



## "Magnífico" Mexican Hot Chocolate Pancakes + "Mejor" Mexican Chocolate Milk

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 10 / **Serves** 4 - 6

### Shopping List

- FRESH
- 1 lemon
- DAIRY AND EGGS
- 6 T butter **\*\***(see allergy subs below)**\*\***
- 5 C milk **\*\***(see allergy subs below)**\*\***
- 2 eggs **\*\***(see allergy subs below)**\*\***
- PANTRY
- 3 C all-purpose flour **\*\***(see allergy subs below)**\*\***
- 2 T baking powder
- 1 C granulated sugar, brown sugar, or honey
- 1/2 tsp salt
- 1 C pure unsweetened cocoa powder **\*\***(see allergy subs below)**\*\***
- 2 tsp ground cinnamon
- 3/8 tsp mild chili powder **\*\***(see allergy subs below)**\*\***
- maple syrup or honey for drizzling over pancakes, optional

### Fun-Da-Mentals Kitchen Skills

**flip:** to turn food, like a pancake or fritter, over to cook on its other side or to coat both sides of food with

batter or glaze.

**fry:** to fry in a pan in a small amount of fat.

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

**melt:** to heat a solid food so it becomes liquid, like butter or chocolate.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

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

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- Skillet
- Large mixing bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk
- Cutting board
- Kid-safe knife
- Citrus squeezer (optional)
- Heat-resistant spatula or pancake turner
- Pitcher
- Wooden spoon

## Ingredients

"Magnífico" Mexican Hot Chocolate Pancakes

- 3 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 2 T baking powder

- 1/3 C granulated sugar, brown sugar, or honey
- 1/2 tsp salt
- 1/2 C pure unsweetened cocoa powder **\*\* (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder + 2 T sugar)\*\***
- 1 tsp ground cinnamon
- 1/4 tsp mild chili powder **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- 6 T butter, melted **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)\*\***
- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- juice of 1 lemon
- 2 eggs **\*\* (for EGG ALLERGY sub 3 T ground flaxseeds + 1/2 C warm water—more info below)\*\***
- maple syrup or honey for drizzling over pancakes, optional

### "Mejor" Mexican Chocolate Milk

- 1/2 C cocoa powder **\*\* (for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder + 2 T sugar)\*\***
- 1 tsp ground cinnamon
- 1/8 tsp mild chili powder **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- 1/2 C brown sugar, granulated sugar, or honey
- 3 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

## Food Allergen Substitutions

### "Magnífico" Mexican Hot Chocolate Pancakes

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

**Dairy:** Check cocoa powder labels for small amounts of dairy. Substitute dairy-free/nut-free butter, like Earth Balance brand. Substitute dairy-free/nut-free milk.

**Chocolate:** Substitute carob powder for cocoa powder.

**Nightshade:** Omit mild chili powder.

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

### "Mejor" Mexican Chocolate Milk

**Dairy:** Check cocoa powder labels for small amounts of dairy. Substitute dairy-free/nut-free milk.

**Chocolate:** Substitute carob powder for cocoa powder.

**Nightshade:** Omit mild chili powder.

## Instructions

### "Magnífico" Mexican Hot Chocolate Pancakes

#### intro

"Hola" or "Hi" in Spanish! This week's recipe is inspired by hot chocolate. The original recipe comes from the Mayan civilization, where cocoa beans, sugar, water, and chilis would be boiled together and poured between two cups until frothy. This original hot chocolate recipe dates all the way back to 500 BCE! Keeping with the theme, our SFC version of hot chocolate will include a bit of chili powder. The combination of chili powder, cinnamon, and cocoa will surprise your taste buds!

#### measure + mix

In a large mixing bowl, measure **3 cups flour, 2 tablespoons baking powder, 1/3 cup sugar or honey, 1/2 teaspoon salt, 1/2 cup cocoa powder, 1 teaspoon cinnamon,** and **1/4 teaspoon mild chili powder.** Whisk to combine.

#### 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.

#### measure + melt + mix

In the skillet, melt **6 tablespoons of butter** and pour that into the large mixing bowl of dry ingredients. Then, measure and add **2 cups of milk,** the **juice of 1 lemon,** and crack in **2 eggs.** Stir all of the ingredients until there are no lumps.

#### fry + flip

Pour **1/4 cup of the batter** into the skillet over medium heat. Cook on each side for about 3 minutes. Look for bubbles to form on the top of your pancake as it cooks. Once the bubbles start to pop, the pancake is ready to flip!

#### serve + drizzle

Serve the pancakes with a drizzle of syrup or honey or dig in! "Buen provecho" (Bwayn proh-VAY-choh) or

"Enjoy your meal" in Spanish!

"Mejor" Mexican Chocolate Milk

measure + stir

In a pitcher, have your kids measure **1/2 cup cocoa powder, 1 teaspoon cinnamon, 1/8 teaspoon mild chili powder**, and **1/2 cup sugar or honey**. Stir to combine.

measure + pour

Measure and slowly pour in **3 cups of milk**. Stir until all the cocoa powder is fully mixed into the milk. Practice some Spanish counting while you stir: 1 uno (OOnoh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAHtroh), 5 cinco (SEENkoh), 6 seis (SAYees), 7 siete (seeEHtay), 8 ocho (OHchoh), 9 nueve (NUehvay), 10 diez (DEEehs). Pour the milk into cups and "Salud" (Sah-lood) or "Cheers" in Spanish!

## Featured Ingredient: Chili Powder!

Hi! I'm Chili Powder!

"I'm a spice made from ground dried red chili peppers! I bring a depth of flavor and color along with a bit of heat to a dish!"

Red chili peppers are used for chili powder. Chili pepper varieties include Aleppo, ancho, cayenne, chipotle, jalapeño, and others. Some of these are more familiar as being green chilis. Although they may start out green, they will eventually turn red as they ripen.

The chili powder you buy in the store is often a spice blend that includes cumin, onion, garlic, and salt. It may also be called "chili seasoning mix."

Chili powder is used in North American, Latin American, and Asian cuisine to add flavor and heat to dishes. It is the main flavor ingredient for chili con carne and is added to meat, vegetables, or sauces for enchiladas, fajitas, and tacos. It is also used as a rub or marinade for meat.

In Korean cuisine, "gochugaru," or Korean chili powder, is made from Korean chili peppers or Cheongyang peppers. Indian cuisine uses chili powder made from Kashmiri red chilis.

The capsaicin in chili peppers has anti-inflammatory properties. Vitamins A and C, iron, and potassium are found in chili powder.

Chili peppers and chili powder can cause digestive upset for some people, and eating too much of them may cause adverse effects.