



3 May 23

Estimadas Familias,

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

Next week, 8-10 May, we will be making Sooji Halwa and Ginger Beer. Sooji is a popular sweet dish all over India. Ginger is a spice used often and this drink is refreshing. I will also bring in some candied ginger for a small taste. 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

1/2C 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 a 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>

If you have any questions please send me an email - whillary@fhps.net.

Sinceramente,

Sra. Hillary

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