LESSON 14: KOLACZKI & STRAWBERRY BUTTERMILK SMOOTHIE

KOLACZKI THUMBPRINT COOKIES

	Students Per Class		
Ingredient	**10**	**15**	**20**
Flour	1 cup	1 1/2 cups	2 cups
Butter	1/3 cup	1/2 cup	2/3 cup
Cream cheese	4 oz	6 oz	8 oz
Vanilla extract	1/4 tsp	1/2 tsp	1/2 tsp
Sugar	3 tbsp	4 1/2 tbsp	6 tbsp
Strawberry jam	1/4 cup	1/3 cup	1/2 cup
: Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:
Preheat oven to 350°F. Foil and grease baking sheet. Melt butter. Allow cream cheese to soften.

Directions:

1. In food processor, mix butter, cream cheese, vanilla and 1 tbsp sugar until creamed together.
2. Add mixture to bowl. Add flour slowly and mix until combined. Dough should be thick.
3. Evenly divide and pass out the dough.
4. Have students roll their dough into a small ball then have them use their thumb to make a large indent in the middle of their cookie.
5. Place cookies on greased baking sheet.
6. Bake cookies for 11-13 minutes or until very lightly golden brown.
7. Let cookies cool, then let students add 1 tsp of jam to the indentation on their cookie.
8. Enjoy!

DID YOU KNOW?
The average strawberry has 200 seeds.

DIDYOU KNOW?
Buttermilk is the leftover product of churning whole milk into butter.

STRAWBERRY BUTTERMILK SMOOTHIE

	Students Per Class		
Ingredient	**10**	**15**	**20**
Whole strawberries	2 cups	3 cups	4 cups
Buttermilk	1 1/2 cups	2 1/4 cups	3 cups
Ice cubes	1 cup	1 1/2 cups	2 cups
Honey	3 tbsp	4 1/2 tbsp	6 tbsp
Fresh mint	1/4 cup	1/3 cup	1/2 cups
: Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:
Wash the strawberries and fresh mint.

Directions:

1. Have students remove the tops of the strawberries.
2. Have students measure out all of the wet ingredients and put them in the blender.
3. Blend the strawberries, buttermilk, ice, honey, and mint until smooth.
4. Serve over ice and enjoy!

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LESSON 14: POLAND

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:
- Whole strawberries
- Fresh mint

Dairy:
- Butter
- Cream cheese
- Buttermilk

Pantry Staples:
- Flour (NUT & SESAME FREE)
- Strawberry jam

Other:
- Ice cubes

Ingredients in the Bin:
- Honey
- Sugar
- Vanilla extract

OBJECTIVES

- ☑ Teach and Discuss Polish cuisine
- ☑ Discuss the star technique and star ingredient
- ☑ Discuss common ingredients used in Polish cooking
- ☑ Talk about Poland fun facts

STAR TECHNIQUE: ROLLING DOUGH

Rolling out dough is a simple but important step in baking. Whether you're making pizza, cookies, or pie, rolling helps create an even texture and shape for your dough. By using a rolling pin, you can control the thickness, making sure everything bakes evenly!

DEVELOPMENT

5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Polish Cuisine
  - Do you have any favorite Polish dishes?
  - Can anyone guess what dishes we may be making with the ingredients today?
    - Strawberries, Buttermilk, Honey, Flour, Butter, Cream cheese.
- Discuss a few popular Polish dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
  - Pierogi: Poland's famous dumplings filled with ingredients like potatoes, cheese, meat, or fruit. They're boiled or fried and often served with sour cream.
  - Bigos: Made with sauerkraut, fresh cabbage, and various meats like pork, beef, and sausage, slow-cooked.
  - Żurek: A sour rye soup made with fermented rye flour, sausage, and hard-boiled eggs, traditionally enjoyed in Poland, especially around Easter.
- Placki ziemniaczane: Crispy potato pancakes served with sour cream or applesauce, a popular comfort food in Polish cuisine.

ENGAGMENT TIPS

Before shaping, let students feel the dough texture for a minute. Then have them roll it into a ball and press a big thumbprint in the center.

Remind students the cookies bake for about 11–13 minutes. Have them watch the clock and call out when 5 and 2 minutes are left.

Do the blender dance! While the smoothie blends, students can dance by their chairs. When it stops, they freeze.

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LESSON 14: POLAND

EXPLORING COMMON POLISH INGREDIENTS

- Potatoes: Potatoes are a big part of Polish food, used in dishes like pierogi (dumplings) and potato pancakes. They're a great source of energy and provide vitamins like Vitamin C and potassium.

- Cabbage: Cabbage is used in many Polish dishes like soups and salads. It's packed with fiber and vitamins, helping with digestion and boosting your immune system.

- Beets: Beets are key for making Polish borscht (a tasty beet soup). They're full of vitamins and help keep your heart and blood health.

- Dill: Dill is an herb that adds flavor to Polish foods like pickles and soups. It's good for your body, with vitamins and antioxidants that help keep you healthy.

- Sour Cream: Sour cream is often added to dishes like pierogi or soups to make them creamy. It's rich in calcium and healthy fats that are good for your bones.

- Mushrooms: Mushrooms are popular in Polish cooking, especially in soups and stews. They're low in calories but full of vitamins and minerals that help your body stay strong.

- Sausage: Polish sausage, or kielbasa, is a popular meat in many dishes like stews and sandwiches. It's packed with protein and iron, which are important for building muscles and carrying oxygen through your body.

- Honey: Honey is used in Polish desserts and drinks, adding natural sweetness. It's full of antioxidants and can help boost your energy while supporting your immune system.

POLAND FUN FACTS

- Poland is located in Central Europe and has a rich history, with over 1,000 years of culture.
- Poland's population is around 38 million, making it one of the largest countries in Europe.
- Warsaw, Poland's capital, is known for its beautiful architecture, including the historic Old Town.
- Poland is home to amazing wildlife, like the European bison and a wide variety of birds, including the white-tailed eagle.
- A Polish engineer invented the earliest version of a walkie-talkie

STAR INGREDIENT: JAM

- What is Polish jam? Polish jam, or "dżem," is a sweet spread made from fruit, sugar, and sometimes pectin. It's often enjoyed on toast, pancakes, or in pastries, adding a burst of flavor to any meal.
- Where does Polish jam come from? Polish jam is made using fruits grown in Poland, such as strawberries, raspberries, and plums. These fruits are harvested in the summer and carefully preserved to enjoy year-round.
- Why is Polish jam good for us? Polish jam contains fruit, which is a good source of vitamins and antioxidants. While it's sweet, it also provides fiber and can be a part of a balanced breakfast or snack when enjoyed in moderation.

END OF CLASS CHECKLIST

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal

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