



Brazilian "Bolo de Cenoura" Mini Carrot Cakes with Oh, So Sweet Chocolate Cream Glaze

By Dylan Sabuco

Prep Time 15 / Cook Time 15 / Serves 4 - 6

Shopping List

- FRESH
- 2 large or 3 medium carrots
- EGGS
- 3 eggs ****(see allergy subs below)****
- PANTRY
- 2 C all-purpose flour ****(see allergy subs below)****
- 1 T baking powder
- 1 tsp salt
- 3/4 cup vegetable oil ******
- 1 1/4 cups granulated or brown sugar
- 1 14-oz can sweetened condensed milk ****(see allergy subs below)****
- 2 tsp dark cocoa powder ****(see allergy subs below)****
- 1 to 3 T chocolate sprinkles, optional ****(see allergy subs below)****
- HAVE ON HAND
- 1/4 C water
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water

2 C ice

Choose 1 or more of the following fresh ingredients to flavor your water:

1 cucumber

1 lime

1 lemon

1 orange

1 mint sprig

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

wet vs dry: to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

Oven

Muffin pan

Paper cupcake liners

Mixing bowls

- Measuring cups
- Measuring spoons
- Grater
- Whisk
- Toothpicks (or knife or fork) for testing cakes
- Can opener
- Pitcher
- Cutting board
- Kid-safe knife

Ingredients

Brazilian "Bolo de Cenoura" Mini Carrot Cakes with Oh, So Sweet Chocolate Cream Glaze

- 2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 T baking powder
- 1 tsp salt
- 3/4 C vegetable oil ******
- 2 large or 3 medium carrots
- 1 1/4 C granulated or brown sugar
- 3 eggs ****(for EGG ALLERGY sub 2 T flaxseeds + 1/2 C water—more info below)****
- 1/4 C water
- 1 14-oz can sweetened condensed milk ****(for DAIRY ALLERGY sub 3/4 C dairy-free/nut-free yogurt + 2 tsp granulated or brown sugar)****
- 2 tsp pure unsweetened dark cocoa powder ****(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)****
- 1 to 3 T chocolate sprinkles, optional ****(Omit for CHOCOLATE ALLERGY; for VEGAN option use 100% natural sprinkles)****

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice

Choose 1 or more of the following fresh ingredients to flavor your water:

1 cucumber

1 lime

1 lemon

1 orange

1 mint sprig

Food Allergen Substitutions

Brazilian "Bolo de Cenoura" Mini Carrot Cakes with Oh, So Sweet Chocolate Cream Glaze

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Egg: For 3 eggs, substitute 2 T flaxseeds + 1/2 C water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Dairy: For 1 14-oz can sweetened condensed milk, substitute 3/4 C plain dairy-free/nut-free yogurt + 2 tsp granulated or brown sugar. Check the label of the dark cocoa powder for dairy ingredients; use pure unsweetened cocoa powder. Use vegan 100% natural chocolate sprinkles.

Chocolate: Substitute carob powder for cocoa powder. Omit optional chocolate sprinkles.

"Water You Cooking Up?" Flavored Water

Instructions

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intro

"Bolo de cenoura" is the Brazilian version of carrot cake. This recipe includes sweet carrots, a simple cake batter, and the twist that makes it different from the classic carrot cake: CHOCOLATE! At first, chocolate and carrot cake wouldn't seem to match well together, but once you try this unique flavor combination, you will ask yourself, "why doesn't every carrot cake have chocolate added?"

measure + whisk

Start by having your kids measure **2 cups flour**, **1 tablespoon baking powder**, and **1 teaspoon salt** in a medium mixing bowl and whisk. Then, in a large mixing bowl, they can measure **3/4 cup vegetable oil**, **1 1/4 cups sugar**, **3 eggs**, and **1/4 cup water**. Whisk to thoroughly combine or until no lumps remain. Pour the dry ingredients from the first bowl into the wet ingredients in the second bowl. Whisk again.

grate + fold

Finely grate **2 to 3 carrots. Add all the grated carrots straight into the bowl of batter. Gently fold the carrots into the batter until fully incorporated. Try sneaking in some counting in Portuguese while you cook today: um (oohm), 2 dois (DOY-eess), 3 três (TREH-eess), 4 quatro (KWAH-troh), 5 cinco (SEEN-coh), 6 seis (SAY-iss), 7 sete (SEH-chee), 8 oito (OY-too), 9 nove (NOH-vee), 10 dez (DEH-iss).

scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

preheat + pour + bake

Preheat your oven to 350 F. Place cupcake liners in the wells of a muffin pan. Using a 1/4 measuring cup, scoop 1/4 cup of batter into each well. Once all the wells are filled, slide the pan into the oven and cook for 13 to 15 minutes or until a knife, fork, or toothpick can be inserted and removed from the cupcake cleanly.

cool

Remove the muffin pan and allow the cakes to cool for at least 15 minutes before trying to decorate them. If you decorate too quickly, the glaze will melt off the cake.

measure + whisk

Now, let's make the glaze! Open **1 can of sweetened condensed milk** and pour into a bowl. Then, measure **2 teaspoons of dark cocoa powder** and add that to the bowl. Finally, whisk until fully combined.

drizzle + serve

Drizzle 1 to 2 teaspoons of the Oh, So Sweet Chocolate Cream Glaze over each cake, then finish the cakes with a few **chocolate sprinkles** if using. "Bom apetite" or "Enjoy your meal" in Portuguese!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Carrots!

