



## Magnífico Mexican Tofu Mole + Crispy Corny Cakes

By Dylan Sabuco

**Prep Time 20 / Cook Time 35 / Serves 4 - 6**

### Shopping List

#### FRESH AND FROZEN

1 block extra firm tofu (fresh or shelf-stable) **\*\* (see allergy subs below)\*\***

1 medium tomato (your choice of type)

2 green onions

2 C frozen or canned corn kernels (1 15-oz can)

#### DAIRY

shredded cheese, optional for sprinkling on top (cotija, monterey Jack, cheddar, or a cheese blend **\*\* (see allergy subs below)\*\***)

#### PANTRY

1/2 C + 2 T vegetable oil **\*\***

1 T ground cumin + more if needed

1 tsp mild chili powder + more if needed

1 tsp pure unsweetened cocoa powder + more if needed **\*\* (see allergy subs below)\*\***

2 C vegetable stock OR 1 vegetable bouillon cube **\*\*** + 2 C water

2 tsp salt + more if needed

1/2 tsp ground black pepper + more if needed

1 C all-purpose flour **\*\* (see allergy subs below)\*\***

1 tsp baking powder

- HAVE ON HAND
- 1/2 C water + more if needed
- "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

**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!

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

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**chop:** to cut something into small, rough pieces using a blade.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**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).

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

## Equipment

- Pitcher
- Cutting board

- Kid-safe knife
- Measuring cups
- Large pot + lid
- Measuring spoons
- Liquid measuring cup
- Whisk
- Wooden spoon or spatula
- Spoon(s) for tasting
- Frying pan or skillet
- Large mixing bowl
- Dry measuring cups
- Heat-resistant spatula

## **Ingredients**

### "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

### Magnífico Mexican Tofu Mole

- 1 block extra firm tofu (fresh or shelf-stable) **\*\* (for SOY ALLERGY sub 2 C button mushrooms)\*\***
- 1 medium tomato (your choice of type)
- 2 green onions
- 2 T vegetable oil **\*\***

- 1 T ground cumin + more if needed
- 1 tsp mild chili powder + more if needed
- 1 tsp pure unsweetened cocoa powder + more if needed **\*\***(for CHOCOLATE ALLERGY sub 1 tsp carob powder)**\*\***
- 2 C vegetable stock OR 1 vegetable bouillon cube + 2 C water **\*\***
- 1 tsp salt + more if needed
- 1/2 tsp ground black pepper + more if needed
- shredded cheese, optional for sprinkling on top (cotija, monterey Jack, cheddar, or a cheese blend)  
**\*\***(Omit for DAIRY ALLERGY)**\*\***
- water, if needed to dilute sauce

### Crispy Corny Cakes

- 2 C frozen or canned corn kernels (1 15-oz can)
- 1 C all-purpose flour **\*\***(for CELIAC/GLUTEN ALLERGY sub 1 C gluten-free/nut-free all-purpose flour)**\*\***
- 1 tsp baking powder
- 1 tsp salt
- 1/2 C water
- 1/2 C vegetable oil **\*\***, divided

## Food Allergen Substitutions

"Water You Cooking Up?" Flavored Water

Magnífico Mexican Tofu Mole

**Soy:** For 1 block of extra firm tofu, substitute 2 C button mushrooms. Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

**Chocolate:** For 1 tsp pure unsweetened cocoa powder, substitute 1 tsp carob powder.

**Celiac/Gluten/Wheat/Soy:** Check vegetable stock or vegetable bouillon labels for possible allergens and, if necessary, use water only.

**Dairy:** Omit optional cheese for sprinkling on top.

Crispy Corny Cakes

**Celiac/Gluten/Wheat:** For 1 C all-purpose flour, substitute 1 C gluten-free/nut-free all-purpose flour.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

## Instructions

### "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.

### Magnífico Mexican Tofu Mole

#### intro

Hola! Today, "mole" (MO-lay) is on the menu! Mole is a thick sauce with thousands of preparations. You can make mole with tons of ingredients; some recipes even have 300 ingredients, and take days to cook. The signature ingredients in mole are chocolate and peppers. Our version will have much less than 300 ingredients, but we will combine cocoa and chili powder to kick off our flavor adventure! Vamos! Let's dive into making mole!

#### chop + sauté

Start by roughly chopping **1 block of extra firm tofu**, **1 medium tomato**, and **2 green onions**. Then, drizzle **2 tablespoons of vegetable oil** into a large pot over medium heat. Add all the chopped vegetables and tofu to the hot oil. Stir a few times, then cover with a lid while you gather the rest of the ingredients.

#### measure + simmer

Next, measure **1 tablespoon cumin**, **1 teaspoon mild chili powder**, **1 teaspoon cocoa powder**, **2 cups vegetable stock** OR **1 vegetable bouillon cube** plus **2 cups water**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** into a liquid measuring cup. Then, pour all the measured ingredients into the pot with the vegetables. Stir a few times to combine all the ingredients. Reduce the heat to medium-low and simmer for 10 to 15 minutes.

#### t.a.t. + sprinkle

After the 10 to 15 minutes have gone by, the mole should be a thick and flavorful sauce. If you need to adjust the flavor be sure to t.a.t (taste + adjust + taste). Using a clean spoon, taste the mole, adjust the seasonings to your liking by adding more if not flavorful enough or adding water if too flavorful, then finally taste once more to be sure it's perfect. Serve the Magnífico Mexican Tofu Mole alongside **Crispy Corny Cakes** with an optional **sprinkle of shredded cheese!** "Buen provecho" (Bwayn proh-VAY-choh) or "Enjoy

your meal" in Spanish!

