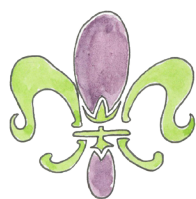



Louisiana Spring



A COLLECTION OF RECIPES TO
make with your kids at home!

Recipes adapted by
Chef & Garden Educators
at



**Edible
Schoolyard**
New Orleans
A SIGNATURE PROGRAM
OF FIRSTLINE SCHOOLS 



Edible Schoolyard New Orleans is a garden and culinary education program that aims to teach children to make healthy connections through food and the natural world. Founded in 2006 as the first replication of chef activist Alice Waters' Edible Schoolyard in Berkeley, CA, ESYNOLA is a signature program of FirstLine Schools, a nonprofit organization that operates five open admissions public charter schools in New Orleans.

Culinary education: We offer experiential, standards-based kitchen classes that encourage children to try new foods, prepare and enjoy fresh produce grown in our gardens, and understand how food affects the human body, communities, and the environment. What follows are recipes from ESYNOLA teaching kitchens, selected and adapted by chef and garden educators for cooking at home with your children. Enjoy!

Louisiana Spring

About this Collection

Spring is one of the most glorious times of the year in New Orleans. The scent of jasmine is inescapable as it sprawls over walls and trellises, and the smell of crawfish leaves a heady mix of spice in the air. Springtime in our gardens and kitchens is also special because it marks a bittersweet, gradual approach towards the end of the school year, when students and teachers' time together is put on pause. Our gardens are bright, warm, colorful, and full of flowers. Wispy dill bursts through the soil, purple cabbages begin to bloom, and if you peek closely you can find bright red strawberries growing too. It's an exciting time for students to be in the garden observing crops planted months earlier finally growing into full form.

It's also an exciting time to be in the kitchen, because many special events take place. Just like so many other celebrations happening throughout the city during spring, we celebrate seasonal foods at school as well. Students spend a whole day celebrating strawberries—which makes homemade strawberry shortcakes such a classic ESYNOLA recipe. We spend an entire day in the kitchen with students baking shortbread from scratch, shaking homemade whipped cream, and slicing strawberries.

Springtime represents a certain opening; an opening in the heart, body, and mind after being closed off for the winter. Although it's always green and lush here, we see many colors return to create a rainbow, tropical landscape. We feel curious about what's coming out of the ground for the beginning of a new season, and are freshly inspired to cook new recipes depending on what new foods our gardens will yield. Enjoy this collection of Louisiana Spring recipes.

Happy cooking!
Chef Alana

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These recipes were chosen and annotated by
Chef Alana, culinary educator at Samuel J. Green Charter School.

Illustrations by Nicole Gelb Dugat
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Strawberry Hand Pies

8 Servings, 1 Hand Pie Serving Size

Ingredients

Two discs of Hand Pie Dough (next page)

1 quart strawberries, hulled and diced

1/2 cup sugar

1 tsp lemon juice

2 tsp cornstarch

1 egg, beaten (for egg wash and assembly)

Coarse (turbinado) sugar, for sprinkling on top (optional)

Instructions

1. Place chopped strawberries in a bowl with the sugar and stir. Set aside to macerate for 1 1/2 to 2 hours.

2. While strawberries are macerating, roll out your dough to 1/8-inch thick, and cut into 5 inch rounds (you should have 16 total). Place on a plate or sheet tray, separated by wax paper, and place in the fridge until you are ready to assemble the hand pies.

3. Preheat oven to 375°F.

4. After 1 1/2 to 2 hours, drain the juice from the strawberries into a small pot, and spread the strawberries on a parchment-lined sheet tray. Place the tray in the oven, and roast strawberries for 20 minutes, or until strawberries are soft and have started to release a thick syrup. Leave oven on.

5. Meanwhile add the lemon juice and cornstarch to the strawberry juice in the pot. Whisk thoroughly, and then place on the stove over medium heat. Continuing to whisk, bring the mixture to a boil, and cook until thick and translucent.

