



THE EDIBLE SCHOOLYARD

A program of the Chez Panisse Foundation

Sixth Grade: Alegria = Happiness

OBJECTIVES

The goal of preparing alegria in the garden is to teach the students a new way of preparing amaranth and get them cooking outside. Students will:

- learn about cooking outside over an open flame
- learn the method of popping or toasting seeds
- review the facts about amaranth from the winnowing and threshing lesson

MATERIALS

recipe written where students can see it
propane stove with two burners
two measuring cups
teaspoon measure
two large bowls
one small bowl
three wooden spoons
three or more potholders

one pan for heating honey/syrup and toasting sunflower seeds
one heavy pan for popping amaranth
a sheet pan lined with parchment paper
1 knife
sunflower seeds
amaranth
cinnamon
sweetener (honey, rice syrup, or maple syrup)

PROCEDURE

Prepare alegria for the entire class with one small working group.

This recipe makes enough to provide one class of 25–30 students with snack-sized portions.

Ingredients:

2/3 cup toasted sunflower seeds
4 cups popped amaranth seeds
1 teaspoon cinnamon
1 cup sweetener

Begin by toasting the sunflower seeds over medium heat, then set them aside in a small bowl. Turn up the stove to high heat and add the amaranth in small amounts. Pop the amaranth seeds, stirring and/or shaking the pan to keep them from burning. The seeds should not take more than 10–15 seconds to pop. Repeat this in small batches until you have enough popped amaranth for your alegria.

When your amaranth is popped, pour the sweetener into a saucepan and heat it over medium-high heat. When it gets very hot and begins to bubble, add the cinnamon and the sunflower seeds. Let the mixture bubble for a minute more and then turn the heat down to low. Stir in the popped amaranth a little at a time. When the mixture is very thick and hard to stir,



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pour it onto the sheet pan. Press it into the pan using your fingers and let it cool. When it is cool, cut it into pieces and enjoy!

CLOSING ACTIVITY

In the closing circle, serve the alegria on a platter lined with amaranth leaves. Give students who prepared the snack the opportunity to tell the class how they did it, then review all that students learned about amaranth in the previous lesson.

