

The Mini Page

Next Week:
Do your research!

Issue 38, 2021

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Hispanic Heritage

National Hispanic Heritage Month began on Sept. 15 and continues until Oct. 15. This week, The Mini Page celebrates by learning about some Hispanic foods.

Maybe you can help your family prepare **una cena** (OOH-nah SEH-nah), or a dinner, in honor of Hispanic Heritage Month.

Who are Hispanics?

According to the U.S. Census Bureau, Hispanic means Spanish-speaking people of any race in the United States.

Most of the Hispanics in the United States are from Mexico, Puerto Rico and Cuba.

Some of our favorite foods

Hispanic foods are well-liked in the U.S. Tacos, tamales and enchiladas are just some of the foods we eat at home and in restaurants.

Different cooking customs

People from different areas of Central and South America, along with Spain and some nations in the Caribbean Sea, use different foods and cook them differently. For instance, some people from southern Mexico cook with black beans, while in some regions of Cuba, red beans are more often used.

Even in the United States, Hispanic foods may change based on which region you live in. Texans might serve more beef and **jalapeño** (hal-uh-PEHN-yo) peppers, a spicy pepper. In New Mexico, a similar dish might be made with pork and green chilies, and it might not be as spicy.

We've gathered a couple of Hispanic **recetas** (reh-SEH-tahs), or recipes. Clip them to make with your family.

Carnitas

You'll need:

- 2 pounds boneless pork shoulder, trimmed and cut into 1-inch cubes
- 1 teaspoon salt
- 1 onion, coarsely chopped
- 3 to 4 garlic cloves
- 6 whole peppercorns
- 1 teaspoon whole cumin seeds
- 1/2 teaspoon oregano
- 1 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

What to do:

1. In a large pot over medium heat, combine pork cubes and just enough water to cover the pork. Add salt, onion, garlic, peppercorns, cumin seeds and oregano; bring to a boil. (Put peppercorns and cumin seeds in cheesecloth and tie before adding to the pot.)
2. As the meat boils, a foam will rise to the surface; skim off this foam, then reduce heat to low and simmer for about 1 1/2 hours, adding water as needed to keep the pot from going dry. Do not allow it to boil. Remove from heat.
3. Allow pork to cool and remove from broth. Discard peppercorns and cumin seeds. Shred meat with two forks.
4. Mix in cinnamon, black pepper and paprika. Serve over rice or in tortillas. Serves 4.



Mexican Stew

You'll need:

- 1 tablespoon olive oil
- 1/2 cup onion, finely chopped
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 2 cups water
- 1 (15-ounce) can tomato sauce
- 2 (14.5-ounce) cans diced tomatoes with green peppers, undrained
- 4 cups shredded cooked turkey or chicken
- 1 (16-ounce) can pinto beans, drained
- 1 (15.25-ounce) can corn with liquid
- 1/2 cup light sour cream
- 1/2 cup chopped fresh cilantro (optional)

What to do:

1. Heat olive oil in a large pot; cook onions and garlic until softened.
2. Add spices and stir for 1 minute until mixed.
3. Add water, tomato sauce, diced tomatoes and shredded turkey or chicken.
4. Bring to a boil, then simmer for 5 minutes.
5. Add beans, corn, sour cream and cilantro. Simmer for 20 minutes, uncovered. Serve with optional toppings of shredded cheese or crushed tortilla. Serves 4.



Resources



At the library:

- "Let's Cook Spanish: A Family Cookbook" by Gabriela Llamas
- "A Mexican Cookbook for Kids" by Rosemary Hankin
- "The World in My Kitchen" by Sally Brown

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Try 'n' Find

Words that remind us of Hispanic Heritage Month are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



- ALMUERZO, BEANS,
- CARNITAS, CENA,
- CENSUS, COOKING,
- CUSTOM, FOODS,
- HERITAGE, HISPANIC,
- LANGUAGE, MONTH,
- OCTOBER, PEPPER,
- RECETA, SEPTEMBER,
- SIESTA, SPANISH.

J L F O O D S S B S K C V P Z
 A T S E I S S J A E U J I E A
 Z H I S P A N I C T A S M P N
 C T E G A U G N A L I N N P E
 C O E G A T I R E H W N S E C
 U C O S E P T E M B E R R R C
 S J Z K H S I N A P S C P A X
 T T L G I F O C T O B E R F C
 O I G D Q N A L M U E R Z O N
 M H T N O M G R E C E T A B V

Cook's Corner

Dessert Tacos

You'll need:

Shells:

- 2 eggs
- 1/2 cup milk
- 1/2 cup water (or a little more until it's a consistency you like)
- 1/4 teaspoon salt

What to do:

1. Mix shell ingredients together. Pour 1/3 cup of batter onto hot skillet and cook until both sides are browned and middle is cooked through.
2. Spoon yogurt and berries in the shell and roll tightly. Dust with powdered sugar.
2. To serve, let stand at room temperature for 30 minutes. Garnish as desired. Store in freezer. Serves 8.

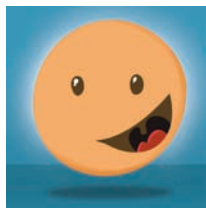
- 2 tablespoons olive oil
 - 1 cup whole-wheat flour
- Filling:
- 1 cup plain, Greek or vanilla yogurt
 - 1 cup berries of your choice
 - powdered sugar for dusting



* You'll need an adult's help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



1. look at carefully (7) _____
2. valley with steep sides (6) _____
3. it smooths your hair (4) _____
4. it protects you from rain (8) _____
5. singer and YouTuber Jojo (4) _____
6. bother (7) _____
7. Africa or Europe (9) _____

WA	TIN	LLA	CAN
URB	MINE	ENT	CON
YON	CO	UMB	SI
RE	DIST	EXA	MB

Answers: examine, canyon, comb, umbrella, Siwa, disturb, continent.

Mini Jokes



Tony: What do you call a tortilla chip that works out?
Tia: A macho nacho!

Eco Note



A wide swath of southern Brazil received a blanket of extremely rare snowfall and freezing rain that shocked many residents accustomed to a more temperate climate. The last time southern Brazil received significant snowfall was in 1957, when more than 4 feet accumulated on the ground in the state of Santa Catarina. "I am 62 years old and had never seen the snow," truck driver Iodor Goncalves Marques told Globo TV.

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For later:

Look in your newspaper for articles or notices about events taking place during Hispanic Heritage Month.

Teachers: Follow and interact with The Mini Page on Facebook!



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