6. Add strawberries and the thickened juice mixture to a bowl and stir. Place in the fridge to cool.

7. Once mixture has cooled, remove strawberries and dough circles from fridge. Place 8 dough circles on parchment-lined sheet trays. Scoop a spoonful of strawberry mix onto each round, being careful to not go overboard (too much filling will prevent you from being able to close the edges of your hand pie).

8. Using a pastry brush, brush the outer edges of each circle with the beaten egg. Place another dough circle on top of the first, and use a fork to crimp together the outer edge, all the way around. Repeat process for all 8 hand pies.

9. Use the sharp tip of a knife to make a slit in the top of each hand pie. Then, brush the tops with the egg wash and sprinkle with sugar (if desired).

10. Place sheet trays in the oven and bake until pastry is puffed and golden brown, 16-20 minutes.

Make it with your kids!

Pre-K & 2nd grade:

- Have kids mix the cold butter into the flour mixture using their hands. Encourage kids to squeeze the butter as hard as they can so that it gets smaller and smaller and blends into the flour mixture!
- Have younger students squeeze lemon slices to juice the lemon
- 1st and 2nd graders can use small knives to slice strawberries
- Practice taking turns measuring and stirring to macerate the strawberries!

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.

RECIPE ADVENTURES

While strawberries are seasonal in the springtime, any type of berry filling would make a delicious hand pie! Frozen berries are also a great option for making hand pies. You can purchase bags of frozen mixed berries, and then cook them down on the stove to use for your filling.

Hand Pie Dough

Makes two discs of dough, enough for 16 hand pies

Ingredients

- 2 1/2 cups all-purpose flour
- 1 tsp sugar
- 1 tsp Kosher salt
- 1 cup (2 sticks) unsalted butter, straight from refrigerator
- 1/2 cup ice-cold water-vinegar mixture*

**Prepare water-vinegar mixture before starting pie dough: Fill a 1-cup liquid measuring cup halfway with ice, then add 2 Tbsp apple cider vinegar and water to fill.*

Instructions

1. In a large bowl, combine the flour, sugar, and salt, and stir to mix well.
2. Place the sticks of butter in the bowl and coat on all sides with the flour mixture. Using a butter knife or bench scraper, cut the butter in half lengthwise, and then in half again. Then cut each long piece of butter into 1/2-inch cubes. Use your hands to quickly separate the cubes and make sure they are all coated in flour; then cut each cube in half again.
3. Switch to the pastry blender and start to cut the butter into the flour with one hand, while turning the bowl with the other. Make sure you are slicing through butter every time you press down on the pastry cutter -- not going over the same spot repeatedly. If the pastry blender clogs up, carefully use your fingers to clear out the butter. Work as quickly as possible, and continue to blend until the largest pieces are the size and shape of peas, and the rest of the mixture looks like canned Parmesan cheese.
4. Add the water-vinegar mixture all at once, and use the bench scraper (or a spatula) to scrape as much mixture as you can from one side of the bowl to the other, until there are no more visible pools of liquid.
5. Now use your hands to scoop up as much mixture as you can, and use your fingers to press it back down onto the rest of the ingredients. Rotate the bowl and repeat, trying to quickly form the mixture into a ball of dough. Make sure to incorporate any dry bits, and once those bits are gone, your dough is ready.
6. Place the dough on a lightly floured surface, and using your bench scraper or butter knife, divide it into two even pieces. Shape each into a 2-inch thick disc, and wrap tightly in a double layer of plastic wrap. Refrigerate at least 2 hours, or ideally, overnight.

Make it with your kids!

Pre-K - 2nd grade:

- Have kids mix the cold butter into the flour mixture using their hands. Encourage kids to squeeze the butter as hard as they can so that it gets smaller and smaller and blends into the flour mixture!
- If an adult slices butter in large chunks, 2nd graders can use a butter knife to cut the butter into even smaller pieces before adding it to the bowl and squeezing it with their hands.

