



## Share It:

# Nutty Recipes from Four Parts of the World

<b>Social Studies, Mathematics, Life Skills</b>	<b>Nutty Recipes from Four Parts of the World</b>
<p><b>Age Levels:</b></p> <p>Variable, with supervision (Mathematics geared to middle grades)</p> <p><b>Time:</b> Dependent on reading ability and recipe selected</p> <p><b>Resources:</b></p> <p>Dependent on recipe selected</p> <p><b>Objectives:</b></p> <p>Learners will:</p> <ul style="list-style-type: none"><li>• Share time and cooking talents to show love for others.</li><li>• Learn about the connectivity of the world with the regional variations in use of the same agricultural product.</li><li>• Adapt mathematical skills for practical purposes.</li></ul>	<p><b>Teachers, Caregivers or Self-Learners</b></p> <ol style="list-style-type: none"><li>1. Read the introduction</li><li>2. Review the featured regions and recipes that feature the groundnut or peanut</li><li>3. Meet with the family to consult on which recipe to cook together, under supervision.</li><li>4. Gather the ingredients.</li><li>5. Incorporate math and cooking skills into the process of purchasing and preparing a meal.</li><li>6. Serve extended family if feasible.</li></ol>

## Introduction

Ask your family to help recreate a recipe from another region using peanuts. (*If someone in your family is allergic to peanuts, substitute almonds, cashews or another paste.*)

Knowing fractions helps us as we follow a written recipe. Make sure you have a partner in the kitchen as you review the fractions, purchase or share ingredients, and cook up a feast.

## Fractions to Know and Practice

$\frac{1}{2}$  = 50% or one half of a whole

$\frac{1}{4}$  = 25% or one quarter of a whole

$\frac{3}{4}$  = 75% or three quarters of a whole

Draw a pie chart to show what these measurements would look like as part of a circle. Imagine what they would look like as portions of a cup of water.

If you have a measuring cup and spoons, explain the fractions to those who help you cook. If you do not have a measuring cup, use a jar or mug and kitchen spoon to estimate the fractions.

Look at the ingredients of the recipes with your parents. Let them help choose which recipe they can help find the ingredients for and assist you in preparing for the family. Some recipes are spicy and some sweet and some are both spicy and sweet. Choose something everyone can eat and make cooking a family affair.

Remember, when serving the meal, to serve others first before taking your portion.

# Nutty Recipes from Four Parts of the World

Use peanut butter or substitute cashew/almond butter.  
Always cook with adult supervision!

## Asian Recipe: Easy Asian Peanut Dipping Sauce

### Ingredients

- 1/2 cup creamy peanut butter
- 1/2 cup filtered water
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce (use tamari if gluten free)
- 1 1/2 to 2 tablespoons maple syrup
- 1 teaspoon toasted sesame oil

### How to Make It

1. In a mixing bowl, use a fork or whisk to mix all the ingredients together. The peanut butter will be quite stiff at the beginning, but do not worry. Just keep working it into the liquids. In a few minutes, the sauce will reach a creamy consistency.
2. Use the peanut sauce as a dip for appetizers, a salad dressing, or a sauce for noodles! Refrigerate any leftover peanut sauce for up to a week.



## **African Recipe: Gambian Domoda**

Domoda is a peanut stew eaten in the Gambia, in Southern Africa and even in Holland, over meat, vegetables and fish (usually sole).

**Serves 5**

### **Domoda Ingredients**

- 1 large onion, finely chopped
- 3 garlic cloves, finely chopped
- 3 hot chilis (chile) such as habaneros, halved lengthwise, deseeded and finely chopped
- 2 tsp tomato purée (paste)
- 400-g (14½-oz.) can plum tomatoes, coarsely chopped
- 100 g (4 oz or ½ cup) peanut butter
- 250 ml (8 fluid oz. or 1 cup) chicken stock
- 250 g (9 oz.) squash, peeled and deseeded weight, roughly chopped
- 4 x 300–400-g (10–14-oz.) pieces of sole fish with heads and skin removed
- groundnut (peanut) oil for frying
- salt

### **How to Make It**

1. To make the domoda sauce, heat 2 tablespoons of groundnut oil in a large pan and sauté the onion until it starts to brown. Add the garlic and chilies, and fry for 30 seconds. Add the tomato purée (paste) and stir continuously over the heat for 1 minute. Add the tomatoes and cook for 3 minutes.
2. Add the peanut butter, stir well and then pour in the stock. Bring to the boil, cover the pan and lower the heat. Simmer for 15 minutes, stirring every few minutes.

3. Add the squash and simmer for about 20 minutes or until the pieces are very tender when pierced with a skewer. Season to taste with salt and leave over a low heat. If the consistency of the domoda is too thick, stir in some water or extra stock.
4. Pat the soles dry with kitchen paper (paper towels), and season both sides with salt and pepper. Heat 2 cm ( $\frac{3}{4}$  inch) of groundnut (peanut) oil in a large frying pan (skillet) over a high heat and fry the fish on each side for 4–5 minutes until golden brown.
5. Drain the soles from the pan and serve with the domoda sauce.

