

Estimadas Familias,



2 Jan 22

Hola! Happy New Year! I hope you are all enjoying the beautiful weather! We have been learning about Canada. Your student has learned about the animals, totem poles, celebrations, flag, language and foods. This week, **3-6 Jan**, we will be cooking Beaver Tails in class. 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)

1 cup warm milk (110 degrees F/45 degrees C)

⅓ cup white sugar

1 teaspoon vanilla extract

⅓ cup melted butter

1 quart canola oil for frying

½ teaspoon ground cinnamon, or to taste

5 teaspoons active dry yeast

1 pinch white sugar

1 ½ teaspoons salt

3 beaten eggs

5 cups whole-wheat flour or regular

2 cups white sugar



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

BeaverTails

Flat, fried, doughy, and delicious, BeaverTails are Canada's version of the donut — and your next obsession.

Ingredients

Beavertails

- 1/2 cup warm water
- 2 packages instant yeast
- 1/2 cup sugar
- 1/2 cup warm milk
- 6 tablespoons melted butter
- 2 eggs
- 1 1/2 teaspoons salt
- 2 1/4 cups whole wheat flour
- Oil for deep-frying

Garnishes

- Cinnamon sugar (1 cup white sugar + 2 teaspoons ground cinnamon)
- White sugar
- Lemon
- Nutella
- Toasted flaked almonds

Steps

Beavertails

1. In the bowl of a stand mixer, add warm water, a big pinch of sugar and yeast. Allow to sit until frothy.
2. Into the same bowl, add 1/2 cup sugar, warm milk, melted butter, eggs and salt, and whisk until combined.
3. Place a dough hook on the mixer, add the flour with the machine on, until a smooth but slightly sticky dough forms.
4. Place dough in a bowl, cover with plastic wrap, and allow to proof for 1 1/2 hours.
5. Cut dough into 12 pieces, and roll out into long oval-like shapes about 1/4 inch thick that resemble a beaver's tail.
6. In a large, deep pot, heat oil to 350 degrees. Gently place beavertail dough into hot oil and cook for 30 to 45 seconds on each side until golden brown.
7. Drain on paper towels, and garnish as desired. Enjoy!

Garnishes

1. Toss in cinnamon sugar, in white sugar with a squeeze of lemon, or with a generous slathering of Nutella and a handful of toasted almonds.