5th - 8th grade:

- Any type of pie dough is a baking technique that takes a lot of practice. Have middle schoolers work on shaping the dough into discs before placing it in the fridge.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.

HOT COOKING TIPS

You can also use this dough recipe for making two standard-sized, single-crust pies. Once you've mastered this simple hand pie dough recipe, you can pretty much make any sweet or savory filling that you'd like. This recipe has been used in the Green Kitchen for making a variety of sweet and savory hand pies, including pepperoni pizza flavored, apple-berry, and more. Plus, it's a recipe from a cookbook that both Chef Megan and Chef Alana cherish!

Storage instructions: Wrap tightly in plastic wrap and keep for up to three months. Refrigerate for up to five days.

Shrimp Salad

8 Servings, Serving Size 1/2 cup

Ingredients

For dressing:

1/2 cup mayonnaise
Juice and zest of 1 lemon
1 teaspoon dijon mustard
Kosher salt
Freshly ground black pepper

For salad:

2 lb. shrimp, peeled and deveined
2 Tablespoons. extra-virgin olive oil
1/2 red onion, finely chopped
2 stalks celery, finely chopped
4 Tablespoons freshly chopped dill

Instructions

1. Preheat the oven to 400°F. On a large baking sheet, toss shrimp with oil and season with salt and pepper.
2. Bake until shrimp are completely opaque, 5 to 7 minutes.
3. In a large bowl, whisk together mayonnaise, lemon juice and zest, and dijon, and season with salt and pepper.
4. Add cooked shrimp, red onion, celery, and dill to bowl and toss until combined.
5. Serve on bread or over lettuce.

Make it with your kids!

Pre-K - 2nd grade:

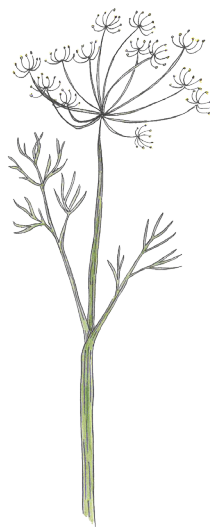
- Have kids pick dill off the stem and tear into small pieces
- Adults can quarter lemons so students can squeeze lemon juice
- Students can add pinches of salt and pepper for seasoning, or any other spices you have on hand

5th - 8th grade:

- Practice slicing and dicing onions and celery!

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



IN THE TEACHING KITCHEN

This recipe was first used during a family food night at Samuel J. Green charter school, based on parent suggestions. The dill is a great, spring addition to this simple shrimp salad. Try serving it with homemade flatbread—a fun recipe you can find in our *Family Food Night Favorites* collection!

Roasted Beet & Strawberry Salad

8 Servings, Serving Size 1/2 cup

Ingredients

5 medium red beets, roasted and diced
1 Tablespoon olive oil
1 cup strawberries, sliced
1 green onion, thinly sliced
1/2 cup feta or goat cheese, crumbled
2 tablespoons olive oil
1 tablespoon balsamic vinaigrette
1 teaspoon honey
1/2 teaspoon mustard
Salt and pepper to taste

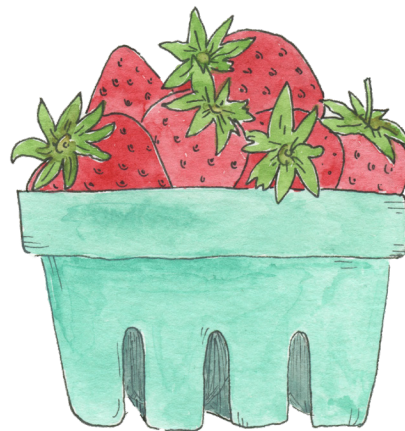
Instructions

1. Preheat the oven to 375°F. Trim the tops and bottoms from beets. Drizzle with olive oil and wrap in aluminum foil. Place the wrapped beets on a baking sheet and roast for 1-1/2 hours.
2. Remove the beets from the oven and let them cool. Use your hands to remove the skin—it should come off easily. Cut the beets into small dice.
3. In a large bowl, combine the beets, strawberries, green onions, and cheese.
4. In a small bowl or jar, combine dressing ingredients and shake or whisk until all ingredients are combined. Pour over the salad and toss to combine.

