



## **Sweet Portuguese "Pastel de Feijão" Tarts+Avocado Mousse+Creamy-Dreamy-Greenie Smoothies**

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 25 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH AND FROZEN

☐ 4 avocados

☐ 2 frozen bananas

☐ DAIRY AND EGGS

☐ 2 eggs **\*\*(see allergy subs below)\*\***

☐ 2 14-oz cans sweetened condensed milk **\*\*(see allergy subs below)\*\***

☐ PANTRY

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

☐ 1 pinch salt

☐ 1 15-oz can navy beans, or other small white beans **\*\*(see allergy subs below)\*\***

☐ 1 1/2 C + 1 pinch granulated sugar

☐ 1 T cornstarch

☐ 2 dashes pure vanilla extract **\*\*(see allergy subs below)\*\***

☐ HAVE ON HAND

☐ 4 C water

### **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).

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

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

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

**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).

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

## Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Can opener
- ☐ Liquid measuring cup
- ☐ Blender (or mixing bowl + immersion blender)
- ☐ Paper cupcake liners
- ☐ Blender (or pitcher/liquid measuring cup + immersion blender)
- ☐ Blender (or pitcher + immersion blender)

## Ingredients

## Sweet Portuguese "Pastel de Feijão" Tarts

### ☐ Dough:

☐ 2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free flour)\*\***

☐ 1 avocado

☐ 1 pinch salt

☐ 1 pinch granulated sugar

☐ 1/4 C cold water

### ☐ Filling:

☐ 1 15-oz can navy beans, or other small white beans, drained and rinsed **\*\*(for LEGUME ALLERGY sub 1 15-oz can pumpkin purée)\*\***

☐ 1 1/2 C granulated sugar

☐ 1 egg + 1 egg yolk **\*\*(for EGG ALLERGY sub 1 banana + 1 tsp baking powder)\*\***

☐ 3/4 C water

☐ 1 T cornstarch

☐ 1 dash pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

## Astonishing Avocado Mousse

☐ 2 avocados

☐ 1 14-oz can sweetened condensed milk **\*\*(for DAIRY ALLERGY sub 1 small can sweetened condensed coconut milk—more info below)\*\***

## Creamy-Dreamy-Greenie Smoothies

☐ 2 frozen bananas

☐ 1 avocado

☐ 1 14-oz can of sweetened condensed milk **\*\*(for DAIRY ALLERGY sub 1 small can sweetened condensed coconut milk—more info below)\*\***

☐ 3 C water

☐ 1 dash pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

## Food Allergen Substitutions

## Sweet Portuguese "Pastel de Feijão" Tarts

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

**Legume:** For 1 15-oz can navy beans, substitute 1 15-oz can pumpkin purée.

**Egg:** For 1 egg + 1 egg yolk, substitute 1 banana + 1 tsp baking powder.

## Astonishing Avocado Mousse

**Dairy:** For 1 14-oz can sweetened condensed milk, substitute 1 small can sweetened condensed coconut milk OR 1 13.5-oz can coconut milk + 1/2 C sugar.

## Creamy-Dreamy-Greenie Smoothies

**Dairy:** For 1 14-oz can sweetened condensed milk, substitute 1 small can sweetened condensed coconut milk OR 1 13.5-oz can coconut milk + 1/2 C sugar.

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

## Instructions

### Sweet Portuguese "Pastel de Feijão" Tarts

#### intro

"Olá" or "Hello" in Portuguese! This week's recipe is a pie made with beans! "Pastel de feijão" (Fay-joh) is a traditional Portuguese dessert. It is made by creating a navy bean jam that's sticky and sweet, similar to the filling in a pecan pie. Then, you fill the simple pie crust with the jam and bake. The end result is a surprisingly sweet and bite-sized pie that will shock you with every bite. By the time you finish your "pastel de feijão," you will ask yourself, "Do I love bean jam?"

#### measure + mix + knead

Start with the dough. Measure and combine **2 cups flour** (reserve a few teaspoons for sprinkling at the end), **1 avocado** (pit and peel removed), **1 pinch of salt**, **1 pinch of sugar**, and **1/4 cup cold water** in a large mixing bowl with a wooden spoon. After the ingredients form a loose ball of dough, dump the contents of the bowl onto a clean counter or cutting board and start kneading. Knead for 3 to 5 minutes or until the dough is springy and not sticky. Set aside to rest.

#### scrumptious science

In the above step, you are creating gluten. Gluten is a protein strand that forms when glutamate (a precursor to the gluten in flour) mixes with water. The act of mixing the glutamate and water together

causes a reaction that results in the creation of gluten. For a moment, compare gluten to a rubber band in your mind. Both are elastic and stretchy and snap back to their original shape. These qualities are great for making cakes and other pastries. Without gluten (or a substitute), you will find a spongy, fluffy texture missing from your dish.

#### drain + blend

Drain and rinse **1 can of beans**. Measure and combine the **beans, 1 1/2 cups sugar, 1 egg, 1 egg yolk** (discard egg white or save for another recipe), **3/4 cup water, 1 tablespoon cornstarch** and **1 dash of vanilla extract** in a blender (or mixing bowl for use with an immersion blender). Blend for 3 minutes to fully combine the ingredients, especially the eggs, sugar, and cornstarch.

