

Year 4 Summer Food Technology – linked to the Mayan topic.

Mayan Casserole

READY IN: 20mins

SERVES: 6

UNITS: US

INGREDIENTS

Nutrition

1 cup long-grain rice,
cooked

1 (15 ounce) can
crushed tomatoes

1 can cream of
mushroom soup (no
added liquid)

1 lb ground beef,
round or sirloin

1 small onion,
chopped

$\frac{1}{2}$ small bay leaf

$\frac{1}{8}$ teaspoon oregano

$\frac{1}{8}$ teaspoon garlic
powder

$\frac{1}{8}$ teaspoon cumin

12 green olives,
chopped

3 ounces grated
cheddar cheese

DIRECTIONS

Cook rice per normal cooking instructions.

While rice cooks, brown meat and cook onions until tender.

Drain excess fat from meat.

Combine meat and onions in skillet, and add crushed tomatoes, mushroom soup, bay leaf, oregano, garlic powder, cumin, salt, pepper, olives.

Simmer together in skillet until rice is finished cooking.

Add rice, and mix all ingredients well.

Top casserole with cheese until melted.

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Mayan Fry bread

READY IN: 35mins

SERVES: 6

YIELD: 6 breads

UNITS: US

DIRECTIONS

Mix ingredients together with a fork in a medium bowl. (will be sticky).

INGREDIENTS

Nutrition

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon seasoning salt or 1 teaspoon table salt

1 cup steaming tap water

vegetable oil (for frying)

Liberally grease your hands with vegetable oil and shape dough into a ball. Leave dough in bowl and cover with a towel and set in warm place for atleast 20 minutes, but leaving longer makes the bread fluffier.

When you are ready to make the bread, heat vegetable oil, atleast 1 inch deep or deeper in a frying pan or electric skillet. (around 375 degrees) Test a small ball of dough in grease, it should float in grease, not sit on the bottom, if it doesn't immediately float, oil is not hot enough.

When oil is ready, grab a ball of dough a little bigger than a golf ball and stretch out in your greased hands until dough is flattened out about the size of a large cookie. Poke a small hole in the center of the dough with your fingers, and carefully lay in the hot oil.

Let dough brown to a golden brown before turning over and frying other side.

Drain on paper towels and serve immediately.