Make it with your kids!

Pre-K & Kindergarten:

- Students love to crumble cheese. It's messy, but a great job for younger children. Have your little ones crumble goat cheese or crumble blocks of feta cheese into smaller pieces.
- Have younger kids measure dressing ingredients into a jar and shake, shake, shake up the salad dressing.



HOT COOKING TIP

Save your beet greens—they taste delicious sautéed in oil with salt, pepper, and garlic. I also like to sauté beet greens using Asian flavors, like sesame oil, a splash of rice vinegar, and garlic.

Vietnamese Spring Rolls

Makes 8 Spring Rolls, Serving Size 1 Spring Roll

Ingredients

Dipping Sauce:

- 1 inch piece of ginger, peeled and grated
- 1 clove garlic, minced
- 1/2 cup creamy peanut butter or sunflower seed butter
- 2 Tablespoons soy sauce
- 1 Tablespoon lime juice
- 1 teaspoon brown sugar
- 1/4 teaspoon crushed red pepper flakes, or sriracha
- 1/3 cup water

Rolls & Fillings:

- 1 small cucumber, seeds removed and thinly sliced
- 1/2 medium carrot, shredded
- 1/2 red bell pepper, thinly sliced
- 1 green onion, thinly sliced
- 1 bunch cilantro, chopped
- 8 rice paper wrappers
- 1 1/2 ounces vermicelli noodles, cooked

Vegetable Dressing:

- 1/2 Tablespoon white vinegar
- 1/2 teaspoon sugar
- 1 teaspoon fish sauce
- 1/2 lime, juiced

Instructions

1. Make the dipping sauce. Blend or whisk together all ingredients for the sauce until smooth and creamy. Set aside.
2. For the filling, whisk together vinegar, sugar, fish sauce, and lime juice in a bowl. Add vegetables and toss to coat.
3. To assemble, soften the rice wrappers by dipping them in a shallow bowl with warm water. Remove from water carefully and immediately place on a plate. Place a small amount of noodles, vegetable filling, and cilantro in the middle. Roll tightly and enjoy with the peanut sauce.

Make it with your kids!

Pre-K - 2nd grade:

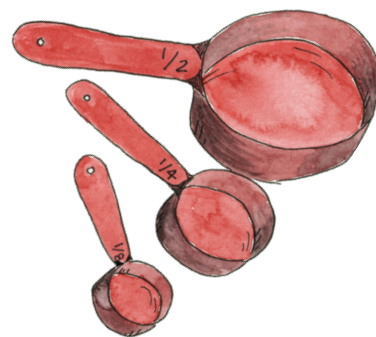
- Have your younger students measure and whisk the ingredients for the dipping sauce and vegetable dressing, while older students do the chopping, grating, slicing, etc.
- Students love to tear herbs; have your little ones pick cilantro from the stems
- Younger students can squeeze lime wedges for the vegetable dressing

5th - 8th grade:

- Middle school students can use chef knives to slice the vegetables for the filling

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



INGREDIENT SWAP

Personally, fish sauce is one of those ingredients I buy for a specific recipe and it sits on my shelf for a long time without being used. You can find fish sauce at most grocery stores in the international food aisles, but if you don't want to purchase it, just toss the vegetables in some extra lime juice.

RECIPE ADVENTURES

The filling ingredients in this recipe are flexible. You can add different veggies and ingredients to your spring rolls, just make sure you slice everything very thinly---this will make the rolling process easier.

