



28 Dec 22

Estimadas Familias,

Napaykullaki! ¡Hola! I hope everyone is doing well. We have been studying Perú. Your child has learned about the surrounding countries, natural resources, animals, Machu Picchu, the Incas, landscape, the Spanish and foods. **Next week, Jan 3rd-5th, we will be cooking.** We will be sampling dulce de leche and alfajores. I will prepare the dulce de leche at home.

Dulce de Leche (Latin American caramel spread)

Ingredients: Sweetened Condensed Milk

Peel off the label of condensed milk and place the can 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 let it cool. Store in the fridge.

Alfajores de Argentina, Bolivia and Perú

Ingredients: 2 cups all-purpose flour, plus extra for rolling, $\frac{3}{4}$ teaspoon kosher salt, 1 cup (2 sticks) unsalted butter, cut into chunks, room temperature, 1 large egg, and $\frac{1}{3}$ cup confectioners sugar, plus more for dusting

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 $\frac{1}{4}$ 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 on a wire rack.

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.

I am aware of students that have allergies, but if you have any other concerns, please let me know. If you have any questions, please email me. My email address is: whillary@fhps.net. To see other recipes and documents, please visit my website at: www.avcultura.weebly.com

Kacharpari. I hope you are having a wonderful break! Happy New Year!

Sinceramente,

Sra. Hillary