



LESSON 21:

FLATBREAD & CHAKALAKA

FLATBREAD

Ingredient	Students Per Class		
	10	15	20
All purpose flour 	3 1/4 cups	4 3/4 cups	6 1/2 cups
Salt	1 tsp	1 1/2 tsp	2 tsp
Olive oil	1/4 cup	1/3 cup	1/2 cup
Warm water	1 cup	1 1/2 cup	2 cups
Cornmeal	1 tbsp	1 1/2 tbsp	2 tbsp

 :Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE COOKING:

Preheat the oven to 450 degrees F. Foil and grease a baking sheet.

Directions:

1. Combine flour and salt in a bowl and combine. Add water and olive oil. Mix with a fork until dough comes together
2. Place the dough on a lightly floured surface. Knead by hand until a smooth ball has formed. Allow students to take turns kneading.
3. Divide the dough into enough piece for each student to have one.
4. Have the student use their hands to flatten each ball of dough to about 1/8 inch thickness.
5. Lightly dust the baking sheet with coarse cornmeal. and place the dough onto the baking sheet.
6. Have the students poke the top of the dough with a fork.
7. Bake for 10 minutes then pull the dough out. Using the back of a spoon, spread an even layer of olive oil on each flatbread, flip them, and return to the oven for another 10 minutes or until golden and crisp.
8. Enjoy!

DID YOU KNOW?

Flatbreads are likely the 1st type of processed food made by humans! It dates as far back as 6000 years ago.




DID YOU KNOW?

Cucumbers can help keep your breath fresh. They contain compounds that can fight bad breath!

CHAKALAKA

Ingredient	Students Per Class		
	10	15	20
Large cucumber	1	1 1/2	2
Large bell pepper	1	1 1/2	2
Lemon	1/2	3/4	1
Dill pickles	1/2 cup	3/4 cup	1 cup
Vegetarian baked beans	1 can	1 1/2 cans	2 cans
Siracha	1 tbsp	1 1/2 tbsp	2 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp

 :Make sure it is Peanut, Nut, and Sesame FREE

PREP BEFORE CLASS:

Wash all veggies. Open the can of baked beans. Have cutting boards and mixing bowls ready.

Directions:

1. Cut the cucumber and pepper into large pieces and distribute to the students. Have students dice their vegetable. Collect vegetables in a large bowl.
2. Dice pickle slices and add to bowl. Add baked beans.
3. Have a student measure the Siracha sauce and salt, and add to the bowl
4. Squeeze the lemon juice into a separate bowl. and remove any seeds. Add to the large bowl.
5. Allow students to take turns mixing until everything is evenly combined.
6. Enjoy!

LESSON 21: SOUTH AFRICA

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Cucumber
- Bell Pepper
- Lemon

Pantry Staples:

- All purpose flour
- cornmeal
- Vegetarian Baked Beans
- Dill Pickle Slices
- Siracha hot sauce

Ingredients in the Bin:

- Salt
- Olive oil

OBJECTIVES

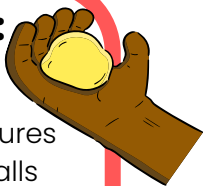
- ☒ Introduce the theme of Tasty Travels
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in South African cooking
- ☒ Talk about South Africa fun facts

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 South African Cuisine
 - Do you have any favorite South African dishes?
 - Can anyone guess what dishes we may be making with the ingredients today?
 - Flour, Olive oil, Pickles, Cucumber, Bell Pepper, Beans, Chili sauce
- Discuss a few popular South African dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
 - Bobotie: A spiced, minced meat bake topped with dried fruit and egg custard.
 - Pap: A porridge made from corn meal, similar to polenta
 - Braai: South African barbecue. Usually involves cooking sausages, lamb, and steak over an open fire
 - Malva Pudding: A jammy and caramelized sponge cake usually served with custard or ice cream.

STAR TECHNIQUE: ROLLING



Rolling means shaping mixtures into smooth, even-sized balls before baking, cooking, or serving. This helps ensure that all pieces are equally proportioned and that they bake evenly. This also helps up to be able to then shape the balls into other forms like flat disks. We can use our hands to roll, but sometimes we might use a scoop or spoons.

ENGAGEMENT TIPS



When making dough, let students explore by stretching and shaping it before flattening. This keeps them engaged and helps them get comfortable handling it.



Split measuring into smaller parts so everyone gets a turn. For example, have a few students each measure part of the ingredient.



Before juicing, have students roll the lemon on the table 5 times. Count “1-2-3-4-5 PASS!”



EXPLORING COMMON SOUTH AFRICAN INGREDIENTS



- Atchar: a South African condiment, primarily made from pickled unripe mangoes and chillies, and is similar to Indian pickle. These pickles provide sweetness, tang, and a good crunch to any meal they are added to!



- Samp: a food made from dried maize (corn) kernels that have been pounded and coarsely ground. It's a staple in South Africa, often cooked with beans and served as a side dish.



- Coconut Milk: often used as the base for a variety of different curries and stews. Some desserts also include coconut milk for the unique flavor and creamy texture without dairy.



- Curry Powder: The main seasoning in curry dishes, giving them a warm and sometimes spicy flavor. The use of curry powder is one of the ways that Indian cuisine has influenced the food of South Africa



- Sorghum: A staple cereal grain throughout Africa. It can be boiled like rice for a side dish or made into flour for baked goods. Sorghum is naturally gluten free, making it a great flour alternative for gluten free treats. The plant is also drought-resistant, allowing it to grow in very hot climates.



- Amasi: A traditional fermented milk product similar to yogurt. Because of the probiotic bacteria in Amasi, it can help with digestion by keeping your gut microbiome healthy. Amasi can be eaten on its own or added to grains and other dishes.

SOUTH AFRICA FUN FACTS

- South Africa is known as the "Rainbow Nation" because people speak many different languages —12 official ones, including Zulu, Xhosa, and Afrikaans!
- South Africa sits between the Atlantic Ocean and the Indian Ocean, so you can visit beaches on both sides!
- Most countries have one capital, but South Africa has three: Pretoria, Cape Town, and Bloemfontein.
- The Cuisine of South Africa is influenced by its history. In addition to traditional indigenous foods, you can taste flavors from India, The Netherlands, and France.
- South Africa is home to the Big Five animals: lion, elephant, buffalo, leopard, and rhino.



STAR INGREDIENT: CUCUMBER



- What are cucumbers? Cucumbers are refreshing, crunchy vine vegetables. Nutritionally, they are mostly made up of water, which makes them a great source of hydration.
- Where do cucumbers grow? Cucumbers are grown all over the world, but they thrive in warm climates. They're often grown in gardens, greenhouses, and farms in places like California.
- Why are cucumbers good for us? Cucumbers are low in calories and packed with water, making them great for hydration. They also contain fiber, vitamins, and minerals, which are good for your skin, digestion, and overall health.

END OF CLASS CHECKLIST

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