Mardi Gras Coleslaw

4-6 Servings, 1/2 cup Serving Size

Ingredients

1/2 red cabbage, thinly sliced
1/2 bunch collard greens, washed, stems removed, and thinly sliced
2 golden beets
2 green onions, thinly sliced
1 medium yellow bell pepper, small diced
1/4 cup olive oil
2 Tablespoons red wine vinegar
1 teaspoon dijon mustard
2 teaspoons honey
1/2 teaspoon salt + more if desired
1/4 cup sunflower seeds (optional)

Instructions

1. Preheat oven to 400°F. Wrap golden beets in aluminum foil and place on a baking tray. Bake for 25-30 minutes or until beets are tender. Remove from the oven and let cool.
2. When cool enough to handle, peel beets and dice.
3. In a small bowl, whisk together the olive oil, red wine vinegar, dijon mustard, honey, and salt. Season with additional salt if desired.
4. In a large serving bowl, combine the cabbage, collard greens, and golden beets. Drizzle with dressing and toss to combine. Sprinkle sunflower seeds on top if using and serve.

Make it with your kids!

Pre-K - 1st grade:

- Students can tear collard greens from the stem, and rip them into bite-sized pieces
- Students can measure dressing ingredients and take turns whisking the ingredients in a bowl

2nd - 4th grade:

- Students can chop cabbage, beets, and peppers that have been pre-sliced
- Students can use scissors to snip green onions into small pieces.

5th - 8th grade:

- Students can chop all the vegetables using sharper knives



IT'S THE GROWING SEASON

This recipe celebrates the end of winter, when Mardi Gras typically occurs, and the beginning of Spring! You can find red cabbage growing in some of our gardens during the spring. Green onions are also a seasonal crop, and collard greens are still available.

DID YOU KNOW?

Second graders make this around the time of Mardi Gras and identify the ingredients, their colors, and what the corresponding Mardi Colors represent. The Mardi Gras colors are purple, green, and gold. Purple represents justice, gold represents power, and green represents faith.

Crawfish Étouffée

8-10 Servings, 1 cup Serving Siz

Ingredients

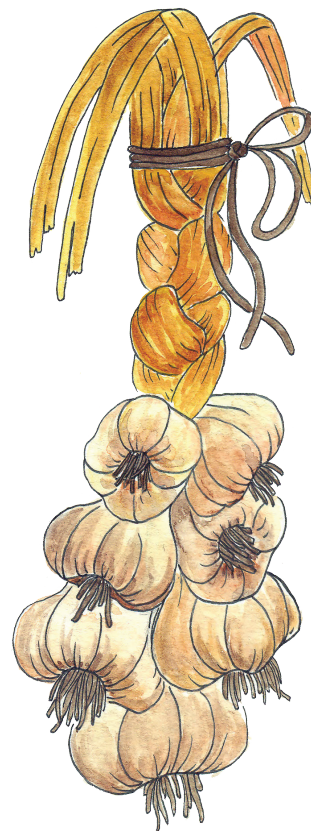
- 2 1/2 cup butter or oil
- 2/3 cup flour
- 2 onions, diced
- 3-5 cloves of garlic, minced
- 1 green bell pepper, dice
- 1 red bell pepper, dice
- 4 stalks celery, diced
- 6 cups stock (chicken, shrimp or vegetable)
- 1 Tablespoon salt
- 2 teaspoons garlic powder
- 1/2 teaspoon cayenne
- 1/2 teaspoon white pepper
- 2 lb. packaged Louisiana crawfish tails
- 6 green onions, chopped
- 3 cups rice, cooked (for serving)

Instructions

1. Over medium heat, melt butter (or oil) in a large stock pot and mix in flour. Cook for about 10-15 minutes, stirring constantly, until the mixture turns a light brown and starts smelling toasty.
2. Add onions, garlic, bell peppers, and celery. Cook until all vegetables are soft and cooked through.
3. Add stock and seasoning. Let étouffée come to a boil before turning down to simmer. Simmer for 20 minutes.
4. Add crawfish to the pot and let simmer for additional 2 minutes before serving. Serve over rice.
5. Garnish with green onions.

Make it with your kids!

This recipe is meant for kids in third grade or older. However, second graders can help dice the trinity and make a spice mix. You can always adjust the spices to your family's preference or what you have on hand at home.



