KIDS IN THE KITCHEN
With Ali Manning

SAVORY TART

Ingredients:

2 packets of whole refrigerated pre-made pie crusts
5 oz (handful) of Spinach or Kale
2 tbsp Cornstarch
1/2 Shallot
4oz total Ricotta and/or Feta
1oz Oregano
2 tsp Olive Oil

Directions:

Preheat oven to 400 degrees F. Line a baking sheet with foil and cooking spray.

Make a corn starch slurry using 2 tbsp of cornstarch and 1/4 cup of water.

Slice the shallot and chop spinach. Place a large non stick pan over medium-high heat. Add 2 tsp olive oil and the shallot to hot pan. Cook until softened 2-3 minutes. Add spinach and cook until wilted, 2-3 minutes.

Stir cornstarch slurry to recombine. Remove any paper in between sheets of pie dough.

Flour a large work surface and lay both pie crusts out on it. Roll the circle to 11 inches across. Use a knife or pizza cutter to cut the edges off, about 1 inch off all sides, to create two 9-inch squares. Then cut each square into three 3-inch stripes or 6 total.

Place one pie crust onto a prepared baking sheet and gently stretch in each direction. Scoop half the spinach filling onto the dough center, leaving 1/4" border. Lightly brush dough border with water. Fold one corner to meet the opposite corner, making a triangle and press to seal, gently stretching as needed. Use a fork to crimp and press dough pieces together. Brush top with 1 tsp olive oil. Cut a small vent in the middle.

Repeat with a second pie crust.

Cook 15-20 minutes.

Ali Manning, food scientist and entrepreneur is originally from Alabama, but now calls Memphis her home. After earning her degree in Food Science & Technology, Ali worked as a food scientist for nearly a decade. In response to COVID-19, and seeing a gap in food opportunities for children, Ali started a new series of courses called: Food Science 4 Kids. To participate directly with Ali’s Food Science 4 Kids program, you can sign up here: https://form.jotform.com/201835226622147
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SWEET TART (POP TART)

Ingredients:

- 2 packets of whole refrigerated pre-made pie crusts
- 1/2 cup Fruit Jam (any flavor)
- 1 tbsp Cornstarch
- 1 Egg
- 1 cup Powdered Sugar
- 1 tbsp Heavy Cream
- Sprinkles (optional)

Directions:

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and set aside.

In a small bowl, mix jam with cornstarch. Crack the egg into a second small bowl and whisk.

Flour a large work surface and lay both pie crusts out on it. Roll the circle to 11 inches across. Use a knife or pizza cutter to cut the edges off, about 1 inch off all sides, to create two 9-inch squares. Then cut each square into three 3-inch stripes or 6 total.

Spoon 1-2 tablespoons of jam on one end of each strip. Brush a rectangle of egg around the jam, to glue the sides together.

Fold the dry end over the end with jam. Use a fork to crimp the edges together on all sides. Repeat with remaining pie crust strips. Move the pop tarts to the prepared baking sheet.

Bake for 15-18 minutes until golden. Cool.

After the pop tarts have cooled for several minutes, whisk powdered sugar, 1 tablespoon jam, and 1-2 tablespoons cream together to create an icing glaze.

Spoon over the top of each pop tart and immediately sprinkle with sugar sprinkles. Let the icing dry, either on the baking sheets or on a dry rack.

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