

LITTLE ORANGE CAKES

Serving Size: 12 servings, 1 cake per student

Ingredients:

- $\frac{3}{4}$ cup all-purpose flour (NUT & SESAME FREE)
- 1 tsp baking powder
- $\frac{1}{8}$ tsp salt
- $\frac{1}{4}$ cup applesauce (egg replacement)
- $\frac{1}{2}$ cup sugar
- zest of 2 medium oranges
- 4 tbsp or $\frac{1}{2}$ stick butter, melted
- $\frac{1}{2}$ tsp vanilla extract
- 12 foil muffin tins

PREP BEFORE CLASS:

Preheat oven to 350°F. Wash orange. Melt butter by placing on top of oven (plastic bowl) or inside oven (metal bowl).

Directions:

1. Have students measure the flour, baking powder, and salt in a bowl.
2. Have a student zest the orange into a small dish, then add to dry ingredients.
3. Add applesauce and sugar into a separate bowl, then whisk the mixture until well combined.
4. Have a student measure and add vanilla and butter to the egg replacement and sugar mixture.
5. Combine the dry ingredients with the wet ingredients, $\frac{1}{3}$ at a time, and then stir until *just* combined.
6. Equally divide the batter between muffin tins.
7. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes. Enjoy!

DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



DID YOU KNOW?

During the 19th century, red gazpacho was created when tomatoes were added to the ingredients.

GAZPACHO

Serving Size: 12 servings, $\frac{1}{3}$ cup per student

Ingredients:

- 2 large tomatoes
- 1 large English cucumber
- 1 large bell pepper
- 2 garlic cloves
- $\frac{1}{2}$ cup basil leaves
- 1 lemon
- 1 tbsp olive oil
- Salt and pepper to taste
- 12 plastic cups

PREP BEFORE CLASS:

Wash tomatoes, cucumbers, and pepper. Cut veggies into 12 equal pieces. Prepare the blender.

Directions:

1. Pass one piece of cucumber, bell pepper, and tomato to each student. Instruct students to dice each vegetable into small cubes. Have a student collect all vegetables into a bowl.
2. Then, add half of the vegetables to the blender.
3. Have students pull basil leaves and add them to the blender.
4. Peel and mince garlic. Add garlic to the blender.
5. Have students juice lemon into the blender, and add salt and pepper.
6. Blend half of all veggies and herbs until the mixture is smooth. Mix with remaining chopped veggies to add some texture.
7. Distribute $\frac{1}{3}$ cup servings in plastic cups and enjoy!

OBJECTIVES

- ☑ Give one example of traditional Portuguese dish
- ☑ Describe the process of zesting by using today's recipes as an example
- ☑ Describe the benefits of applesauce

SHOPPING LIST

Ingredients to buy:

- 2 medium oranges
- 2 large tomatoes
- 1 large English cucumber
- 1 large bell pepper
- 2 garlic cloves
- 1 bunch basil
- 1 lemon
- ¼ cup applesauce
- 1/2 stick butter
- ¾ cup flour (NUT & SESAME FREE)
- 1 tsp baking powder

Ingredients in the bin:


- Salt
- Pepper
- Sugar
- Vanilla extract
- Olive oil
- 12 foil muffin tins
- 12 plastic cups

STAR INGREDIENT: APPLESAUCE



- What is apple sauce?
Apple sauce, in its simplest form, is cooked apples. As such, it has many of the same nutrients that fresh whole apples have.
- In some recipes for baked goods, apple sauce can be used as a substitute for fat or eggs.
- Applesauce can be a healthy food choice, as it is a good source of fiber, vitamin C and antioxidants.
- The process of making applesauce is simple – apples are peeled, cored, and cooked until soft, then mashed or pureed.
- Applesauce has a long history, dating back to medieval Europe.

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, guess what we are making, and which cuisine the recipes belong to?
- Discuss that today we are going to talk about the country of Portugal. Key Qs: Can anyone guess what language the people of Portugal speak? Portuguese! In fact, Spain is right next door, so their cultures have a big influence on one another. Many of the words in each language sound familiar but that does not mean they are both the same. Where is Portugal located and who are its neighbors? Portugal is the westernmost country in Europe and is surrounded by the Atlantic Ocean on two sides. The only country that touches Portugal is Spain, which is right to the east.
- Seafood is a staple in Portuguese cuisine, due to the country's long coastline.
- Portuguese cuisine is also known for its desserts, such as leite-creme (a custard pudding), bolo-rei (a Christmas cake), and arroz doce (rice pudding).



LESSON 4: PORTUGUESE CUISINE

COOKING PRO

Another egg substitute is chia seeds: For one egg, mix 1 tablespoon of ground chia meal with 3 tablespoons water or other liquid. Stir and let sit until the mixture becomes gelatinous.



STAR TECHNIQUE: ZESTING

- Today's recipe contains a really cool cooking technique – Zesting!
- Zesting means to grate small amounts of something, usually citrus peels, and add it to a recipe for flavor.
- Which tools do you use to zest? grater, zester.
- What types of food do you zest? Citrus peels, like orange, lemon, lime, or grapefruit.
- Why do we zest ingredients? Adding zest to a dish adds lots of juicy flavor without adding extra liquid from the juice. Zest can be added on top of a dish for decoration. It looks a little like orange confetti!



DEVELOPMENT

🕒 5-7 min

- As you are completing the Little Orange Cakes recipe discuss Star Ingredient and Star Cooking Technique. Applesauce can be used as an egg substitute because they both provide a liquid-y texture.
- As you are transitioning to the Green Bean Fries, discuss the traditional Portuguese dishes. Key Q's: What Portuguese dishes do you know? Has anyone ever tried food from Portugal before?
- Introduce and discuss common ingredients used in Portuguese cooking, such as:
 - Bacalhau (salted cod): One of the most popular ingredients in Portuguese cuisine, it is used in a variety of dishes and has a long history in the country's culinary traditions.
 - Olive oil: Portugal is known for producing high-quality olive oil, which is a fundamental ingredient in many Portuguese dishes.
 - Chouriço: A type of smoked sausage, often made with pork, garlic, and paprika. Chouriço is used to add flavor to stews, rice dishes, and soups.
 - Piri-piri: A hot chili pepper commonly used in Portuguese cuisine to add spice and heat to dishes. It is often used in marinades and sauces.
- Present a few popular Portuguese dishes to the students, such as:
 - Pastéis de Nata: A delicious custard tart with a crispy pastry crust, typically enjoyed as a dessert or snack.
 - Caldo Verde: A traditional Portuguese soup made with potatoes, kale, and chouriço.
 - Bacalhau à Brás: A classic Portuguese dish made with salted cod, eggs, onions, and potatoes, often garnished with olives and parsley.
 - Gazpacho (gahz-pa-choh): a cold soup made with uncooked vegetables that are blended up until smooth. People love to eat this cold soup during the hot summer months!

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