

Don't Miss  
Our Gift  
Special!

Details on the  
other side!

kidstir

# Gobbling Good Fixings

Cook up some delicious turkey day side dishes

This Thanksgiving, head to the kitchen and get cooking. Everyone at the table will feel thankful for your yummy food!

In this kit, you'll find three recipes for scrumptious sides. You'll also discover fun facts about the first Thanksgiving, learn about cranberries and sweet potatoes, and play turkey day gratitude games.

Start by stirring up [Zesty Cranberry Sauce](#) with your new spoon in this kit. Then wash sweet potatoes with the Spud Scrubber for [Yam Slam](#). Lastly, pop some Pilgrim Popcorn, then stir it into [Popcorn Bread](#).

Happy Thanksgiving!



Share your food adventures with us!

There's more!





**kidstir**

## Kidstir Gift Special

Give the gift of Kidstir this holiday season with our coupon codes on [kidstir.com](http://kidstir.com)!

•  
**\$10 off** 3-month gift subscription  
(use code **GIFT3**)

•  
**\$20 off** a 6-month gift subscription  
(use code **GIFT6**)

•  
**\$30 off** a 12-month gift subscription  
(use code **GIFT12**)

Offer expires 11/30/14

Plan ahead! Write down your cooking day. Do your grocery shopping a day or two before-hand. Check off We Made It! when you're done.

# Shopping List

• Gobbling Good Fixings! •



### Zesty Cranberry Sauce

Serves 6 to 8

- ☐ 1 (12-ounce) bag fresh cranberries
- ☐ 1/2 cup maple syrup
- ☐ 1 large orange
- ☐ 1 cinnamon stick



### Yam Slam

Serves 6 to 8

- ☐ 3 large sweet potatoes (about 2 pounds)
- ☐ 1 garlic bulb
- ☐ 1/2 cup light cream
- ☐ 1 tablespoon butter
- ☐ 1/2 cup grated fresh Asiago or Parmesan cheese
- ☐ 1 to 2 teaspoons salt
- ☐ 1/2 to 1 teaspoon pepper
- ☐ Fresh thyme



### Popcorn Bread

Serves 6 to 8

- ☐ 1 cup cornmeal
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons baking powder
- ☐ 1/2 teaspoon salt
- ☐ 1 large egg
- ☐ 1 cup milk
- ☐ 1/4 cup vegetable oil



Check off each item when you find it! ☒

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!





kidstir

# zesty cranberry sauce

Turn fresh cranberries into a sweet  
and tangy sauce



## ingredients

1 (12-ounce) bag fresh cranberries

•

½ cup maple syrup

•

1 large orange

•

1 cinnamon stick

## tools

colander

•

cooking pot

•

measuring cups & spoons

•

spoon it up! (our gift to you)

•

grater

## kitchen skills



washing berries



measuring



zesting



cooking at  
the stove





## step-by-step

**Hands-on time**

10 minutes

**Start-to-eat time**

30 minutes



1

Place a colander in the sink. Rinse the cranberries under running water. Pick out any stems and bruised berries.



2

Now put the rinsed cranberries into the cooking pot. Add the maple syrup and stir it up with your new spoon. Add a cinnamon stick. Set aside the pot.



3

\* Next, zest the orange with a grater until you have 1 teaspoon. Squeeze the orange juice (you should have  $\frac{1}{4}$  cup). Stir the juice and zest with the cranberries.



### Note to grown-up helpers!

Your kids should be able to do most of this recipe with just a little help from you. Teach them how to turn on the stove and turn down the heat to simmer the sauce. Remind them to hold the handle steadily and be careful not to touch the hot pot. You can also lend a hand with the zesting in step 3 (read the sidebar on page 4 to your kids first).

3



**\*** A grown-up can turn the stove to high and bring the pot to a boil. Reduce the heat to low. Cook, stirring occasionally, until the cranberries pop, about 15 minutes.



Carefully remove the cinnamon stick. Taste the sauce. If it's too tangy, add a little extra syrup. Let the sauce cool. Spoon it into a serving dish.

Serves 6 to 8

## Get Creative!

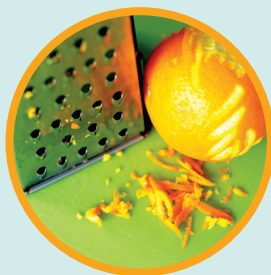
After Thanksgiving, use up your leftover cranberry sauce with these ideas:

- Top on Brie and crackers
- Scoop into a fruit smoothie
- Stir into yogurt
- Spread on leftover turkey sandwiches
- Stir into batter for pink pancakes or cupcakes
- Add to homemade popsicles
- Top on vanilla ice cream

## CHEF'S SECRETS

### How to Zest an Orange

Add a little zesty flavor to your cranberry sauce in step 4. To do this, grate an orange on a cheese grater to remove the rind. But remember: the zest comes from the orange part of the rind—not the white!



