



## Brilliant Brazilian Lemonade

By Erin Fletter

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

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**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

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Can opener
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup

## Ingredients

Brilliant Brazilian Lemonade

- ☐ 2 limes
- ☐ 1/2 C granulated sugar, honey, or agave syrup (or 10 stevia packets)

☐ 3 T sweetened condensed milk **\*\***(for DAIRY ALLERGY sub coconut or soy cream)**\*\***

☐ 3 C water

☐ 2 C ice

## Food Allergen Substitutions

### Brilliant Brazilian Lemonade

**Dairy:** Substitute coconut or soy cream for sweetened condensed milk.

## Instructions

### Brilliant Brazilian Lemonade

#### intro

Brazilian lemonade, also known as Swiss lemonade, is actually a limeade! It is made with unpeeled lime pieces, sugar, water, and ice cubes. Some versions, including ours, add sweetened condensed milk for a creamy, refreshing drink!

#### slice + measure + add

Wash **2 limes** and cut off the ends. Slice into thin wedges or slices and place limes, peel and all, into your blender (or pitcher for use with an immersion blender). Add **1/2 cup sugar, 3 tablespoons sweetened condensed milk**, and **3 cups water**.

#### blend + count

Blend until limes have liquefied into the water and sugar while counting to 5 in Portuguese: 1 um (oohm), 2 dois (doyss), 3 três (trehss), 4 quatro (KWAH-troh), 5 cinco (SEEN-coh). Add **2 cups of ice** and blend some more, until thick and creamy, like a slushy! "Saúde" (Sow-OOH-deh) or "Cheers" in Portuguese!

## Featured Ingredient: Sweetened Condensed Milk!

Hi! I'm Sweetened Condensed Milk!

"As you can tell from my name: I'm milk; I'm sweet; and I'm condensed! Condensed means that the milk has had around 60 percent of its water removed, so it becomes dense and thick. Then, sugar is added to make it sweet. I come in a can and am able to sit unopened on your pantry shelf for one to two years so you can add me to your dessert recipes whenever you need me!"

In his travel books from the late 1200s, the explorer and merchant Marco Polo wrote about the Tatars, or

Turkic ethnic groups across Eastern Europe and Asia, who condensed milk into a paste, which would be carried around in 10-pound bags. This was probably a fermented, yogurt-like milk curd, "katyk," to which they would add water to make a drink called "ayran."

Nicolas Appert, a French confectioner and inventor, successfully condensed milk in 1820. In the United States, Gail Borden Jr invented a process in 1853, before refrigeration, to make sweetened condensed milk, allowing milk to be stored for much longer than a few hours.

Evaporated milk is a similar shelf-stable canned milk product, except it does not contain sugar and must be homogenized and sterilized by heat. In some countries, they call evaporated milk unsweetened condensed milk.

"Sweetened condensed milk" is often shortened to "condensed milk." It has many uses. Add it to hot coffee and tea instead of milk, or make Thai iced tea or Vietnamese iced coffee with it. You can make fudge and dulce de leche with condensed milk. You will also find it in caramel candy and key lime pie, and it is a main ingredient in a Brazilian confection called "brigadeiro."

You might even try adding sweetened condensed milk to the egg mixture for French toast, like our Crème Brûlée Fancy French Toast Sticks!