## **Latin American Recipe: Oaxacan Black Molé**

This spicy sauce combines chocolate, nut butter and many spices to surprise the taste buds. Guests can rarely guess all the ingredients. Make it hotter or milder to suit your family. Leftover sauce will last for two weeks if kept cold, but it may not last if people love it! This recipe makes 8 cups.

### **Ingredients:**

- 4 dried ancho chilis or guajillo chilis
- 2 fresh serrano chilis
- 1 fresh Anaheim chili
- 4 cups chicken stock (or 3 cups water and 2 medium can tomato paste)
- 5 cups corn tortilla chips
- 1 medium onion, diced
- 3 garlic cloves, minced
- 7 tablespoons peanut butter (or other nut butter)
- Olive or coconut oil
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp marjoram
- 1 tsp coriander
- 3 tsp allspice
- 1 stick cinnamon
- 2 tablespoons chili pepper past or salsa (if you like it hot)
- Salt and pepper
- Toasted sesame seeds and ripe banana optional

## How to Make It

1. When made without electricity or appliances, the recipe involves many more steps. If you have modern tools, take the following steps.
2. Place the ancho chilis in a microwave safe dish for three minutes. Cover and cook on high three minutes. Drain, stem, and remove seeds. Set aside the seeds.
3. Chop fresh and dried peppers into small pieces. Remember to wash your hands well afterward and do not touch your eyes, or they will sting.
4. Chop onion and garlic. In a large saucepan, cook chopped onion over medium heat until soft, about 4 minutes. Add garlic and cook gently for 2 more minutes.
5. Crush tortilla chips into a blender. Add chicken or vegetable stock, then mix in the onion, garlic, chiles and spices. Blend.
6. Add the nut butter one tablespoon at a time, blending until it the mixture becomes a smooth liquid. If you think the peppers and spice have made it too hot, add the banana to balance out the flavor. (Remember that the chocolate will also soften it.)
7. Pour the mixture into the saucepan. Simmer for ten minutes. Be careful not to burn it.
8. Add the chocolate discs, one at a time, until melted. Stir on simmer until mixture is dark brown. Take care not to let the bottom of the pan burn. Taste the mole and wait for the “afterburn.” If you like it hotter, roast the chili seeds in a pan and add them to the mix (but for small children, this is probably plenty spicy.)

## Serving Suggestions

You may use the molé as a dipping sauce for tortillas or serve it on rice.

Some people simmer chicken in stock in a crock pot then lay the chicken alongside cooked rice on a plate. When you put the molé in a dish on the table, people can add as much or as little as they like. They can sprinkle the sesame seeds on top, for a little crunch.

## North American Recipe: Cookies

### Peanut Butter Chocolate-Chip Cookies

- 2 ½ cups
- 1 teaspoon
- 1 teaspoon
- 1 teaspoon
- 113 grams
- ¾ cup
- ½ cup
- 1 cup
- 2
- 2 teaspoons
- 1 to 2 cups
- All-Purpose Flour
- Baking Soda
- Baking Powder
- Fine Sea Salt
- Unsalted Butter
- Creamy Peanut Butter (I Used Skippy)
- Granulated Sugar
- Dark Brown Sugar (Packed)
- Large Eggs (Plus 1 Egg Yolk, at Room Temperature)
- Vanilla
- Semi-Sweet Chocolate Chips

### How to Make It

1. Preheat oven to 350 degrees. Use butter wrapper to grease two baking sheets.
2. Heat the butter until it softens. Gently beat eggs with a fork or beater.
3. Pack brown sugar tightly in a cup.
4. Blend butter, eggs, and white and brown sugars in a large mixing bowl. Fold in vanilla.
5. In a separate bowl, sift flour, soda, baking powder and salt.
6. Gently add flour mixture to wet mixture, blending it to mix all ingredients.
7. Stir in chocolate chips.
8. Using a spoon and knife, spoon the shape of the cookies onto the sheets (no more than 12-16 per sheet).
9. Bake on top shelf of oven. Check after 7-8 minutes. Cookies will continue to harden after removing them from the oven.

## No-Bake Cookies

Every American knows the smell of baking cookies. Sometimes if you are in a hurry or do not have all the ingredients, or if you have a flame but no oven, you can still make a cookie that will keep with or without refrigeration. As with all sweets, eat them only as a special treat, for the sake of your health and your teeth.

### Ingredients

- 4 ounces butter
- 4 1/2 ounces peanut butter
- 1/4 cup unsweetened chocolate baking powder
- 3/4 cup sugar
- 1 teaspoon vanilla
- 2 1/2 to 3 cups rolled instant oats
- Chopped nuts (optional)

### How to Make It

1. Melt the two butters together in a saucepan.
2. Stir in the sugar, chocolate and vanilla.
3. Mix well.
4. Stir in the oats.
5. If the mixture is runny, add more oats. If too thick add peanut butter.
6. Scoop with a spoon into 1-2 inch mounds onto waxed paper. Let set until firm to the touch.

