

# Sticky Fingers Cooking®



## Razzmatazz Raisin Agua Drink

By Dylan Sabuco

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

## Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

**soak:** to immerse a hard food for a certain amount of time in a liquid to soften it.

## Equipment

- Pitcher
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon
- Immersion or stand blender
- Strainer (optional)

## Ingredients

### Razzmatazz Raisin Agua Drink

- 1 C golden raisins
- 1/4 C granulated sugar
- 2 C water
- 1 C fresh or frozen raspberries

2 C sparkling water

1 C ice

## Food Allergen Substitutions

Razzmatazz Raisin Agua Drink

### Instructions

Razzmatazz Raisin Agua Drink

#### measure + soak

Raisins are made by drying grapes until they shrivel into the sweet treat you've probably enjoyed. To make the raisins into a drink, we will need to soak them for a few minutes to soften them. Measure **1 cup of golden raisins** into a pitcher. Then, measure **1/4 cup sugar** and **2 cups water** into the pitcher. Stir a few times to dissolve the sugar. Set it aside, allowing the raisins to soak for at least 5 minutes.

#### blend + pour

Add **1 cup of raspberries** to the pitcher. Blend until smooth. Optionally, you can strain the drink into each cup to avoid the raspberry seeds.

#### cheers + enjoy

Finally, add **2 cups sparkling water** and **2 cups ice** to the pitcher. Cheers! Or, "¡Salud!"

## Featured Ingredient: Raisins!

Hi! I'm Raisin!

"I'm a sun-kissed grape! Well, actually a sun-dried grape, so I'm a bit more wrinkly. Laying out in the sun so long also makes me a bit darker and more sugary. We make a great snack and add a nice texture and sweetness to baked goods, cereals, and savory dishes!"

Raisins are dried grapes. Grapes are traditionally dried by the sun, although artificial dehydration may also be used. There are several grape varieties. Consequently, there are different types of raisins.

Grapes have been grown in Turkey since the 8th century, and Turkey is the largest producer of raisins worldwide. Other large raisin producers are the United States, China, and Iran.

In some places, like the UK and Ireland, the word "raisin" is used only for dried, large, dark grapes. Dried golden or green grapes are called "sultanas." And "currants" are dried, small Black Corinth (Zante currant) varieties of grapes.

Golden raisins are artificially dehydrated in a controlled environment with the correct humidity and temperature to help maintain some moisture and a lighter color.

For commercially-produced raisins, the grapes are pretreated with a dry or oil emulsion or alkaline solution that speeds up the removal of water from the inside cells to the surface of the grape, where the water can evaporate. Once the water is removed from inside the grape, they are dried in the sun, the shade, or mechanically. One mechanical technique is microwave drying, which results in a more plump raisin. The raisins are then cleaned, with stems and other debris removed.

The word "raisin" is from Middle English, borrowed from Old French, from an alteration of Latin "racemus" or "grape bunch." In Modern French, the word "raisin" means "grape," and "raisin sec" means "dried grape."

Raisins are high in sugar and carbohydrates. The drying process, which causes the water in grapes to evaporate, concentrates the natural sugar in raisins, making them sweeter than grapes.

Raisins are a good source of fiber and protein and have an insignificant amount of fat. Raisins contain a moderate amount of copper, potassium, iron, and vitamins B2 and B6.

The ASPCA cautions dog owners that raisins (and grapes) can be toxic to and cause kidney failure in some dogs.