**Stuffed with Stuffing!** For another Thanksgiving side dish, make our Get Stuffed! side. Find our easy recipe on [www.kidstir.com](http://www.kidstir.com).

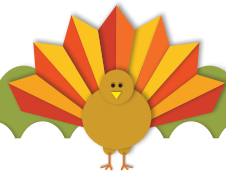


# First Thanksgiving Menu

The first Thanksgiving in Plymouth, Massachusetts was a three-day feast. The Native Americans and Pilgrims shared local foods from their harvest.

## Take a guess!

Ask everyone at your Thanksgiving dinner table to guess which of these foods were served at the first Thanksgiving. Check the box ☒, then read the answers on the other side to find out!



☐ Corn

☐ Squash

☐ Cranberry Sauce

☐ Venison

☐ Clams

☐ Pumpkin Pie

☐ Turkey

☐ Lobster

☐ Sweet Potatoes

☐ Stuffing

# Cranberry Fun Facts

Legend has it that the Pilgrims served cranberries at the first Thanksgiving in 1621 in Plymouth, Massachusetts.

Today, cranberry sauce is served at most Thanksgiving tables. Share these fun facts about cranberries at your family feast!



- Native Americans used cranberries to heal arrow wounds.
- Cranberry juice was a natural dye for rugs, blankets, and clothing.
- Cranberries grow on sandy bogs or marshes. Bogs are flooded when the fruit is ready to harvest—and the cranberries float to the surface.
- Cranberries grow in five states—Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
- Americans eat 400 million pounds of cranberries a year. About 80 million pounds are gobbled up at Thanksgiving!
- Cranberries are relatives of blueberries and huckleberries.





kidstir

# popcorn bread

Bake a whole grain corn bread with real popcorn



## ingredients

3 ½ cups popped popcorn  
(our gift to you, see page 5)

1 cup cornmeal

2 tablespoons sugar

2 teaspoons baking powder

½ teaspoon salt

1 large egg

1 cup milk

¼ cup vegetable oil

## tools

food processor or blender

mixing bowls

measuring cups & spoons

whisk

8-inch round (or square) pan

large spoon

## kitchen skills



measuring



stirring



making popcorn



buttering  
a pan



baking





## step-by-step

**Hands-on time**  
35 minutes

**Start-to-eat time**  
1 hour



1

Preheat the oven to 400°. Butter an 8-inch round (or square) baking dish (see sidebar on page 4 for tips on greasing a pan).



2

\* A grown-up should grind the popped popcorn in a food processor or blender (finely grinding can take up to 5 minutes). You should have about 2 cups.



3

Transfer the ground popcorn to a mixing bowl. Add the cornmeal, sugar, baking powder, and salt.



### Note to grown-up helpers!

Before you begin this recipe, help your kids pop the popcorn included in this kit (see directions on page 6). Then, they can help you grind it up in the food processor or blender in step 2 by pressing the buttons. They'll also need your assistance putting the corn bread into the oven and testing it for doneness.

3



In a separate bowl, whisk together the egg, milk, and oil. Then pour it over the dry ingredients. Stir it all up to form a thin batter. Pour the batter into the greased baking dish.



✱ Bake for 20 minutes or until the edges lightly brown. You'll know it's done if a toothpick inserted in the center comes out clean. Cool and slice.

Serves 6 to 8

## Get Creative!

### Cheesy Chili Cornbread

Want to add a little extra flavor to your popcorn bread? In step 4, you can stir in  $\frac{1}{2}$  cup of grated Monterey Jack or Cheddar cheese just before you pour it into the baking pan. You can also sprinkle a few tablespoons of finely chopped chili pepper or chili powder on top to give your corn bread a little extra kick.

### CHEF'S SECRETS

#### How to Grease a Pan

Here's an easy way to butter a pan for baked goods like our Popcorn Corn bread. Put a small pat of butter into the pan and grab a sheet of paper towel. Rub the butter into all the nooks and crannies—the corners, sides, and bottom of the pan. Toss the paper towel, then pour your batter into the pan.



**Thanksgiving Place Cards!** Download our Thanksgiving name place cards on [www.kidstir.com](http://www.kidstir.com).



# Pilgrim Popcorn!

Pop up the naturally grown, whole-grain popcorn from your kit. Serve some in a bowl as a Thanksgiving appetizer—and grind up the rest for Popcorn Bread.

1

Pour the bag of popcorn kernels into a large cooking pot. Add 3 tablespoons of oil. Cover and set on the stove.

2

A grown-up can help cook the popcorn over medium heat. Leave the lid a little open so steam can escape. When the popping sounds almost stop, turn off the heat.

3

Pour the popcorn into a bowl. Save 3 1/2 cups for the Popcorn Bread. Eat the rest!



5

# Amazing Maize

Did you know that Native Americans cultivated maize, or corn, from a wild grass? The corn first grew in Central America 7,000 years ago. It was an important food for Native Americans for centuries and was served at the first Thanksgiving.

