

Leisure Learning
A Taste of Mexico - Class 2: DÍA DE MUERTOS
Ingredients list

PRODUCE

- 1 orange
- 125g strawberries

PROTEIN

- 6 eggs

DAIRY

- 300g butter
- 1.5L milk

BASIC COOKING INGREDIENTS

- canola oil
- non-stick cooking spray
- salt
- white sugar
- all-purpose flour

DRY GOODS

- 1.5kg flour
- 20g dry active yeast
- 1 pinch baking soda
- 800g white sugar
- 1 bottle of blossom water
- 100g semisweet chocolate (chips or chopped chunks)
- 200g cocoa powder
- ground mace
- ground cinnamon
- 1 cinnamon stick
- icing sugar
- 300g cornstarch

OPTIONAL – Materials for ofrenda de Día de Muertos

- pictures & favourite items (snack, game, book, or object, etc) of the departed family members and/or friends
- fresh or plastic marigold flowers (or similar)
- 3 small candles
- incense
- 1 glass of water

Basic kitchen tools:

Kitchen knives, Spoons and forks, 2 rubber spatulas, 3 wooden spoons, 1 medium size whisk, Vegetable peeler, 2 small mixing bowls, 2 medium mixing bowls, 1 big mixing bowl, 1 pot (6 qt), 2 sauce pans (1qt and 2qt), 2 frying pans, 3 sheet pans, 2 cutting boards, 1 strainer, Parchment paper, Plastic wrap, Kitchen towels, Kitchen Scale, Paper towel, Access to an oven and stove, Serving dishes and plates

Special kitchen tools:

Tortilla press, Hand or Stand Mixer, Blender

Optional: Electric flat top grill

****STORES WHERE YOU CAN FIND SPECIAL INGREDIENTS / MATERIALS****

Scoop and Save Fredericton: Dry chiles (guajillo, ancho), achiote, canned tomatillos, maseca, frozen banana leaves, tortilla press.

Atlantic superstore: Maseca

Sobeys: Canned chipotles in adobo

Victory Meat market & St Mary's superstore - Fredericton: Fresh tomatillos

Online orders:

Tiendita Express Canada: Dry chiles (guajillo, ancho), achiote, tomatillos, maseca.

Amazon: Tortilla press, dry chiles, canned tomatillos, achiote, maseca.

Other stores where you may find Latin American / Mexican ingredients:

Kilimanjaro African groceries - Moncton

Spice shop - Moncton