

LESSON 3

CHIPS, SALSA & HORCHATA

CINNAMON CHIPS

Serving Size: 12 servings

Ingredients:

- 12 flour tortillas (NUT-FREE)
- 2 tbsp butter, melted
- 2 tsp sugar
- 1 tsp cinnamon

PREP BEFORE CLASS:

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

Directions:

1. Cut tortillas into 6 triangles each.
2. Drizzle with melted butter.
3. Measure cinnamon and sugar in a small bowl and then mix. Remind students to have a level measuring spoon and not heaped.
4. Sprinkle the cinnamon sugar mix all over the tortillas.
5. Bake cinnamon chips for 8-10 minutes or until crispy.
6. Keep an eye on the oven—the sugar will burn quickly!
7. Remove from oven and allow to cool.



DESSERT SALSA

Makes 12 servings, 1/3 cup per student

Ingredients:

- 10 large strawberries
- 1 kiwi
- 3 oz canned pineapple
- 1 golden apple
- 1 lemon for juice and zest
- ½ tsp honey

DID YOU KNOW?

Kiwis are high in vitamin C, which helps fight germs!

PREP BEFORE CLASS:

Wash fruit. Peel kiwi (use a spoon to scoop out kiwi from peel). Drain canned pineapple.

Directions:

1. Divide fruit equally between students. Students will make dessert salsa on individual plates.
2. Have each student dice each fruit finely concentrating on safe knife handling and the bear claw technique. Make sure the fruit pieces are small enough to scoop!
3. Juice and zest the lemon. In a separate bowl, combine ½ tsp juice, ½ tsp zest, and the honey and whisk to make a dressing.
4. Drizzle the dressing over the fruit and toss to combine.
5. Enjoy with cinnamon chips!



DID YOU KNOW?

Cinnamon comes from the bark of a tree!





IMPORTANT

Note that this recipe requires time to prepare, so put rice and cinnamon in the water, first thing you do at the beginning of the class.



BONUS

HORCHATA

Makes 12 servings

Ingredients:

- ½ cup uncooked white rice
- ½ teaspoon 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!

DID YOU KNOW?

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

SHOPPING LIST

Ingredients to buy:

- 10 large strawberries
- 1 kiwi
- 3 oz canned pineapple
- 1 golden apple
- 1 lemon
- 2 tbsp butter
- 1 cup milk
- 12 flour tortillas (NUT-FREE)
- ½ cup uncooked white rice
- 4 oz (1/3 can) evaporated milk
- 4 oz (1/3 can) sweetened condensed milk

Ingredients in the bin:

- honey
- cinnamon
- vanilla
- sugar
- water
- 12 cups for serving

OBJECTIVES

- Identify the use of seasonings
- Explain the importance of flavor balance
- Identify the different uses of seasonings

INTRODUCTION

🕒 2-3 min

- Complete Start of the Class Checklist
- Ask the students to identify the ingredients from the recipes. Have them guess what we may be making today.
- Notice that one recipe used cinnamon as a spice but the other uses lemon juice and zest and honey as a flavor enhancer.
- Have students think of different kinds of spices that are used (e.g. pepper, oregano, rosemary, garlic powder, etc.) Discuss thoughts in pairs. Allow 2-5 students share with the class.

STAR INGREDIENT: CINNAMON

- Cinnamon comes from the inner bark of trees belonging to the Cinnamomum genus.
- The ancient Egyptians used cinnamon in their embalming process and also as a flavoring for food and drinks.
- Cinnamon was so highly prized in ancient times that it was considered a gift fit for monarchs and gods.
- In medieval Europe, cinnamon was used as a cure for everything from sore throats to the plague.
- The word "cinnamon" comes from the Greek word "kinnámōmon," which means "sweet wood."

STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique - seasoning!
- Why is seasoning important? Seasoning with different spices and flavor enhancers can change a meal from boring to exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeño, etc.
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, it's best to refer to the Flavor Star to find the best balance between savory, sweet, bitter, sour, and spicy.

DEVELOPEMENT

🕒 5-7 min

- Continue talking about spices. What is a spice? A spice is a seed, root, or bark, that has been dried (and usually ground up). Spices are used for flavoring, coloring, and preserving different foods. People have been using spices for thousands of years.
- What do you think the difference is between a spice and an herb? An herb is a leaf, flower, or stem of the plant, and many people prefer to use it fresh rather than dry. A spice is usually the seed, root, or bark of the plant, and is often dried and turned into a powder.
- Why do you think we use spices?
 - Flavor: We add spices to different recipes to add aroma and flavor to the dish. Spice can enhance the flavor of one or more ingredients and help build a “flavor profile” which is how the entire dish will taste.
 - Color: Spices can be used to add color to a dish. Turmeric is often used to add a yellow color and chili powders are used for the red color. Like herbs and flowers, people used to use different spices to color fabrics and skin.
 - Preservation: Before refrigerators, people used spices to preserve their food. Many spices have antibacterial properties, which means they can kill bacteria that can make us sick.
 - Medicine: Some spices are used as a form of medicine. For example, ginger can help when your tummy is upset.
- Spices and herbs not only add flavor and aroma to our dishes but also offer various health benefits. Here are some of the benefits of using spices and herbs in cooking:
 - Antioxidant Power: Many spices and herbs are rich in antioxidants, which help combat free radicals and reduce oxidative stress in the body.
 - Anti-Inflammatory Properties: Certain spices and herbs (like turmeric, ginger, cinnamon, and cloves) possess anti-inflammatory properties, which can help reduce inflammation in the body.
 - Digestive Aid: Spices and herbs (like Ginger, peppermint, fennel, and cumin) can aid digestion by stimulating the production of digestive enzymes and improving gut health.
 - Blood Sugar Regulation: Some spices and herbs (like cinnamon, fenugreek, and turmeric) have been found to help regulate blood sugar levels.
 - Boosted Immunity: Many spices and herbs contain compounds with antimicrobial and immune-boosting properties. Garlic, oregano, thyme, and rosemary, for example, have antimicrobial properties that can help fight against bacteria, viruses, and fungi.

COOKING PRO

Chefs taste their food as they cook to make sure it's seasoned properly. They might add more salt, pepper, or other seasonings to enhance the flavor.

ASSESSMENT

- Use questioning and observation throughout.
- Think-Pair-Share: Teacher listens to responses.
- Observe students as they complete each task and skill.
- Thumbs up and down to confirm understanding.

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