

CHOCOLATE AND AVOCADO PUDDING

Makes 12 student servings

Ingredients:

- 3 ripe avocados
- 1 cup milk
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- ½ cup honey
- ¼ cup unsweetened cocoa powder (NUT FREE) taste and add more as needed

Directions:

1. Have a student pit and peel ripe avocado and place in a food processor or blender.
2. Add milk to desired consistency, add vanilla, cinnamon, honey, and cocoa powder.
3. Have a student pulse the mixture until very smooth and creamy.
4. Serve in plastic cups.



DID YOU KNOW?

Avocados are a fruit and are considered a berry!

DID YOU KNOW?

Ancient Mesoamerica, present day Mexico and the birthplace of chocolate



DID YOU KNOW?

Horchata is often made with rice, but in some cultures it is made with ground melon seeds

HORCHATA

Makes 12 servings

Ingredients:

- ½ cup uncooked white rice
- ½ tsp of cinnamon
- 1 cup milk
- 4 oz (1/3 can) evaporated milk
- 4 oz (1/3 can) sweetened condensed milk
- 3 and 1/3 cups water
- Cups for serving

Directions:

1. Soak the rice and cinnamon stick in 1 cup of water for 10 minutes in a blender.
2. After soaking, blend water, rice and cinnamon stick until mixture is smooth.
3. Allow to settle, and then slowly pour liquid into a bowl, so that the solids stay in the bottom of the blender.
4. Add the remaining water (2 1/3 cups), milk, evaporated milk, and condensed milk to the bowl.
5. Stir mixture with a spoon and blend until smooth.
6. Pour into individual cups and sprinkle with cinnamon if desired. Enjoy!

SHOPPING LIST

Ingredients to buy:

- 3 ripe avocados
- 1 cup milk
- ¼ cup unsweetened cocoa powder (NUT FREE)
- ½ cup uncooked white rice
- ½ tsp of cinnamon
- 1 cup milk
- 4 oz (1/3 can) evaporated milk
- 4 oz (1/3 can) sweetened condensed milk
- 3 and 1/3 cups water

Ingredients in the bin:

- Plastic cups
- Cinnamon
- Honey
- Vanilla


OBJECTIVES

- Name at least one food fact in Latin America
- Name a fact about chocolate
- Make a healthier version of chocolate pudding

COOKING PRO


For baking, the type of cocoa you use does matter because of the acidity. If a recipe calls for baking soda, for example, natural cocoa powder works fine, because the acidity in the cocoa activates the baking soda. If a recipe calls for baking powder (or both baking powder and baking soda), then it probably also calls for Dutch-processed cocoa powder.

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.

DEVELOPMENT

 5-7 min

- The staple food in all of Latin America is corn. Tons of corn are consumed in various forms. Millions of people receive nourishment and culinary pleasure from cornmeal and maize flour in the form of arepas, tacos, enchiladas, and burritos. Corn may have originated in Mexico, but because to the expansion of ancient civilizations like the Aztec, Maya, and Inca, this crop expanded throughout Latin America and has since assimilated into the region's cuisine and culture.
- The first wild chili plants were found in Latin America, and through the efforts of European immigrants including the Portuguese, Spanish, and, to a lesser extent, the Italians, chilies quickly became one of the region's most important exports. The majority of our food was peppered with black, white, and green peppercorns, the original desi spice, before chiles were introduced to India!
- To produce one pound of chocolate, 400 cocoa beans are required.

STAR INGREDIENT: CHOCOLATE



- Cacao beans come from the cacao tree, scientifically known as Theobroma cacao, which means "food of the gods" in Greek.
- Cacao beans were so valuable to early Mesoamericans that they were used as currency.
- A farmer must wait four to five years for a cacao tree to produce its first beans.
- Eating dark chocolate with high cocoa content in moderation can deliver antioxidants and minerals and may help protect you from heart disease.
- The bioactive compounds in cocoa may improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.
- Chocolate comes from a fruit tree; it's made from a seed.


STAR TECHNIQUE: SOAKING

- What is soaking? Soaking is a technique used to moisten and soften seeds, beans and grains.
- Why is it important? Rice, and other grains, are actually really hard to digest. Soaking helps our tummies digest and absorb the nutrients better!
- What tools are used to soak? Water, jar or mixing bowl!
- How long should you soak rice for? Ideally you want to soak rice for minimum of 12 hrs. Occasionally, you may soak even longer!

DEVELOPMENT

- Tamales: Tamales are a cherished dish during the holiday season. In countries like Mexico, Central America, and Colombia, families gather to make tamales, which are filled with savory ingredients like meat, cheese, or vegetables, wrapped in corn husks, and steamed. It is a labor-intensive but joyous activity that brings families together.
- Sparkling Cider and Champagne: To toast the new year, many Latin American families enjoy sparkling cider or champagne. It's a time to raise a glass, make wishes, and celebrate with loved ones.
- Christmas in Latin America is a time of joy, religious traditions, and delicious food. Here are some culinary traditions associated with Christmas:
 - Panettone: Panettone is a sweet bread originally from Italy that has become a staple in many Latin American countries. It's a tall, fluffy bread filled with dried fruits and nuts. Families gather to enjoy panettone during Christmas breakfast or as a dessert.
 - Ponche Navideño or Christmas punch, is a warm and aromatic beverage enjoyed during the holiday season. It is made with fruits like apples, oranges, and guavas, spices such as cinnamon and cloves
 - Rosca de Reyes: In many Latin American countries, especially Mexico, the tradition of "Rosca de Reyes" takes place on January 6th, known as Epiphany or Three Kings' Day. It is a sweet bread shaped like a wreath or oval, decorated with colorful candied fruit. Hidden inside the bread are small figurines representing baby Jesus. Whoever finds a figurine in their slice of bread becomes the host of a future celebration called "Dia de la Candelaria" and is responsible for providing tamales to the guests.

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