Thai Non-Octane Kid Iced Tea

By Erin Fletter

Prep Time 10 / **Cook Time** 5 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

Equipment

☐ Kettle or microwave

☐ Heat-safe pitcher or teakettle

☐ Dry measuring cups

☐ Wooden spoon

☐ Can opener

Ingredients

Thai Non-Octane Kid Iced Tea

☐ 4 decaf black tea bags

☐ 4 C hot water

☐ 3/4 C brown sugar

☐ 1 13-oz can coconut milk

☐ ice, crushed if you have it

Food Allergen Substitutions

Thai Non-Octane Kid Iced Tea

Instructions

Thai Non-Octane Kid Iced Tea

scrumptious science

The boiling point of water is 212 F. When water molecules reach this temperature, they have had so much energy transferred to them that they start moving quickly around (this is called a rolling boil), which we can observe with our naked eye.

heat + steep

Tea time! Heat **4 cups of water** in a kettle or microwave until hot and pour into a heat-safe pitcher or teapot. Add **4 decaf black tea bags** and let steep for at least 5 minutes and up to 30 minutes. The longer it steeps, the more concentrated the tea flavor, which enhances the taste of Thai tea!

measure + stir

After the tea cools a bit (but is still very warm), have your kids carefully take out and discard the tea bags. Then have them measure and add **3/4 cup of brown sugar** to the warm tea and gently stir to completely dissolve the sugar.

pour + top

Add **ice** to glasses and pour in the sweet, decaf Thai black tea until about 3/4 full. Then, divide **1 can of coconut milk** to top off the remainder of each glass. Stir the milk and tea together and enjoy! "Chon gâew" (Chon GOW) or "Cheers" in the Thai language!

Featured Ingredient: Coconut Milk!

Hi! I'm Coconut Milk!

"When you open up a young, unripe coconut, the liquid inside is coconut water. I'm the milky liquid you get when you grate the edible white inner flesh or pulp of a mature, ripe coconut and mix it with hot water. Coconut cream is extracted from the pulp by pressing it through cheesecloth, usually with no added water. Coconut milk and cream are good substitutes for dairy milk and cream and add a bit of coconutty flavor to soups, desserts, and drinks."

History

Coconut milk was first produced in the tropical regions of the Pacific and Indian Oceans where coconuts

grow, including Southeast Asia, Madagascar, and the islands of Oceania, possibly as long as 5,000 years ago.

South Asian, Southeast Asian, Oceanian, and East African cuisines have traditionally used coconut milk in many dishes. Its use eventually spread to the Caribbean, East Africa, Central America, and northern areas of South America.

Early on, a tool to manually scrape out the coconut flesh was needed, and the coconut grater or scraper was designed. It is still used today in the kitchens of many cultures. Hand-cranked mechanical coconut graters have been available since the mid-1800s.

Commercially produced coconut milk uses motorized coconut shredders and milk extractors.

How to Buy & Eat

Coconut cream has a higher fat content and is thicker and less watery than coconut milk. Both can be used in sweet and savory dishes.

Coconut milk is common in curries and adds creaminess to soups. It can replace dairy milk or cream in desserts.

Cream of coconut is sweet and thick, similar to sweetened condensed milk, and should not be used as a substitute for coconut milk or cream. Cream of coconut is used in cocktails, like piña coladas, and some desserts.

Nutrition

Coconut milk contains some natural sugars, fiber, and protein. It is high in fat, especially saturated fat, and is 68 percent water.

Coconut milk is rich in manganese, a mineral that helps bone and connective tissue formation. It also aids in blood clotting and fights free radicals, which can damage cells in the body.