



25 Jan 24

Estimadas Familias,

Hola! Happy New Year! I hope everyone has been enjoying the snow! We completed our unit on Canada and have begun to study Brazil. Your student has learned about the animals, totem poles, celebrations, flag, language and foods. We weren't able to cook Beaver Tails in class, but I wanted to send the recipe in case you want to cook it at home. This is a very common dish throughout Canada, especially in Ottawa, Ontario. Here is the recipe:



Canadian Beaver Tails

Ingredients

½ cup warm water (110 degrees F/45 degrees C) 5 teaspoons active dry yeast 1 cup warm milk (110 degrees F/45 degrees C) 1 pinch white sugar ⅓ cup white sugar 1 ½ teaspoons salt 1 teaspoon vanilla extract 3 beaten eggs
⅓ cup melted butter 5 cups whole-wheat flour or regular 1 quart canola oil for frying 2 cups white sugar ½ teaspoon ground cinnamon, or to taste

Directions

Step 1: Mix warm water, yeast, and 1 pinch of sugar in a large bowl, and let stand until the yeast begins to foam and form a creamy layer, about 5 minutes. Stir in milk, 1/3 cup sugar, salt, vanilla extract, eggs, and 1/3 cup vegetable oil until the sugar has dissolved. Mix in about half the whole-wheat flour, and stir until the dough is too stiff to add more flour. Turn the dough out onto a floured surface, and knead in more flour until the dough is no longer sticky. Knead until smooth and elastic, about 10 minutes. Form the dough into a ball, place into an oiled bowl, and cover. Let rise until the dough has doubled in size, about 1 hour.

Step 2: Punch down the dough, knead a few times to reshape it, and pinch off a piece of dough about the size of an egg. Roll the dough ball out into an oval shape about 1/4 inch thick. Place finished fried dough on a cloth and cover while you finish rolling out the pastries.

Step 3: Heat oil in a deep-fryer or large, deep skillet to 375 degrees F (190 degrees C). Oil should be at least 4 inches deep. Combine 2 cups of sugar with cinnamon to taste in a shallow dish or pie plate, and set aside.

Step 4: Gently lower the pastries, one at a time, into the hot oil, and fry 1 to 2 minutes per side until golden brown. Blot excess oil from fried pastries with paper towels; gently press each pastry into the cinnamon sugar while still warm. Shake off excess sugar.

Feel free to visit my website: www.avcultura.weebly.com If you have any questions, please email me at: whillary@fhps.net. Have a great week!

Sinceramente,

Sra. Hillary