## Crispy Corny Cakes

### measure + mix

Start by measuring **2 cups corn kernels, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon salt, 1/2 cup water,** and **1/4 cup vegetable oil** into a large mixing bowl. Whisk to combine.

### fry + serve

Pour the remaining **1/4 cup of oil** into a frying pan over medium heat. Carefully pour **2 tablespoons of the batter** for each corn cake into the heated and oiled pan using a tablespoon to scoop. Cook the batter until bubbles form in the batter, about 3 minutes. Then, flip the cake and cook for another 2 minutes. Repeat until all the batter is used. You can cook 3 to 4 cakes at a time. Serve alongside **Magnífico Mexican Tofu Mole!** Be sure to dip the corn cakes in the mole for added flavor and fun!

## Featured Ingredient: Chocolate + Cocoa!

Hi! I'm Chocolate!

"Hello! Let me introduce myself! I can be dark brown, light brown, or even white. I'm sometimes bitter, sometimes a little sweet, and often very sweet. I add flavor and excitement to many other foods! Have you guessed yet? I'm Chocolate! You may be familiar with me from candy bars or chocolate sundaes, but I can liven up many other foods, too, including chili, butter, and milk!"

### History

The cacao (kahKOW) tree is native to equatorial South America and the rainforests of Mesoamerica. It was first used 5,300 years ago by indigenous people in South America. Mesoamericans who lived in the rainforests of Mexico and Central America domesticated the tree about 1,500 years later. They drank chocolate as a bitter beverage—far from the sweet treat most of us are familiar with today.

The Mayan people of Central and South America used cocoa as currency and as medicine: it was very valuable, just like vanilla! In fact, it was so precious that they made counterfeit cocoa beans out of clay and avocado seeds!

The Aztec people are a nomadic tribe in Northern Mexico. When the Aztec empire began to expand, they demanded that the Mayan people pay tribute to them through gifts of cacao.

The Aztec people ruled until Spaniards arrived and conquered the land and its people. The Spanish explorers took cacao beans back to Europe, where they experimented by adding cinnamon and sugar to sweeten it. For a long time, only aristocratic people enjoyed chocolate.

Princess Maria Theresa married Louis the 16th from France and gave him chocolate as a wedding present! Demand for chocolate soon grew very fast, and as a result, people were enslaved on plantations to grow cacao to meet the high demand.

In 1847, Joseph Fry invented the first chocolate bar. By 1907, Hershey was manufacturing millions of

chocolate kisses each day.

Cacao trees grow best in the rainforest underneath the branches of taller trees. However, they won't bear fruit until they are at least three to five years old.

Most early Spanish sources refer to chocolate as "cacahuatl" (cah-cah-Hwat), which translates to "cacao water."

The word chocolate comes from a combination of a Mayan word for hot, "chocol," and an Aztec word for water, "atl."

## How Chocolate is Made

All chocolate comes from the beans of the cacao tree. Cacao trees produce pods containing pulp-covered seeds. Before cacao is processed, it would be hard for most of us to recognize it as chocolate! This is because the pulp-covered seeds taste bitter and raw and look nothing like the chocolate products we see in stores.

The seeds go through a process called fermentation, and then they are dried and made into nibs before being turned into chocolate.

A cacao pod contains about 30 to 50 almond-sized seeds—enough to make about seven milk chocolate candy bars!

After roasting and grinding cocoa beans, chocolate liquor is left, which is about equal parts cocoa solids and cocoa butter. After the cocoa butter is mostly extracted, the result is dry cocoa solids. Cocoa powder is the powdered form. Natural cocoa is a light brown color and tastes bitter.

Dutch chemist Coenraad van Houten created the "Dutch process" method in the early 19th century to reduce the acidity in natural cocoa powder by treating the beans with alkaline salts. As a result, Dutch process cocoa is less bitter and has a dark brown color.

## How to Enjoy Cocoa & Chocolate

You can add unsweetened cocoa to milk with sugar, honey, or stevia for a delicious and warming beverage. You can also add it to smoothies for a delicious chocolaty taste and an extra hit of magnesium and polyphenols.

Chocolate comes in many forms: bars, kisses, chips, powder, shavings, puddings, syrups, and sauces. Unconventional chocolate flavor pairings: cardamom, lavender, wasabi, chili, chipotle, sea salt, lime, matcha, curry, ginger, mint, figs, fennel, sesame, parmesan, and Earl Grey tea. Seriously, what doesn't go well with chocolate?! Can you think of any other fun and delicious pairings?

## Nutrition

Dark chocolate helps protect your heart, blood, and brain! To get the full health benefits of chocolate, choose at least 85% cocoa content or higher. The higher percentage makes the chocolate more bitter, but those bitter compounds, called polyphenols, are antioxidants that provide several health benefits. Many people prefer very dark chocolate!

Polyphenols help prevent heart disease by maintaining healthy blood pressure levels, keeping vessels flexible and allowing the blood in our body to flow easier (good circulation), and reducing inflammation. In addition, they help control blood sugar levels, lower cancer risk, and boost immunity. Polyphenols also promote good digestion.

Cocoa is a great source of magnesium. We need magnesium for good health! For strong bones, healthy teeth, and as a building block for proteins within the body.

Cocoa can protect our teeth?! Cacao contains antibacterial elements that fight tooth decay. However, this is true with unsweetened cocoa only, as most mass-produced chocolate has a lot of sugar. We know what sugar does to our teeth—it causes decay!

One study has shown that the smell of chocolate may actually relax you by increasing theta waves in the brain!