



## Creamy Tropical Brazilian "Limonada"

By Dylan Sabuco

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

### Fun-Da-Mentals Kitchen Skills

**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).

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

### Equipment

- Blender (or pitcher + immersion blender)
- Zester (or grater with small zesting plate/side)
- Cutting board
- Kid-safe knife
- Can opener
- Liquid measuring cup

### Ingredients

Creamy Tropical Brazilian "Limonada"

- 3 limes
- 1 14-oz can sweetened condensed milk **\*\*(for DAIRY ALLERGY sub 1 13.5-oz can coconut cream)\*\***
- 1/3 C granulated sugar

4 C cold water

2 C Ice

## Food Allergen Substitutions

Creamy Tropical Brazilian "Limonada"

**Dairy:** For 1 14-oz can sweetened condensed milk, substitute 1 13.5-oz can coconut cream.

## Instructions

Creamy Tropical Brazilian "Limonada"

zest + peel

Zest **3 limes**, then peel as much of the remaining skin as possible and discard. Place the zest and the peeled limes in the bottom of a blender (or pitcher for use with an immersion blender).

measure + blend + count

Then, add **1 can sweetened condensed milk, 1/3 cup sugar, 4 cups cold water, and 2 cups ice**. Blend until smooth. Practice counting in Portuguese while the drink blends: 1 um (oohm), 2 dois (DOY-eess), 3 três (TREH-eess), 4 quatro (KWAH-troh), 5 cinco (SEEN-coh), 6 seis (SAY-iss), 7 sete (SEH-chee), 8 oito (OY-too), 9 nove (NOH-vee), 10 dez (DEH-iss)!

pour + serve

Pour into cups and serve! "Saúde" (SAH-oooh-djee) or "Cheers" (literally "health") 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!