

MEALS AROUND THE WORLD

MEALS IN MEXICO

Bullfrog Books

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Ring! Ring!



Ring! Ring!

It is snack
time at school.

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Leo has papas.

Rosa eats a melon.

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Zoe runs to the vendor.

She buys a churro.

It is warm. It is sweet.

We go back to class.



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Ring! Ring!

Now school is out.

We go home to eat.

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Make Flan!

Make this yummy dessert from Mexico!
Be sure to get an adult to help.

Ingredients:

- 1½ cup sugar
- 6 eggs
- 2 13-ounce cans evaporated milk
- 1 14-ounce can sweetened condensed milk
- 1½ teaspoon vanilla



Directions:

1. Preheat oven to 325 degrees.
2. Put 1 cup sugar in pan on medium heat.
3. Stir until sugar browns and becomes caramel.
4. Pour caramel in round baking dish.
5. Whisk eggs.
6. Mix in the cans of both milks.
7. Add ½ cup of sugar and the vanilla.
8. Blend until smooth.
9. Pour custard mixture into the caramel pan.
10. Put pan into large glass baking dish and fill with 2 inches of hot water.
11. Bake for 45 minutes.
12. Let cool in the refrigerator for an hour.
13. To serve, turn the pan over.

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Picture Glossary



churro
A long, fried pastry with cinnamon and sugar.



salsa
A spicy sauce of tomatoes, onions, and hot peppers.



jamaica
A cold, tart tea made from hibiscus flowers.



tamales
Spiced meat in corn dough that is wrapped in corn husks or banana leaves.



papas
Potatoes or potato chips.



vendor
A person who sells things.

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