



Argentina

23 Oct 20

Estimadas Familias,

¡Hola! I hope everyone is well. We have been learning about Argentina. Your student has learned about the surrounding countries, landscape features, animals, the foods, regions, festivals and gauchos.

It is at this time during the unit that we would be making alfajores and dulce de leche. Here is the recipe if you want to try this recipe at home with your student.

Dulce de Leche (Latin American caramel spread)

Ingredients: Sweetened Condensed Milk

Take off the label of the condensed milk, place in a pot of lukewarm water, covered at least an inch. Place can on its side, bring to a boil, then simmer for 2 ½ hours, checking every ½ or so to ensure that the can is **always** covered with water. Take out and cool. Open and enjoy!

Easier Method: Or you could place a can of condensed milk into a slow-cooker and cover with water. Turn slow-cooker down to low and allow to simmer for 8 hours or overnight. Remove the can from the slow-cooker and allow to cool. (I use this method)

Alfajores de Argentina, Bolivia and Perú

Ingredients

2 cups all-purpose flour, plus extra for rolling
¾ teaspoon kosher salt
1 cup (2 sticks) unsalted butter, cut into chunks, room temperature
1/3 cup confectioners sugar, plus more for dusting
1 large egg

Add flour and salt to a glass bowl and whisk together to get rid of any lumps. Sift the confectioners' sugar into a separate large glass bowl to get rid of lumps. Add the butter to the confectioner's sugar and beat with an electric hand mixer until light and fluffy, about 4 minutes. Crack in the egg and beat until incorporated, scraping down the sides of the bowl. Slowly add the flour into the butter mixture and beat until just combined. Divide the dough in two and wrap in plastic wrap. Refrigerate for 30 minutes.

Preheat the oven to 350° and line 2 jelly roll or rimmed baking sheets with parchment paper. Take the dough out of the refrigerator and let soften for 5 minutes. Sprinkle your work surface with a light dusting of flour and roll out each round to ¼ inch thickness. Use a 2-inch round cookie cutter to cut out circles. Place rounds on the 2 baking sheets. Prick the center of each cookie with a fork. Bake the cookies for 15 minutes, until golden. Remove from oven and let cool for 5 minutes. Remove to a wire rack to continue until completely cooled.

To assemble, spread 1 heaping teaspoon of dulce de leche in the center of a cookie and sandwich together with another. Continue with the remaining cookies. Dust with confectioners' sugar before serving. Makes 24 cookie sandwiches.

For more information, please visit my website: www.avcultura.weebly.net
This website includes the current newsletter, recipes, calendar, fun links, and documents. Gracias. Have a great week!

Sinceramente,

Sra. Hillary