



## Kid-Made Fruity Turnovers

By Erin Fletter

**Prep Time** 15 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**chop:** to cut something into small, rough pieces using a blade.

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**coat:** to apply a covering of flour, breadcrumbs, oil, sauce, or batter to food before baking or frying.

### Equipment

- Oven
- Baking sheet
- Parchment paper, optional
- Medium mixing bowl
- Dry measuring cups

- Measuring spoons
- Cutting board
- Kid-safe knife
- Zester (or grater with small zesting plate/side)
- Citrus squeezer (optional)
- Round cookie cutter or jar lid
- Rolling pin (or clean water bottle or mason jar)
- Pastry brush

## Ingredients

### Kid-Made Fruity Turnovers

- 1/3 C granulated sugar + more to sprinkle on top
- 2 tsp cornstarch
- 1/2 tsp salt
- 3/4 lb fresh or frozen fruit (your choice—apples, peaches, or berries work great!)
- 1 lime, zested
- 1 to 2 T all-purpose flour, for dusting work surface **\*\***(for CELIAC/GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 2 sheets frozen puff pastry, thawed **\*\***(for CELIAC/GLUTEN ALLERGY sub gluten-free/nut-free puff pastry or pie shell)**\*\***
- 1 egg + 1 T water, for egg wash **\*\***(for EGG ALLERGY omit egg and use 2 T milk or water alone)**\*\***

## Food Allergen Substitutions

### Kid-Made Fruity Turnovers

**Celiac/Gluten/Wheat:** For 1 to 2 T T all-purpose flour, substitute 1 to 2 T gluten-free/nut-free all-purpose flour. Substitute gluten-free/nut-free puff pastry or pie shell.

**Egg:** For egg wash, omit egg and use 1 T milk or water alone.

## Instructions

## Kid-Made Fruity Turnovers

### whisk + chop

In a medium bowl, have kids whisk together **1/3 cup sugar**, **2 teaspoons cornstarch**, and **1/2 teaspoon salt** and set to the side. Have kids chop up their choice of **3/4 pounds fresh or frozen fruit** into lots of little bits!

### zest + coat

Time for kids to zest **1 lime** (grate only the green part off the lime) and squeeze the lime juice into the sugar bowl. Have them toss the chopped fruit into the sugar and lime mixture to coat evenly.

### roll + shape

Preheat your oven to 400 F. On a lightly-floured work surface, have kids roll out **2 sheets of thawed frozen puff pastry** (or gluten-free pie crust). Using a cookie cutter or jar lid, kids can punch out circle shapes.

### fill + fold + seal

Have the kids place 1 to 2 tablespoons of the fruit filling in the middle of the pastry. Fold the dough over the filling on three sides and have kids press the edges to seal well. Line a baking sheet with parchment paper or grease with oil or nonstick spray, then place the turnovers on the baking sheet.

### brush + bake

Brush the top of the turnovers with egg wash (1 egg beaten with 1 tablespoon water). Have kids sprinkle the top with more sugar, then make 2 small slits on the top and bake for 20 minutes until browned and puffed. Serve warm or at room temperature. Yum!

## Featured Ingredient: Fruit!

Hi! I'm Fruit!

"I'm the seed-bearing part of a flowering plant! A fruit's seed is what helps create more plants. Did you know that some foods we call vegetables are actually fruits and even nuts are a type of fruit!"

### Brief Overview & Etymology

There are more than 2,000 types of fruit, each with several varieties. For instance, there are over 7,500 varieties of apples. Not all fruit is edible. The ones that you cannot eat are either poisonous or too unpleasant to eat.

The Western world eats only about 10 percent of the Earth's fruit.

The word "fruit" comes from Middle English and Old French, from the Latin "fructus" (benefit, enjoyment, produce). It is related to the Latin "fruges" (crops or fruits of the Earth).

## Anatomy

Fruit has three main classifications: simple fruits, aggregate fruits, and multiple (or composite) fruits.

Simple fruits come from an ovary in a single flower with a single pistil. They may be dry or fleshy. Examples of dry simple fruits are legumes and nuts. Fleshy simple fruits include those classified botanically as berries (banana, citrus fruit, cranberry, grape, melon, squash, tomato), pome fruit (apple and pear), and stone fruit (apricot, cherry, peach, and plum).

Aggregate fruits grow from a single flower with several simple pistils. Each pistil has one carpel, and together, they form a fruitlet. Types of aggregate fruits include the blackberry, raspberry, and strawberry.

Multiple fruits are formed from flower clusters, including the fig, jackfruit, mulberry, and pineapple.

Some fruits are seedless or semi-seedless. These include bananas, pineapples, and some varieties of mandarin oranges, satsumas, table grapes, tomatoes, and watermelon.

## Culinary Uses

Edible fruit can be eaten fresh or made into compotes, syrups, or preserves, like jams, jellies, and marmalades. They can also be juiced to make a refreshing beverage.

Fresh, frozen, canned, or dried fruit can be added to cakes, ice cream, pies, yogurt, and savory dishes.

## Nutrition

Eating fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.

Berries are purported to help improve nighttime vision.

Fruit contains antioxidants that can reduce your chances of getting cancer and other diseases.

Five servings of fruit and vegetables daily is a good way to stay healthy and strong.

Dried fruit is easy to store and transport and contains lots of fiber, but it has much more sugar than fresh fruit.

It is possible to use fruit juice in your cake or cookie recipe in place of some of the fat, adding to your fruit intake for the day in a sweet and tasty way.

Fruit juice can be a healthy choice, but whole or cut-up fruits add fiber to your diet. There is no fiber in juice unless it includes some pulp.