

CHRISTMAS AROUND THE WORLD IN 5 DISHES!

WEEK 3



ABOUT THE CHALLENGE

For the next few weeks, we will be sharing Christmas traditions from 5 countries around the world. We will also share a traditional Christmas dish from that country for you to cook and enjoy as a family. There will also be a fun interactive online Christmas quiz to take part in!

Exploring Christmas in this way will encourage spending more quality time as a family and it could broaden your children's horizons. The activities also have potential to encourage children to experience new things and try different types of food.

Research tells us that the more time we spend with our children doing things like this, the more connected they will feel. And it is that sense of connection that serves as a protective factor against so many issues while encouraging development of resilience.

So, what are you waiting for? Let's jump straight in!

Don't forget to share pictures of your Christmas cooking antics with us via email or on social media!

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#FiveChristmasDishChallenge



Other Useful Links:



Facebook Parents Group
<https://www.facebook.com/groups/591081713029985>



Challenge Webiste (all weeks)
move-more.org/CHALLENGE-TERM2



WEEK THREE! CHRISTMAS IN MEXICO



CHRISTMAS TRADITION: CHRISTMAS IN JANUARY!

In Mexico, Christmas isn't celebrated officially until January 6th which is known as Epiphany or 'El Dia de los Reyes' meaning the day of The Three Kings. El Dia de los Reyes or simply Reyes is the day when children receive gifts from the Reyes Magos—Wise Men



or Magi—the three kings who brought baby Jesus gifts. Instead of gifts from Father Christmas, the children receive them from the Reyes Magos.

CHRISTMAS RECIPE: THREE KINGS CAKE OR TWELFTH NIGHT CAKE

During El Dia de los Reyes, families will feast on a special cake called Three Kings cake or Twelfth Night cake which has a figure of the Baby Jesus hidden inside. The lucky finder of the Jesus figure becomes the 'Godparent' of Jesus for that year. It is also traditional to hide a dry bean in the cake. While whoever finds the baby will have good luck, the person who finds the bean will have to pay for the cake!



Now that you've learnt a bit about Christmas in Mexico, why don't you take part in our fun Christmas quiz?



[HTTPS://YOUTU.BE/OCHEWFOLQAG](https://youtu.be/OCHEWFOLQAG)

QUIZ
TIME!



CHRISTMAS RECIPE:

THREE KINGS CAKE OR TWELFTH NIGHT CAKE

1. Combine yeast and water in a small bowl, stirring until dissolved, and set aside until yeast is proofed.
2. In a large mixing bowl combine the milk, sugar, and butter, stirring until dissolved.
3. Add the salt, eggs, and yeast mixture and blend thoroughly.
4. Beat in 3 cups of flour to make a smooth batter. Add additional flour to make a soft dough (dough will be very sticky).
5. Turn out onto a floured board and knead for approximately 8 minutes or until smooth and elastic, adding more flour as needed. Dough can also be made with a standing mixer and dough hook.
6. Round into a ball and place in a warm buttered bowl, turning to lightly coat top with some of the butter.
7. Cover loosely with plastic wrap and let rise until doubled. Punch down the dough and divide in half.
8. To prepare rings, divide dough in half and flatten into a long oval.
9. Spread 1/2 the jam on each oval, place a bean and an almond into ovals, and roll each piece into a rope. Join ends together leaving large oval hole in the middle.
10. Cover and let rise until double, about 1 hour. While the bread is rising, preheat oven to 350°F.
11. Bake rings for 30 minutes in the preheated oven or until golden brown and sound hollow when thumped. Remove and let loaves cool on wire racks.
12. Mix all the icing ingredients together until fluffy and well blended. To serve, frost cooled loaves with icing. Decorate with different coloured sugars or candied fruit.

Ingredients

Cake

- 2(1/4 ounce) packages active dry yeast
- 1/2 cup warm water
- 1 cup milk, warm
- 1 cup sugar
- 1 cup butter melted
- 1 teaspoon salt
- 6 eggs, beaten
- 6 cups flour (may need up to 8 cups)
- 1 1/2 cups of jam of your choice (in Mexico they would use almond filling)
- 1 dried bean and 1 whole almond (instead of a baby Jesus figurine)
- coloured sugar sprinkles (optional) or candied fruit (optional)

Icing

- 3 cups powdered sugar
- 6 tablespoons butter
- 2 tablespoons milk
- 2 tablespoons vanilla

