



14 May 22

Estimadas Familias,

Namaste! In culture class we have been studying about India. Your child has learned about Mahatma Gandhi, Madre Teresa, Taj Mahal, the landscape, sports, yoga, religion, foods, spices and festivals.

Next week, May 16th-19th, we will be making Sooji Hawla and a ginger drink. Sooji is a popular sweet dish all over India. Ginger is a spice used often and this drink is refreshing. Here is the recipe for sooji:

Ingredients:

½ cup sooji (semolina flour)

¼ cup ghee (clear butter) regular butter works fine

1/3 cup sugar

1 ½ cup water

Pinch of cardamom powder

Optional: almond slivers, dried fruit (*we will not use any of these*)

Boil the water with sugar and cardamom powder in a pan over low medium heat. Bring to boil and set aside. Melt the butter in a frying pan on medium heat. Add sooji stirring constantly. This will take about 5-8 minutes. Sooji will be golden brown in color and will have a light sweet aroma. Add syrup (sugar & water mixture) slowly, the syrup will bubble and may splatter. Turn down the heat to medium low and let it cool for about 2-3 minutes. Sooji will absorb the water. Serve hot for best taste.

Ginger Beer

3 lemons, plus rind of one

One piece ginger root, about 4oz, size depends on taste

½ C sugar

Club soda or sparkling water

Peel ginger root and chop into about 2" pieces. Add ginger, juice of three lemons, lemon rind and sugar. Using a pestle and mortar, Vitamix or even food processor, blend all ingredients into a pulp. Add either club soda or sparkling water and let it steep for 10 min. Then strain into pitcher if served right away. Put in bottles with swing tops to help keep carbonation.

Below is an easy video to follow.

<https://www.youtube.com/watch?v=KzDanfzZfE4>

This is a very simple dish to make. If you would like to join us, please email me. I may only have two parent volunteers so the first two that respond can join us! Sorry for the late notice. whillary@fhps.net Here are the class times: All classes meet from 8:15-9:15 Salton's class meets on Mondays, Hollenbeck meets on Tuesdays, Bruin meets on Thursdays and da Silva meets on Thursday. You are also welcome to visit my website at: www.avcultura.weebly.com

Sinceramente,

Sra. Hillary