

Italian Flag Caprese Bread Pudding + Basil Lime "Sorbetto" Muddler



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italian flag caprese bread pudding

crack + whisk + season

Crack **1 egg** and add to a mixing bowl. Whisk the egg. Add **¼ tsp salt** and **⅛ tsp ground black pepper**.

measure + add + whisk

Measure and add **2 T whole milk** to the egg bowl and whisk for a *count of 5 in Italian!*

1 = uno (oo-noh)

2 = due (DOO-eh)

3 = tre (TREH)

4 = quattro (KWAHT-troh)

5 = cinque (CHEEN-kweh)

:: continued ::



slice + chop + tear

Slap **5 fresh basil leaves** between your palms! Take a big sniff of the leaves. They smell stronger when slapped! Tear them into small pieces. Now chop the mozzarella into small pieces also.

combine + mix + scoop

Combine the *torn bread*, *sliced tomatoes*, *chopped mozzarella*, and *torn basil* to the egg bowl. Mix to coat everything in egg. Scoop the mixture into a microwave-safe mug.

cover + microwave + cool + eat!

Cover the mug with a **damp paper towel**. Microwave on high for 2 minutes. Check and if egg is still too liquidy (not set), microwave for another 30 seconds. Carefully wait a few minutes to let cool for at least 1 minute before digging in!

Say *EAT in Italian: MANGIA!* (MAHN-jah!)



basil lime sobretto muddler

wash + slice + add

Wash **1 lime**. Slice lime in half, then in quarters. Add 2 lime quarters to the bottom of your glass. Add a **pinch of sugar** and **1 small scoop (about 1 rounded T, or 4oz) of fruit sorbet**.

muddle + slap + add

Use the bottom handle of a wooden spoon to muddle the *limes* at the bottom of a drinking glass. Press down with the spoon to squeeze the juice from the lime. Slap **2 basil leaves** between your palms and add to the glass. Add 3 ice cubes to the glass and top with **1 can of sparkling water**.

stir + taste + adjust + cheers

Stir your drink, then taste it. What does it need? More lime? More sugar? Adjust by adding more of either of these ingredients. *CHEERS in Italian: SALUTI!* (Sah-LOO-tee!)



equipment list

- | | |
|---|--|
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Microwave safe mug | <input type="checkbox"/> Butter knife |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Damp dish towel |
| <input type="checkbox"/> Fork | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Small whisk (optional) | <input type="checkbox"/> Soap for cleaning hands |
| <input type="checkbox"/> Spoon | <input type="checkbox"/> Cereal bowl |
| <input type="checkbox"/> Wooden Spoon | <input type="checkbox"/> Drinking glass |

shopping list

Italian Flag Caprese Bread Pudding

- 1 egg
- ½ T butter
- ¼ tsp salt
- ⅛ tsp ground black pepper
- 2 T whole milk
- ½ C cherry tomatoes
- 2 oz mozzarella cheese
(from a block or ball of it)
- 1 C torn **baguette bread OR
sliced bread OR 1 baked
croissant**
- 5 basil leaves

Basil Lime "Sorbetto" Muddler

- 1 lime
- pinch of sugar
- 1 small scoop (about 4oz) **any
flavor fruit sorbet**
- 2 basil leaves
- 3 ice cubes
- 1 can sparkling water

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Basil + Caprese Salad!

- ★ **A long time ago, Greeks and Romans believed basil would only grow** if you screamed wild curses and shouted while sowing the seeds. If you left a basil leaf under a pot, they also believed it would turn into a scorpion!
- ★ **Necklaces made of the wood of basil plants were once worn as protection** from lightning strikes! It was believed that basil carried powerful electrical energy and could thus promote blood circulation.
- ★ **In Italy, basil is a token of love**; in Romania if a girl gives a sprig to her boyfriend, they are engaged.
- ★ **Basil may have originated in India**; there are speculations that it originally came from tropical areas spanning from Southeast Asia to Central Africa.
- ★ **Basil contains Vitamin K1**. Vitamin K1 is essential for blood clotting. When we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.
- ★ **Basil can soothe the nerves!** The next time you're feeling stressed, grab a handful of basil, hold it to your nose, and breathe in deeply. Then, toss some basil in your salad and eat it.
- ★ **The Caprese Salad (pronounced kah-PREY-zay)** was invented on the small island of Capri in Italy. In fact, Insalata Caprese means "Salad of Capri"
- ★ **The salad is made of 3 ingredients and colors that match the Italian flag** of red (tomato), white (mozzarella cheese), and green (basil).
- ★ **The ingredients in a Caprese salad are used everywhere in Italian cuisine!** What kinds of Italian foods have your kid chefs tried?! Ask! They probably contain at least 2, maybe 3, of these ingredients!
- ★ **King Farouk of Egypt was reportedly served a Caprese Sandwich in Capri** and loved it so much that he made it famous.
- ★ **Caprese salads are best in the late summertime**, when tomatoes and basil taste the best.

Time for a laugh!

“Sir Basil is so arrogant

that if you ask him, he won't even give you the thyme of day.”

If someone asks for help in the herb garden

you can certainly give Sage advice if you have Thyme.

What is a seagull's favorite herb?

BAY-sil!

Knock knock!

Who's there?

Noah.

Noah who?

Noah herb named Basil?

**What did the sergeant tomato say to the
slacker soldier tomato?**

"You better catch up!"

Why did the tomato blush?

Because he saw the salad dressing.

How do you fix a broken tomato?

Tomato paste!

How do you keep a rotten tomato from smelling?

You pinch its nose.

Did you hear about the Italian chef that died?

He pasta way.