HOT GROWING TIP

With a little sunlight and a glass of water, you can regrow your green onions. Take the leftover green onion roots, drop them in a glass with enough water to cover the roots, and within a week you'll start to see your green onions re-growing. Make sure to change the water out every few days so they don't get greasy. Use your green onions to garnish your étouffée, or any other dish that you cook with green onions.

Strawberry Shortcakes

4-6 Servings, 1 shortcake Serving Size

Ingredients

1 quart strawberries, hulled and quartered
6 Tablespoons sugar, divided
1 cup all-purpose flour
1 cup whole wheat flour
1 Tablespoon baking powder
1/2 teaspoon salt
1/2 cup (1 stick) unsalted butter, cold and cubed
2/3 cup milk
2 cups heavy cream
2 Tablespoons powdered sugar
1 teaspoon vanilla

Instructions

1. Preheat oven to 400°F.
2. In a medium mixing bowl, toss the strawberries with 3 tablespoons sugar. Set aside.
3. In a food processor, pulse together flour, baking powder, salt, and remaining 3 tablespoons sugar. Add butter cubes and continue to pulse until a coarse meal is formed.

Note: You can substitute a food processor with a mixing bowl. Instead, mix flour, baking powder, salt, and remaining 3 tablespoons of sugar in the bowl. Add cubed butter. Use your hands to quickly break up the butter into small pieces, until the mixture resembles crumbly Parmesan cheese. Then proceed to step four.

4. Turn the flour mixture into a large mixing bowl and make a well in the center. Pour in milk and gently mix until combined. Do not overmix or the shortcakes will be tough.
5. Place the dough on a lightly floured surface and pat out until 3/4 inch thick. Using a biscuit cutter, cut out 3-inch rounds.
6. Transfer shortcakes to a parchment lined baking sheet. Bake for 12-15 minutes or until shortcakes have risen and are golden brown.
7. While shortcakes are baking, make whipped cream. Pour heavy cream, powdered sugar, and vanilla in a jar. Shake until the cream becomes stiff.
8. Remove shortcakes from the oven and let cool slightly. Split each in half. Spoon strawberry mixture on the bottom piece and top with whipped cream.

Make it with your kids!

Pre-K - 2nd grade:

- Have kids mix the cold butter into the flour mixture using their hands. Encourage kids to squeeze the butter as hard as they can so that it gets smaller and smaller and blends into the flour mixture!
- If an adult slices butter in large chunks, 2nd graders can use a butter knife to cut the butter into even smaller pieces before adding it to the bowl and squeezing it with their hands.
- 1st and 2nd graders can use small knives to slice strawberries
- Practice counting while shaking the whipped cream. Count by 2's, or practice counting to 20, etc.

All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.

EDIBLE EXPERIENCE

Every year at Samuel J. Green Charter school students celebrate strawberries with an annual Strawberry Day. Every grade gets to participate in making homemade shortbread, shaking homemade whipped cream, slicing strawberries, and indulging in delicious strawberry shortcakes using locally sourced strawberries.

SAFETY RULES

from the ESYNOLA Teaching Kitchen

STOVE RULES

1. Only adults adjust the flame
2. Keep arm lifted and stir slowly
3. Tuck handle (tap handle)
4. Sleeves up, hair pulled back

KNIFE RULES

1. Use bear claw and bridge
2. Focus
3. Knife on the cutting board, always.

RECIPE ATTRIBUTIONS & REFERENCES

Strawberry Hand Pies

Recipe adapted from baking-sense.com and *Sister Pie* by Lisa Ludwinski

Hand Pie Dough

Recipe from *Sister Pie* by Lisa Ludwinski

Shrimp Salad

Recipe adapted from shugarysweets.com

Roasted Beet & Strawberry Salad

Recipe adapted from *A Pretty Life* (blog).

Vietnamese Spring Rolls

Recipe adapted from *thekitchn* (blog)

Strawberry Shortcakes

Recipe adapted from Paula Dean



Bon Appétit!

YOU
MAY
EAT.

Edible Schoolyard New Orleans

signature program of FirstLine Schools

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