



Root Stew & Dumplings: Thank you for trying our Root Stew! Just a reminder that all these lessons are designed for kids to cook with their parents or another adult. Use of knives, kitchen tools, stoves, ovens, or other sharp or hot items should always be closely supervised.

Our lessons are broken into steps. There will be a short video and then an instruction screen with a pause symbol. Please pause the video between each step or before using knives or starting the instructions.

Shopping and Prep for Parents

Shopping & Ingredients:

Stew:

- 2 Tbs oil or butter
- 2 Tbs flour or thickener of choice
- 2 cloves of garlic, minced
- 2 celery, diced
- 2 carrots, diced
- 1 small onion, diced
- 1 parsnip
- 1 turnip, rutabaga or any other veggie
- 2 pounds of potatoes
- 1 heaping Tbs tomato paste
- 1 (15oz) can of diced tomatoes
- 1/2 teaspoon fresh or dry thyme
- 2 cups vegetable broth
- 1 Tbs Worcestershire Sauce
- 2 Bay leaves
- Black pepper to taste

Dumplings:

- 2 cups Flour
- 1 Tbs baking powder
- ½ tsp baking soda
- ½ stick butter, melted or oil
- ¾ cup buttermilk or any type of milk

Parental Prep:

1. Parents please wash and trim all veggies.
2. With close supervision, students can help peel things like potatoes, carrots, parsnips or rutabaga if needed.
3. Parents please cut the following:
 - Halve the onion
 - Halve or quarter the carrot lengthways depending on its size
 - Quarter the parsnip
 - Halve and slice rutabaga then cut into 1-inch strips. (rutabaga is our toughest veggie!)
 - Halve and slice turnip
 - Halve or quarter potatoes depending on size (red potatoes halved/russet quartered)

Tools:

- Cutting board
- 6-7 inch chef's knife
- Plastic lettuce knife or butter knife
- Container for scraps
- Container for cut veggies
- Large heat safe mixing spoon
- 4-6 quart pot with a lid
- Liquid measuring cup
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Whisk or fork
- Ice cream scoop or large spoon
- Regular size spoon



Root Stew & Dumplings: Students will learn how to make a basic mirepoix. They can choose between several root and winter veggies and each student will make dumplings (steamed biscuits) to top their dish! (V)

Recipe Instructions:

1. Heat the oil in a large Dutch oven or stock pot over medium-high heat.
2. Add onions, carrots, celery, and garlic. Sauté until they are translucent, about 5 minutes.
3. Add flour and stir to combine. Continue cooking about 2 more minutes, so the flour mixture turns golden (but not browned). It should start to come together like a paste.
4. Slowly add in broth, about 1/2 cup at a time, constantly stirring. Slowly adding it will ensure there are no lumps.
5. Add tomatoes and paste and stir to combine.
6. Stir in remaining vegetables. (Make sure potatoes are full submerged).
7. Reduce heat to medium and add thyme, Worcestershire Sauce, and bay leaf.
8. Simmer for 20 minutes.
9. Make the dumplings:
 1. Whisk together 2 cups of flour, the baking powder, and baking soda in a medium bowl.
 2. Whisk in the melted butter and buttermilk.
 3. Carefully drop the dough balls on top of the stew in 6-8 large spoonful or with an ice cream scoop.
10. Cover and simmer until dumplings are firm, about 10-15 minutes.
11. Don't forget to either remove the bay leaves before serving or whoever finds it gets good luck!

DID YOU KNOW?

Why it is believed to be good luck when finding the Bay leaf in your serving:

History: Ancient Greeks and Romans crowned victors with wreaths of laurel. The term "baccalaureate," means laurel berry, and refers to the ancient practice of honoring scholars and poets with garlands from the bay laurel tree. Romans felt the leaves protected them against thunder and the plague. Later, Italians and the English thought Bay Leaves brought good luck.



Approximate Nutrition Info

Servings: 6, Amount per serving:	
Calories	440
Total Fat	17.6g
Saturated Fat	6.3g
Cholesterol	58mg
Sodium	1040mg
Total Carbohydrate	47.8g
Dietary Fiber	4.3g
Total Sugars	5.3g
Protein	22.3g
Vitamin D	5mcg
Calcium	202mg
Iron	4mg
Potassium	839mg