

LESSON 8:

THUMBPRINT COOKIES & SHAMROCK SHAKE

"THUMBPRINT" COOKIES

Serving Size: 12 servings, 1 cookie per student

Ingredients:

- 1 cup of flour (NUT & SESAME FREE)
- ½ cup butter
- 4 oz cream cheese (1/2 box)
- ¼ tsp vanilla extract
- 3 tbsp sugar
- ¼ cup of strawberry jam

PREP BEFORE CLASS:

Preheat oven to 350°F. Foil and grease baking sheet. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl). Allow cream cheese to soften. Prepare food processor.

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.

DID YOU KNOW?

There are 18 different species of mint.



SHAMROCK SHAKE

Serving Size: 12 servings

Ingredients:

- 15 mint leaves
- 2 cups fresh spinach leaves
- 3 cups vanilla Greek yogurt
- 2 tbsp honey
- 2 tsp vanilla extract
- 1/2 tsp peppermint extract
- 12 plastic cups for serving
- add water if needed

PREP BEFORE CLASS:

Wash mint. Prepare the blender.

Directions:

1. Have student volunteers measure spinach, mint leaves, Greek yogurt, honey, and vanilla extract into the blender.
2. Blend the mixture until all of the spinach leaves are fully pureed.
3. Have a student volunteer measure and add peppermint extract into the blender. Remind students how to properly measure using measuring spoons.
4. Pulse the mixture until creamy. Serve in plastic cups and enjoy!

SHOPPING LIST

Ingredients to buy:

- 1 bunch mint
- 2 cups fresh spinach leaves
- 1/3 cup butter
- 4 oz cream cheese (1/2 box)
- 3 cups vanilla Greek yogurt
- 1/4 cup of strawberry jam
- 1 cup of flour (NUT & SESAME FREE)
- 1/2 tsp peppermint extract


Ingredients in the bin:

- Vanilla extract
- Sugar
- Honey
- Plastic cups

OBJECTIVES

- To introduce students to the diverse world of desserts and the cultural significance they hold in different countries
- To encourage students to make connections between different cultures through the shared love of desserts, fostering an inclusive and open-minded approach to global cuisines

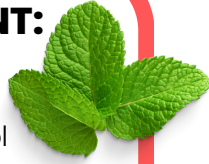
INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes.
 - Have them guess what we might be making today.
 - Have they previously had all of these ingredients, or is there a new item?
- Discuss that today we will dive into the fascinating realm of desserts from different cultures and regions. Each corner of the globe has its own unique sweet creations that reflect the traditions, flavors, and ingredients of their respective cuisines.
- Cultural Significance of Desserts: Desserts play a significant role in many cultures, serving as a way to celebrate special occasions, express hospitality, and preserve culinary traditions. They often incorporate local ingredients, techniques, and flavors that have been passed down through generations, making each dessert a delightful representation of a particular culture's heritage.
- Flavor Profiles and Ingredients: Desserts around the world offer a diverse range of flavor profiles and unique ingredients. Let's explore some of the key aspects:
 - Spices and Aromatics: Many traditional desserts incorporate spices like cinnamon, cardamom, nutmeg, or saffron, adding depth and complexity to the flavors. Aromatics like rosewater, orange blossom water, or vanilla are also common additions, infusing desserts with enticing fragrances.



STAR INGREDIENT: MINT




- Mint leaves have a cool sensation when you chew them because they contain a compound called menthol.
- The word "mint" comes from the Greek word "minthe," which is a mythological nymph who transformed into a plant.
- Mint helps to freshen your breath! That's why it's often used in toothpaste and mouthwashes.
- Mint can help soothe an upset tummy. If you're feeling a bit queasy, try sipping on some mint tea or chewing on a mint leaf.
- Mint leaves contain antioxidants that can help boost your immune system and keep you healthy.
- Mint can also help you feel more alert and focused. The cool scent of mint can be invigorating and help wake up your brain.

DID YOU KNOW?

Humans are born liking sweet tastes, which remains a lifelong preference shared across all cultures. This preference likely evolved because sweetness signaled nutritious foods.




DEVELOPMENT

 5-7 min

- Continue the discussion: Desserts are often deeply intertwined with cultural and religious celebrations, representing symbols of luck, prosperity, or religious significance. For example, mooncakes during the Mid-Autumn Festival in East Asia, or panettone during Christmas in Italy. Exploring desserts from various festivities allows us to understand the cultural significance and symbolism behind these sweet creations.
- The cookies we are making today come from another country. Can you guess which one?
 - "Thumbprint cookies," have a charming history that dates back to the early 20th century. They are believed to have originated in Sweden, where they are known as "Tumgrejor" or "Holländare." The name "thumbprint" comes from the traditional method of making an indentation in the center of each cookie using one's thumb.
 - Thumbnail cookies are popular during holiday seasons and festive occasions in many cultures. They are cherished for their simplicity, versatility, and the joy of customizing the fillings to suit individual preferences. These cookies often evoke nostalgic memories of family gatherings and traditional baking.
- As we conclude our exploration of desserts around the world, we realize that these delightful treats are not just about satisfying our sweet tooth but also reflect the rich tapestry of human culture. They bring people together, celebrate traditions, and create lasting memories. So, embrace the diversity, flavors, and techniques of desserts from different corners of the globe, and let your taste buds embark on an incredible culinary adventure.

END OF CLASS CHECKLIST

 10 min

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