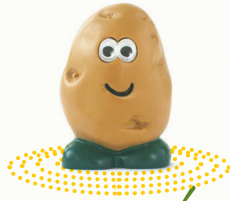
The kernels looked very different from today's corn. They were small and didn't touch each other like the kernels on our corn on the cob.

## Corn Maze!

Can you find the path from the corn to the popcorn?







kidstir

# yam slam!

Mash up a scrumptious Thanksgiving side dish





## ingredients

3 large sweet potatoes (about 2 pounds)

2 or more garlic cloves, roasted (see page 4)

$\frac{1}{2}$  cup cream

1 tablespoon butter

$\frac{1}{2}$  cup grated fresh Asiago or Parmesan cheese

1 to 2 teaspoons salt

$\frac{1}{2}$  to 1 teaspoon pepper

fresh thyme

## tools

spud scrubber (our gift to you)

vegetable peeler

knife & cutting board

cooking pot

potato masher

measuring cups

## kitchen skills



scrubbing  
vegetables



peeling



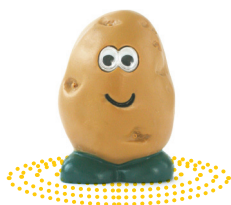
measuring



cooking at  
the stove



mashing



## step-by-step

**Hands-on time**

20 minutes

**Start-to-eat time**

1 hour



1

Working in the sink, rinse the yams under cold water to remove any dirt. Now scrub with your new Spud Scrubber.



2

\* A grown-up can help peel the yams. Then, slice them into 1-inch chunks. Place in a cooking pot and cover with water. Add a few sprigs of fresh thyme.



3

\* Bring the potatoes to a boil, then lower the heat and cook until soft, about 20 minutes. Turn off the stove, drain the water, and remove the thyme.



### Note to grown-up helpers!

Before you begin, get the roasted garlic started (see page 4). Kids will need your help peeling and cutting up the sweet potatoes and draining the hot water out of the cooking pot. Talk to your kids about customizing the flavor to your family's preference in Step 4. You can also review the different ways you can flavor it in Get Creative.

3



4

Add the cheese, cream, roasted garlic, butter, salt, and pepper. Mash it with a potato masher. Give it a taste test. Need more salt, garlic, or cheese?



5

Keep tasting and customizing the flavor until you are happy with the taste. Garnish with snipped fresh thyme. Serve warm.  
Serves 6 to 8

## Get Creative!

Our recipe has a cheesy, garlic flavor. To switch it up, omit the ingredients in Step 4. Try these!

### Plain and Simple:

Skip the cheese and/or garlic and just mash up the Yam Slam with cream and butter.

### Cinnamon and Spice:

Add 1 teaspoon cinnamon and 2 tablespoons brown sugar along with the cream. But don't add cheese, garlic, pepper, or thyme.

## CHEF'S SECRET

### How to Roast Garlic

Add flavor to your Yam Slam with roasted garlic. To roast, cut off the tip of a whole garlic bulb, drizzle with olive oil, and wrap it up in foil. Roast at 400° for 30 minutes. Unwrap and separate out the cloves. Squeeze out the garlic, mash with a fork, and add it to Yam Slam.



Thanksgiving at the Kids' Table! Read our blog on [www.kidstir.com](http://www.kidstir.com) to find fun ways kids can help with the Thanksgiving feast.

4



# Sweet Spuds



Before you start cooking up your Yam Slam, head to the farmer's market or grocery store. Look for tubers with a copper skin and orange flesh.

Sometimes they are labeled Yams and sometimes Sweet Potatoes, so don't be fooled by the name. True yams are actually different from sweet potatoes, but most recipes work interchangeably.

Pick up an extra spud and grow it in a jar. Arrange toothpicks around its center and set in a glass of water. Half of the potato should be in the water and half should be out of it. The bottom of the potato should not touch the bottom of the glass. Leaves and roots will grow over the winter in your kitchen garden!

## Gratitude Game

# Thankful A, B, C's

After you gobble up your Pumpkin Pie, play this heartfelt game with family and friends of all ages.

Take turns going around the table and saying what you're thankful for.

The first person should say something that begins with the letter A (Aunts! Apples!), the next should say B (Brothers, Babies), and continue around the table.

Jot down what everyone says below and save it for next year!

..... 2014 .....

The \_\_\_\_\_ family  
is thankful for....

A \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_  
D \_\_\_\_\_  
E \_\_\_\_\_  
F \_\_\_\_\_  
G \_\_\_\_\_  
H \_\_\_\_\_  
I \_\_\_\_\_  
J \_\_\_\_\_  
K \_\_\_\_\_  
L \_\_\_\_\_  
M \_\_\_\_\_

N \_\_\_\_\_  
O \_\_\_\_\_  
P \_\_\_\_\_  
Q \_\_\_\_\_  
R \_\_\_\_\_  
S \_\_\_\_\_  
T \_\_\_\_\_  
U \_\_\_\_\_  
V \_\_\_\_\_  
W \_\_\_\_\_  
X \_\_\_\_\_  
Y \_\_\_\_\_  
Z \_\_\_\_\_