#### preheat + bake

Preheat your oven to 350 F. Line the muffin pan wells with cupcake liners. Press 1 tablespoon of dough into each. You want to make a cup shape by squishing the dough into shape with your fingers. Then, fill each tart shell with the bean filling (about 1 to 2 tablespoons per tart shell). The final step, keeping with tradition, is to sprinkle a dusting of flour over the top of each tart, just a thin layer of flour, not too much. Slide the muffin pan into the oven and bake for 25 minutes.

#### serve

Serve these tasty bean tarts alongside **Astonishing Avocado Mousse** for a creamy alternative to whipped cream!

### Astonishing Avocado Mousse

#### scoop + blend

Cut open **2 avocados** and remove and discard the pit (seed). Then, scoop out all the green, creamy fruit into a blender (or pitcher for use with an immersion blender). Add **1 can of sweetened condensed milk** and blend! Keep blending until your avocado and sweetened condensed milk are fully combined, creamy, and dreamy.

### Creamy-Dreamy-Greenie Smoothies

#### peel + remove pit

Peel **2 frozen bananas** and **1 avocado**. Remove and discard the pit from the avocado. Place the green, creamy fruit from the avocado in a blender (or pitcher for use with an immersion blender) along with the peeled bananas.

#### measure + blend

Measure and add **1 can of sweetened condensed milk, 3 cups water**, and **1 dash of vanilla extract**. Blend until smooth! Enjoy!

## Featured Ingredient: Avocado!

Hi! I'm Avocado!

"Hola! (Hello!) My name is Avocado, and I'm so happy to be an ingredient in your dish! Avocados can be sliced or chopped and presented naturally, or you can mash us and add lime or lemon juice, salt, cilantro, garlic, onions, jalapeños, and other seasonings to make Guacamole! The citrus juice provides flavor and also keeps us from turning brown in the air. Did you know that avocados are sometimes called Alligator Pears due to our pear-like shape and green skin?"

## History

Avocados originated in Mexico and Central America, where Spanish is the national language. Their history dates back 7,000 years. Avocado in Spanish is "aguacate!"

Avocados are now popular all over the globe and are used in all types of recipes! Most of our avocados are grown in Mexico and California. Avocado trees grow best in mild, warm climates with moderate humidity. They don't like cold weather.

The most popular avocado is the "Hass." All Hass avocados are descendants of a "mother tree" that grew in the backyard of a man's house in California.

## Anatomy & Etymology

Avocados have a seed or pit! Botanically speaking, that makes them a fruit! So, technically, avocados are berries. Berry interesting, no?

Avocados come in different shapes, from oval to pear, depending on the variety. The skin looks like fine leather, which helps them to withstand the fierce Mexican sun. It's not edible and is durable enough to protect the ripening avocado flesh inside.

Some have smooth skin, while others have a rougher, more pebbled appearance. Most are glossy green, while a few varieties turn purplish-black when ripe. But regardless of the exterior, all have a large, inedible seed surrounded by the soft, buttery, creamy-white to greenish-yellow flesh on the inside, with a delicate nutty taste!

The word "avocado" comes from the mid-17th century Spanish "aguacate," from the Nahuatl "ahuacatl," which has been combined with other words, such as "ahuacamolli," meaning avocado soup or sauce. That is how we get the word "guacamole."

## How to Pick, Buy, & Eat

Avocados grow on big evergreen trees with a beautiful crown of smooth, glossy, dark green leaves that shade the avocados from the sun. Avocados mature slowly and steadily on the tree but put off ripening until picked. One tree can produce 150 to 500 avocados per year.

Avocado trees grow best in mild, warm climates with moderate humidity. They don't like cold weather.

How to properly peel an avocado: The method you use to peel an avocado can make a difference to your health. Research has shown that the greatest concentration of carotenoids in avocado occurs in the dark green flesh that lies just beneath the skin. Therefore, you don't want to slice into that dark green portion any more than necessary when peeling an avocado. For this reason, the best method is what the California Avocado Commission has called the "nick and peel" method. In this method, you peel the avocado with your hands in the same way you would peel a banana. The first step in the nick-and-peel method is to cut into the avocado lengthwise, producing two long avocado halves that are still connected in the middle by the seed. Next, you take hold of both halves and twist them in opposite directions until they naturally separate. At this point, remove the seed and cut each of the halves lengthwise to produce long quartered sections of the avocado. Finally, use your thumb and index finger to grip the edge of the skin on each quarter and peel it off, just as you would do with a banana skin. The result is a peeled avocado that contains most of that dark green outermost flesh that is so rich in carotenoid antioxidants!

Avocado is delicious mashed and spread on toast, chopped and added to salsas, sliced and fanned across salads, and diced and added to soups. In addition, avocado can be breaded and fried and stuffed into tacos, mashed or whipped and added to desserts (like cakes and puddings (yum!)), and, of course, used as a base for countless varieties of guacamole.

## Nutrition

Good fat! Avocado is one of only a few fruits to contain fat—the special kind that's really good for you and keeps you healthy. It's a source of essential fatty acids and is mostly the same kind of healthy fat found in olive oil. What body part needs this type of fat?! The brain!

Vitamin E keeps our blood healthy!

B Vitamins help our bodies make energy!

Fiber helps to reduce blood cholesterol levels and fight heart disease!

The most nutrition in an avocado is the part of the flesh that's closest to the peel! This darker green flesh has particular nutrients called carotenoids. The Guinness Book of World Records calls the Avocado the most nutritious fruit known to man!