

South America

LEVEL: MIDDLE GRADES
Source: Gibbs, Virginia G. *Latin America: Curriculum Materials for the Middle Grades*. Center for Latin America, University of Wisconsin-Milwaukee. 1985/1989.

CATEGORY: ARGENTINA: NOW

CONCEPTS: LEISURE, food

ACTIVITY: MAKING DULCE DE LECHE, A DELICIOUS CANDY.

Dulce de leche (milk candy) is an easy and finger-licking-good candy, spread, ice cream topping, etc. It is wonderful just eaten alone with a spoon. It is a national Argentine candy but can be found all over Latin America with a series of different names: manjar blanco, natillas, cajeta, etc.

OBJECTIVES: This exercise is for the pure enjoyment of being introduced to a new sweet from another culture. Students will easily realize that there are wonderful discoveries to be made in Latin America. We guarantee that they will love dulce de leche.

MATERIALS: See recipe.

PROCEDURE: The recipe for one cup of dulce de leche is below. You'll probably want to double or triple that amount for a large class. You can make it yourself to bring to class and let everyone taste, or let a group of students prepare the dulce de leche for extra credit.

Recipe for Dulce de Leche

4 cups milk
1 cup sugar

1/4 tsp. baking soda
1/4 tsp. vanilla

Bring milk to boil. Add sugar and baking soda. Bring to boil again and keep boiling constantly. Stir occasionally. When it begins to turn color (caramel) and thicken, stir carefully to keep from scorching. Mixture should become pudding-like. Add vanilla and remove from heat. Let cool. Will make about one cup of dulce.

RESOURCES: Many good Latin American recipes can be found in From Guacamole to Rocambole. Copies can be obtained by sending \$4.50 per copy (plus \$.65 for mailing) to Center for Latin American Studies, Western Kentucky University, Bowling Green, KY 42101.