

Wee Scottish Rhubarb Cream Cheese "Bridie" Hand Pies + Sticky Mandarin Glaze + Mandarin Orange Fizz



wee scottish rhubarb cream cheese "bridie" hand
pies

defrost + chop + measure + mix

Overnight, defrost **7 oz puff pastry** in the fridge. When ready to bake, chop up **1/2 heaping cup of rhubarb** into small pieces. Add to a mixing bowl. Measure and add **1/4 C sugar**, **1 tsp all-purpose flour**, and a **pinch of salt** to the rhubarb. Mix! Then add **4 oz softened cream cheese** and mix again. Let rhubarb for 30 minutes while you preheat your oven.

preheat + roll + cut

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Roll out puff pastry on a flour surface. Using the lid of a mason jar, cut out circular shapes in the puff pastry, making as many as you can. Or, cut out rectangles with a butter knife.

spoon + fold + seal + bake

Spoon 1-2 tsp of rhubarb cream cheese mixture in the center of each dough shape. Trace edges with a wet finger, then fold over and seal edges closed. Arrange on baking sheet, slide into the oven, and bake until puff pastry is golden brown and flaky, and rhubarb filling is bubbly! Drizzle with **Sticky Mandarin Glaze** (recipe below)!

::continued::

Family Fun Recipes

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sticky mandarin glaze

measure + whisk + drizzle

Measure and whisk together **1/4 C powdered sugar**, **3 tsp juice from a jar of mandarin oranges OR juice and zest from 1 fresh tangerine/mandarin**, **1/4 tsp vanilla**, and a **pinch of salt**. Drizzle over baked *Bridie Hand Pies* and ENJOY!

mandarin orange fizz

add + puree + pour

Add **1 can mandarin oranges OR 3 fresh peeled tangerines/mandarines**, **1 C ice**, and **1 C sparkling water** to a blender. Puree until very smooth and thick, then add **1 more C sparkling water** and **sugar to taste**. Stir, pour, and drink up!

::continued::



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shopping list!

May Wee Scottish Rhubarb Cream Cheese Hand Pies

- 7 oz puff pastry (frozen and thawed)
- 1/2 C chopped rhubarb
- 1/4 C sugar
- 1 tsp A/P flour
- Pinch salt
- 4 oz softened cream cheese

Sticky Mandarin Glaze

- 1/4 C powdered sugar
- 3 tsp mandarin juice (from 1 can mandarin oranges) OR 1 fresh mandarin/tangerine
- 1/4 tsp vanilla
- Pinch salt

Mandarin Orange Fizz

- 1 (10.5-oz) can mandarin oranges OR 3 fresh mandarins/tangerines
- Sugar to taste
- 2 C sparkling water

::continued::



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Let's Learn about Rhubarb!

Rhubarb is native to China! It was used as medicine before food.

Rhubarb began to be consumed as food right around the same time that sugar became affordable and more widely available.

In the summertime in Alaska, rhubarb plants can grow over 5 feet tall! This is because of Alaska's long sunny days during summer.

Rhubarb is a perennial plant. That means it'll come back year after year once planted for at least 10 years.

The edible part of a rhubarb plant are the thick stalks (called petioles), which vary in color from light green to deep red. Red rhubarb stalks are sweeter. Green stalks are more sour. Rhubarb flesh is white.

FIBER! Rhubarb contains a healthy amount of fiber, which helps keep our intestines clean and running smoothly.

Let's Learn about Scotland!

Scotland is located in Europe, at the northern end of Great Britain.

Scotland is a part on the United Kingdom, along with England, Wales and Northern Ireland.

Lots of wildlife can be found in Scotland, including seals, mountain hare, ptarmigan, stoats and the golden eagle

The official animal of Scotland is the Unicorn, loved for its purity and strength.

In Scotland, people drive on the left-hand side of the road!

The thistle is a national symbol of Scotland!

Scottish dishes are well-known for their peculiar names, like Forfar Bridie (a meat pastry), Cock-a-leekie (soup), Collops (escalope), Crappit heid (fish dish), Finnan haddie (haddock fish), Arbroath Smokie (smoked haddock), Cullen Skink (haddock soup), Partan bree (seafood dish), Mince and tatties (minced meat and potatoes), Rumbledethumps, Skirlie.

Time for a laugh!

What water yields award winning rhubarbs? **Perspiration!**

Why was the rhubarb by himself? **Because the banana split!**

Why did the pie go to a dentist? **Because he needed a filling!**

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