

Lemon Carrot Polenta Zeppole + Quick Lemon Glaze + Candied Lemon Carrots + Iced Italian Lemon Mochas



lemon carrot polenta zeppole

preheat + zest + grate

Preheat your oven to 400 degrees F. Rinse and zest **2 lemons** and squeeze the juice from both. Grate **1 carrot**.

simmer + scoop + simmer + whisk

Add **1/4 C fine cornmeal** to a pot with **1 C water** and a **pinch of salt** and bring to a boil. Then reduce to a simmer and cook for 2-3 minutes or until the polenta pulls away from the sides of the pot. Scoop the polenta into a bowl and set aside to cool slightly.

Then, to a medium skillet, add **1 stick (1/2 C) butter**, **1/4 tsp salt**, **1/4 C sugar**, and **3 T lemon juice**. Bring to a boil, then turn off heat and whisk in **1/2 C flour**. Add **1/2 C of the cooked polenta** and whisk everything together in your skillet. If the dough is much too wet, add a few more Tablespoons of flour.

cook + whip

Turn skillet back to medium heat and stir continuously until the mixture forms a ball, about 4 minutes. Then transfer dough to a mixing bowl and whip in **4 eggs**, 1 at a time (an electric hand mixer works great for this!). *(For an egg-free alternative, substitute 2 ripe bananas + 4 tsp baking soda)*

::recipe continued::

Family Fun Recipes

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add + whisk

Add the lemon zest (2 tsp) and the grated carrot and stir to incorporate into the dough.

oil + bake

Time to make doughnut holes! Put about **1 tsp olive oil** in the bottom of each well in a mini-muffin pan. Heat the empty muffin pan in the oven until hot. Then carefully pour in about 1 T of the batter into each cup. Pop into the oven and bake for about 6-8 minutes. As soon as the doughnut holes get bubbly and start to brown around the edge, pull the muffin tin out of the oven and turn the doughnut holes quickly and carefully (a chopstick works great!). Continue baking for 3-4 more minutes until cooked through.

candied lemon carrots + quick lemon glaze

grate + toss

Have your kids grate **1 carrot**. Toss the grated carrot with a few drops of **lemon juice** and **1 tsp sugar**. Set to the side while you make the glaze.

measure + whisk

Have your kids measure and whisk **1 T milk** (omit for dairy allergies), **1-2 tsp lemon juice**, **3/4 C powdered sugar**, and a **pinch of cocoa powder**. Whisk until a smooth glaze forms, adding more milk or lemon juice if it's too thick.

squeeze + garnish

Squeeze the candied carrots dry with a paper towel. Top your zeppole with glaze and candied carrots!

iced italian lemon mochas

zest + measure + add + blend + pour

Zest 1 lemon and add zest to a blender, Then measure and add **3 C whole milk**, **1/4 - 1/2 C sugar**, **2 T cocoa powder**, and **2 C ice** to a blender. Blend until smooth, adding more sugar as needed. Pour into cups and **SALUTI** (Cheers in Italian)!



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shopping list!

Lemon Carrot Zeppole

- | | |
|--|---|
| <input type="checkbox"/> 4 eggs (substitute 2 ripe bananas + 4 xtra tsp baking soda) | <input type="checkbox"/> 1/4 C fine cornmeal (quick-cook Polenta) |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 1/4 C sugar |
| <input type="checkbox"/> 1 carrot | <input type="checkbox"/> 1 tsp baking powder |
| <input type="checkbox"/> 1/2 C unsalted butter/olive oil/butter alternative | <input type="checkbox"/> 1/8 tsp baking soda |
| | <input type="checkbox"/> 1/4 tsp + pinch salt |
| | <input type="checkbox"/> 1/4 C olive oil (for frying) |

Candied Lemon Carrots

- 1 carrot
- 1 tsp sugar
- 1 T lemon juice

Quick Lemon Glaze

- 3/4 C powdered sugar
- 1 T milk or more
- 1 lemon (for juice)
- Pinch cocoa powder

Iced Italian Lemon Mochas

- 3 C whole milk
- 1/4- 1/2 C sugar
- 1 lemon (for zest)
- 2 T cocoa powder

::shopping list continued::

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Let's Learn about Baking!

Baking skills & Tools!

Whisking is helpful to combine egg whites and yolks! We also whisk together dry ingredients to remove lumps for a smooth batter. Whisking means stirring or beating with a light, rapid movement using a fork or a wire whisk. It's all in the wrist!

Folding is a gentler action than whisking or beating. Folding is a technique used when tenderness in cakes and cupcake texture is the goal. Folding is gently incorporating two or more ingredients together. Folding is often the last step to a batter recipe before the batter is baked or cooked in the oven or on the stove.

Tools used in this recipe: Measuring Spoons, Dry Measuring Cups, Mixing Bowls, Spatula, Wet Measuring Cup, Whisk

Surprise Ingredient Facts + To Be a Kid in Italy:

Food historians say lemons have been cultivated in the Mediterranean region from as early as the first century A.D. Other sources say lemons originated in Asia. The word "lemon" is said to come from the Chinese word for "sour fruit."

Lemons used to be so rare that kings would give them away as gifts.

There is a type of shark named the Lemon Shark, so called for the yellowish color of its skin.

The rind of a lemon has the most Vitamin C in the whole fruit.

In Italy, kids start school at 6 years old! Italian families typically eat later (around 7-8pm) so kids end up staying up later, too!

If kids live close to school, they can go home and have lunch with their families! Lunch at school might be pasta, meat with vegetables, a sandwich, or a salad with lots of ingredients.

It is traditional to name babies after their grandparents (especially baby boys!)

Time for a laugh!

Knock knock! **Who's there?** Doughnut. **Doughnut Who?** Doughnut forget to let me in!

What's grey and squirts jam at you? **A mouse eating a doughnut!**

What fruit is square and green? **A lemon in disguise!**

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