

SELECTION 9

TASTE SOME SALVADORAN SNACKS

OBJECTIVE

To have a fun time making and tasting some Salvadoran snack foods.

CONNECTING ACTIVITIES

Try some of the recipes below. Before eating, say a grace, such as the following:

Gracias, Señor, por el pan.

Y da pan a los que tienen hambre, y hambre de justicia a los que tenemos pan.

Gracias, Señor, por el pan.

Thank you, Lord, for the bread.

And give bread to those who are hungry, and hunger for justice to those of us who have bread.

Thank you, Lord, for the bread.

RECIPES**Guacamole and chips**

(Recipe from Extending the Table . . . A World Community Cookbook, by Joetta Handrich Schlabach and Kristina Mast Burnett. Scottsdale, Pa. and Waterloo, Ontario: Herald Press. 1991. Page 258.)

In a bowl, chop or mash:

1 medium-sized avocado, peeled

Stir in:

1 small tomato, finely chopped

1 to 2 tablespoons minced onion

1 tablespoon lemon juice

1 clove garlic, minced or crushed

salt to taste

cilantro, chopped (optional)

1/2 fresh green chili pepper, minced (optional)*

*May substitute a few dashes of Tabasco pepper sauce

Serve as a dip with tortilla chips.

Quesadillas (kay-sah-DEE-yahss), Cheese Muffins

(Recipe from Extending the Table . . . A World Community Cookbook, by Joetta Handrich Schlabach and Kristina Mast Burnett. Scottsdale, Pa. and Waterloo, Ontario: Herald Press. 1991. Page 57.)

Salvadoran *quesadillas* bear no resemblance to Mexican *quesadillas*, which are cheese-filled tortillas. Both derive their name from the Spanish word for cheese, however, which is *queso* (KAY sew).

Salvadoran *quesadillas* are cake-like muffins that make a delightful snack or quick breakfast. This version is lighter on fat and sugar than the typical Salvadoran *quesadilla*, but the results are similar. Salvadorans use a local hard white cheese; grated cheddar or mozzarella cheese, or a combination, make an appropriate substitute.

Cream together:

1/2 cup margarine, melted

3/4 cup sugar

2 eggs

Combine in a separate bowl:

2 cups flour

2 teaspoons baking powder

Add flour mixture alternately to creamed mixture with:

1 cup milk or sour cream

Beat until smooth.

Stir in:

1 1/2 cups cheese, grated (cheddar, mozzarella, or combination)

Line 18 muffin cups with paper baking cups and fill 3/4 full of batter.

Sprinkle with:

sesame seeds (optional)

Bake at 350 degrees Fahrenheit (180 degrees Centigrade) 15 to 18 minutes until golden, or until toothpick comes out clean.

Instead of using muffin tins, batter may be baked 20 minutes in a greased 9-by-13 inch (3.5 liter) pan.

The muffins freeze well.

LEVEL: PRIMARY

SOURCE: Latin America & Caribbean Series
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**Licuados de fruta (lee QUAH thohs day FRUE tah),
Fruit shakes**

Fruit shakes prepared in blenders, which are called *licuadoras* (lee quah DORE ahs), are very common in El Salvador. People drink them at meal and snack times, using a wide variety of fruits. They are easy to make and very refreshing! My favorite ones are cantaloupe and watermelon.

Directions: In a regular-size blender container, place fruit of choice, sliced in small pieces—banana, cantaloupe, watermelon (remove seeds), papaya, pineapple, strawberries. Add a tray full of ice cubes and 1/2 cup milk and, if using cantaloupe or banana, 1 teaspoon vanilla. Blend until smooth. Serve.

**Charamuscas (cha rah MOOS kahs),
Kool-Aid Popsicles**

Charamuscas are a welcome cool treat in El Salvador's heat. Even in remote country towns that have no electricity, street vendors carrying ice chests—and ringing their bells—walk the village paths to sell *charamuscas*.

Charamuscas are easy to make and refreshing.

Charamuscas are sold in plastic bags, and eaten by tearing a small hole in one of the bag's corners and sucking the juice and ice mixture out. It may not be ecologically sound "packaging," but it does decrease illness caused by sharing cups and glasses. (In El Salvador, a large quantity of plastic bags are used. Even when purchasing a bottle of soda at the corner store, the storekeeper will pour it into a plastic baggie and stick in a straw—if you want it "to go." Soda in cans is available but not popular.)

Directions: Mix a packet of Kool-Aid or other flavored drink according to packet instructions. Pour drink mix into sandwich-size plastic baggies and knot shut. Place in freezer until frozen. Serve frozen.

**Chocobananos (cho koh bah NAH nose),
Chocolate-covered bananas**

Another cool snack Salvadoran children love—chocobananos—are sold in most corner stores and out of people's homes. They are easy to make and refreshing.

Directions: Insert wooden frozen-pop sticks into peeled bananas, whole or cut in half crosswise. Place on a tray in the freezer. When bananas are partially or completely frozen, melt semi-sweet chocolate chips. (The chocolate sticks better to the cold, hard banana.) Dip the bananas in the melted chocolate chips and/or use a spatula to cover them with chocolate. One cup of chocolate chips, melted, will cover about 3 bananas or six halves, depending on size. Eat or put back into the freezer for later.

Cucumbers in Lemon

Many Salvadoran women make their living as street vendors, selling plastic bags of cut-up fruits and vegetables. The most popular are ripe or green mangos or cucumbers served with lemon and salt, or slices of papaya, watermelon, pineapple or cantaloupe.

Directions: Peel one cucumber and slice. Place slices in plastic bag (optional) and squeeze juice of one lime or lemon (about 1 tablespoon) over slices. Sprinkle lightly with salt. Enjoy!

Hot Chocolate

Many Salvadorans (adults and children) drink hot chocolate with their evening meal, which is typically very light. Hot chocolate is also a popular drink at birthday parties. Salvadorans prepare their hot chocolate with special blocks of sweetened chocolate, sold for that purpose. They combine the chocolate with water in a saucepan and heat it until the chocolate is melted.

For North American teaching purposes, however, any kind of chocolate powder or syrup may be mixed with milk and heated. Serve hot chocolate at the "Friendship Day fiesta" (see page 17.)

Younger children may enjoy this popular rhyme and finger play about making hot chocolate. It is included in the book *Tortillitas Para Mama*, by Margot Griego, Betsy Bucks, Sharon Gilbert and Laurel Kimball. Illustrated by Barbara Cooney. New York: Henry Holt. 1981.

Hot Chocolate (English)

One, two, three, *cho-*

(Count with fingers.)

One, two, three, *-co-*

One, two, three, *-la-*

One, two, three, *-te*

Stir, stir the chocolate

(Rub hands together as if using
a hot-chocolate beater.)

Chocolate (Spanish)

Uno, dos, tres, *cho-*

Uno, dos, tres, *-co-*

Uno, dos, tres, *-la-*

Uno, dos, tres, *-te*

Bate, bate chocolate