



## Super Speedy Horchata

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

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

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

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

### Equipment

- Pitcher
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Whisk
- Can opener

### Ingredients

#### Super Speedy Horchata

- 8 C water
- 1 7-oz can sweetened condensed milk **\*\***(for DAIRY ALLERGY sub 1 7-oz can coconut milk)**\*\***
- 1/4 C rice flour, like Goya brand
- 1 tsp pure vanilla extract **\*\***(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

- 1/2 tsp ground cinnamon
- 1/2 C sugar, to taste
- ice

## Food Allergen Substitutions

### Super Speedy Horchata

**Dairy:** For 1 7-oz can sweetened condensed milk, substitute 1 7-oz can coconut milk.

**Celiac/Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Super Speedy Horchata

#### intro

"Horchata" is Mexican "rice water," and it tastes like rice pudding! Yum! The original recipe requires you to use actual rice, which takes a full day to make. This is a fast, refreshing Sticky Fingers Cooking® version using rice flour instead!

#### fill + measure + whisk

Have your kids pour **3 cups of water** into a pitcher, then measure and add **1/4 cup rice flour, 1 teaspoon vanilla extract**, and **1/2 teaspoon cinnamon**. Whisk well to ensure there aren't any clumps.

#### add + pour

Have kids add the remaining **5 cups of water**. Now, have them pour in **1 can of sweetened condensed milk** and about **1/2 cup of sugar** to taste. Stir and mix well. Serve over ice. "Salud" (Sah-lood) or "Cheers" in Spanish!

## Featured Ingredient: Rice!

Hi! I'm Rice!

"I'm just a little grass seed but loved the world over! I'm Rice! I'm an essential part of the diets of almost every culture! You may have eaten me with Mexican tacos, Korean bibimbap, Indian curries, Mongolian fried rice, Southern Creole gumbo, Filipino adobo, Hawaiian poke, or Japanese sushi, just to name a few!"

History & Etymology

Rice is a grain or grass, like wheat, millet, or barley. It was first cultivated in China somewhere between 6,000 and 9,000 years ago.

Rice is a seed from a grass species, usually *Oryza sativa* or Asian rice. The other domesticated rice species is *Oryza glaberrima* or African rice. African rice has been grown for 3,000 years and is hardier, more pest-resistant, and nuttier tasting rice than Asian rice.

Rice is a staple food and supplies as much as half of the daily calories for half the world's population. In many countries, they eat rice at every meal. No wonder a few Asian countries value rice so highly that some of their translations of the word "eat" or "meal" also mean "rice."

China consumes the most rice worldwide. Annually, Asians eat over 300 pounds of rice per person, and Americans eat about 26 pounds per person.

Rice is the second-highest worldwide crop produced after maize (corn). However, since maize is mainly grown for purposes other than human consumption, rice is the most important grain for human consumption.

The English word "rice" comes from Middle English which comes from the Old French "ris," from the Italian "riso," and finally, from the Greek "oruzo."

## Anatomy

Most types of rice are annual plants, meaning they live only one year. But several types of rice can survive and produce grains for up to 30 years.

Rice is often categorized by its size—either short, medium, or long grain. Short grain, or japonica rice, has the highest starch content and makes the stickiest rice, while the long grain, or indica variety, is lighter and tends to remain separate when cooked.

In addition to japonica and indica, there are two other categories: aromatic and glutinous. Aromatic is a medium to long-grained rice that generally results in a light and fluffy texture. Varieties in this category include Basmati and Jasmine, which you can find in grocery stores (more about these below). Glutinous rice (also called sticky, sweet, or waxy rice) has very low amylose (starch component) content, making it very sticky when cooked.

Rice is also classified by its milling process. White rice has been milled the most, having had its hull (or husk), bran, and germ layers removed. Brown or whole grain rice has been milled to remove its hull, and rough or paddy rice has not been milled at all and cannot be consumed.

There is an abundance of different kinds of rice—globally, over 120,000 varieties.

Rice cultivation is suited for countries with low labor costs and high rainfall as it is very labor-intensive and needs large amounts of water to grow.

## How to Pick, Buy & Eat

Brown rice is 100 percent whole grain and, therefore, the most nutritional of the many different forms. Brown rice retains the bran and germ because it is not milled as much as white rice, which loses a lot of

nutrients in the milling process. However, brown rice takes longer to cook, about 45 minutes, compared to white rice, which takes 15 to 20 minutes.

Aromatic rices, named because they have distinct flavors and aromas (especially while cooking), include Basmati and Jasmine. Basmati is long-grained rice from India. It contains a compound also present in freshly baked bread and pandan spice and has nutty, spicy, and floral flavors. Jasmine rice is long-grained rice from Thailand and Cambodia. It also has the same compound found in Basmati rice and is similar but perhaps adds more of a grassy floral and slightly sweeter fragrance to a meal. Some people describe its flavor as close to popcorn. Jasmine is also stickier.

Arborio is short-grained rice from Italy. Its grains remain firm when cooked and are chewy and creamy. Arborio rice is often used in making risotto and rice pudding because of its creamy texture and starchy taste that goes well with other flavors.

Rice is truly an international food, found in the cuisines of just about every country. It is often served as a side dish but can also be a vital component of main dishes and desserts.

Rice flour is made from finely ground rice. It is a thickening agent that prevents liquids from separating in refrigerated and frozen foods. Rice noodles used in many Asian dishes are made with rice flour, and you can also find it in desserts, like "mochi" and other rice cakes. It is a gluten-free alternative to wheat flour.

## Nutrition

Rice is a complex carbohydrate with very little sodium or fat, and it supplies 20 percent of the world's food energy.

Rice contains several B vitamins and manganese. Brown or whole grain rice is more nutritious than white rice, but white rice is often enriched by adding some B vitamins and iron back in. Brown rice is also high in magnesium, phosphorus, protein, and fiber.