and mix well. Add yeast + water mixture and mix again.

mix+knead+add

Mix dry ingredients into wet ingredients with a wooden spoon. Using your hands, knead the dough in the bowl, adding more flour by the Tablespoon if dough is too sticky (dough should be somewhat sticky, but not so much that it completely sticks to your hands).

tear+roll+add+bake

Tear off small chunks of dough and roll them into golf ball-sized chunks, using more flour if dough is still too sticky. Add dough balls to a big mixing bowl and mix in **½ C Chimichurri Sauce** (save the rest for dipping!). Make mini chimichurri monkey breads in a muffin tin by adding 2-3 dough balls to each cupcake well. Bake for 25-35 minutes, or until bread is golden brown on the surface and dough is cooked through. Serve with extra Chimichurri Sauce for dipping!

::continued::

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awesome pink grapefruit parsley agua fresca

slice+squeeze+measure

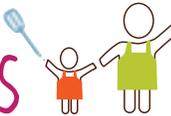
Slice **2 pink grapefruits** and **1 lemon** in halves. Then squeeze to get all the juice out. Add juice to a blender (no seeds!). Measure **2 T sugar**, **2 cups cold water**, **a pinch of salt**, and a **small handful of parsley** and add to the blender.

blend+pour+enjoy

Blend on high to puree the parsley, then pour into cups and enjoy!

::continued::



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shopping list

Chimichurri Monkey Bread

- | | |
|--|--|
| <input type="checkbox"/> 1 tsp dry active yeast | <input type="checkbox"/> 1 clove garlic |
| <input type="checkbox"/> 2 ½ - 3 C all-purpose flour | <input type="checkbox"/> 2 tsp dried oregano |
| <input type="checkbox"/> 1 tsp salt | <input type="checkbox"/> 1 T red wine vinegar |
| <input type="checkbox"/> 2 T sugar | <input type="checkbox"/> 1 T honey |
| <input type="checkbox"/> 1 egg | <input type="checkbox"/> Pinch ground black pepper |
| <input type="checkbox"/> 4 T softened butter | <input type="checkbox"/> ¼ C olive oil |
| <input type="checkbox"/> ½ C + 2 T whole milk | <input type="checkbox"/> 2 C packed flat-leaf parsley (from 1-2 bunches) |

Awesome Pink Grapefruit Parsley Agua Fresca

- 2 grapefruits
- 1 lemon
- 2 T sugar
- 2 C cold water
- Pinch salt
- Small handful parsley leaves

::continued::

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What is Chimichurri?

Besides being a **SUPER** fun word to roll off the tongue, chimichurri also **TASTES** great. It's a sauce similar to pesto (the Italian sauce made mostly of basil, nuts, oil, and parmesan cheese) that's full of parsley and oregano and popular all over South America. Chimichurri is used as a condiment or marinade for grilled meats - but it is also delicious served with fish, chicken, and pasta. **THIS WEEK**, we're baking our chimichurri into our Monkey Bread and serving some on the side for dipping!

What is Monkey Bread?

Also called **Monkey Puzzle Bread**, **Sticky Bread**, **Hungarian coffee cake**, **golden crown**, **pinch-me cake**, and **pluck-it cake**, **Monkey bread** is a **soft, sweet, sticky pastry usually made with caramel and cinnamon**, but can also be made **savory with additions like garlic, cheese, and herbs!** It's popular in the United States and is commonly served at fairs and festivals. The name was given because the bread is finger food and meant to be pulled apart - how we'd imagine a monkey would eat it if given the chance!

The Surprise Ingredient: Parsley!

- ★ A relative of celery (try celery leaves sometime! They taste a lot like parsley), parsley gets its name from the Greek word for Rock Celery (petroselinon) because it thrives on rocks and walls. The Ancient Greeks believed parsley sprung from the blood of the hero Archemorus after he was killed by a dragon!
- ★ Like many vegetables and herbs, parsley was first used as medicine before it was ever consumed as food.
- ★ In some countries, the curlier variety of parsley is more popular. People say this is because the flat-leafed variety resembles a poisonous weed called Fool's Parsley.
- ★ Parsley is full of Vitamin C. Vitamin C is necessary for the body to make blood vessels, skin, cartilage, tendons and ligaments. When we get a cut or bruise, the body uses Vitamin C to repair the wound.

Time for a laugh!

What is green and sings? Elvis Parsley.

I was going to grow an herb garden, but I couldn't find the thyme!

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