Hi! I'm Carrot!

"I'm at the root of this recipe! Get it? Root? Carrots are root vegetables! We grow up in dark and cozy soil. Our leaves get plenty of sunshine, though. If you grow us, it's so satisfying to pull us out of our underground home and know you'll be tasting our crunchy sweetness very soon. But you may want to wash us first! You can eat carrots raw or cook them first. Either way, you'll enjoy our flavor, texture, and color in salads, savory dishes, and desserts, like carrot cake!"

History

Before carrots were orange, they were purple, red, white, and yellow. In the 16th century (after the Middle Ages), Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by crossbreeding pale yellow carrots with red carrots. Carrots soon caught on in England as both a food and a fashion accessory. For example, it's said that ladies in the 1600s would decorate their hats with carrot tops instead of feathers!

The carrots we eat today were domesticated from a wild carrot native to Europe and southwestern Asia. No one knows exactly how old carrots are, but history traces them back about 5,000 years. They were mistaken for parsnips before the carrot was identified as a distinct vegetable. Carrots and parsnips are related but from different families. Parsnips are white and look a lot like carrots. They're also root vegetables!

When carrots were first grown many hundreds of years ago, farmers prized them for their aromatic leaves and seeds—not just the roots!

According to some sources, carrots are the second most popular vegetable in the world, behind just one other. Can you guess what's number one? Potatoes!

The longest carrot ever recorded was over 20 feet long! (The measurement included the taproot's long, skinny end.) The heaviest carrot recorded weighed over 22 pounds!

You may think rabbits love carrots naturally, and this is largely because of the popularity of the wise-cracking and charming cartoon rabbit character named Bugs Bunny. We see Bugs Bunny munching on a carrot in most scenes. In reality, if a rabbit ate a whole carrot, it would be like you or me eating 20 carrots in one sitting! Way too much! Here's another fun fact: The voice of Bugs Bunny, Mel Blanc, reportedly did not like carrots at all.

Anatomy & Etymology

Carrots belong to the Umbelliferae family, named for their resemblance to an umbrella when their leafy green stems are attached. This family includes celery, parsnip, fennel, dill, and coriander.

Carrots are root vegetables, meaning they grow underneath the ground. Their feathery leaves grow above the ground. Can you think of other root vegetables? A few of them are beets, onions, turnips, potatoes, radishes, parsnips, fennel, garlic, and jicama.

You can eat every part of the carrot. Typically we eat the root part of the plant, but the stems and leaves

are edible, too! A carrot's root can grow anywhere from 2 to 20 inches long before it's picked!

Carrots like to grow in cooler climates, not tropical, hot places. For this reason, they are usually grown in the autumn, winter, and spring months.

Baby carrots sold in grocery stores started as long carrots that were sliced and tumbled into smaller pieces to make them "baby-sized."

Carrot seeds are tiny. Find a teaspoon. How many carrot seeds do you think will fit inside? About 2,000!

A carrot plant will live for two years, meaning new crops need to be planted from seed every two years.

There are two main classes of carrots: Western and Eastern. The Western class includes four types, classified by their root shape: Chantenay, Danvers, Imperator, and Nantes. Several cultivars (varieties created by selective breeding) exist under each type. Many varieties have different colors than the typical orange. How many colors have you seen? The next time you're in the grocery store, look for these diverse carrots.

The English word "carrot" comes from the Greek word "karoton."

How to Pick, Buy, & Eat

One large carrot or a handful of baby carrots counts as one vegetable serving. Aim for three servings of veggies a day for kids and five servings for adults.

Carrots can be eaten raw, roasted, juiced, boiled, mashed, or steamed. However, they are most nutrient-dense when cooked and eaten with fat like butter or oil.

When you eat a carrot, how does it taste? Modern carrots have been bred to be sweet, which is why we often use them in baked goods like carrot cake! On the other hand, ancient carrots were bitter, not sweet. Look for firm, brightly colored carrots with smooth, firm skin. Carrots that are limp or black near the top are not fresh.

Thicker carrots may be older and tougher to eat, whereas thinner carrots are typically younger, fresher, and sweeter.

Store carrots in the crisper drawer of your refrigerator, where they will keep for a few weeks!

One of the tastiest, easiest ways to cook carrots is to toss them with melted butter, salt, honey, and garlic, then roast them at 425 F for 20 minutes.

You can grate raw carrots and add them to salads or chop them to add to soups or stews. If you boil or steam carrots, you then puree them to add to breads, cookies, cakes, or even tomato sauce to sweeten it. Carrots add natural sweetness to whatever recipe they're in (and a pretty orange color, too!).

Nutrition

Eyes! The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!). Orange vegetables and fruits have a particular nutrient called beta carotene. Beta carotene was named for the carrot itself! This nutrient converts to vitamin A inside the body, which is good for our eyes! Studies have shown that only three percent of beta carotene is released from the raw vegetable when we digest it. But

this percentage can be improved when we juice or puree raw carrots or cook them with fat like butter or oil. Carrots have the most beta carotene of any vegetable!

Teeth! The crunchiness of carrots helps clean the plaque off your teeth and gums, just like your toothbrush! Of course, this doesn't mean eating a carrot at the end of the day can substitute for brushing your teeth! Carrots also have minerals that protect the teeth.

Purple carrots include anthocyanin, an antioxidant, just like purple eggplants, blueberries, and other colorful fruits.

As with all vegetables, eating carrots helps protect us from getting sick!