

Star Wars Snacks

Summer 2021

Virtual, kits for 30 registrants

Grades 1-3

Bring the Force to your kitchen as you learn to prepare a snack and a drink that are out of this Galaxy!

Additional description for online registration page: You will need oil, flour, sugar, baking powder, salt, pepper and cinnamon. Also white grape juice, blue sports drink, lemon-lime soda and frozen cherries.

POLYSTARCH PORTION BREAD

Jakku is a remote world with little to offer but heat and sand. Food is scarce, and water even more so. That makes cookin' anythin' worthwhile there a bit of a chore. However, I did manage to discover a minor culinary miracle on one of my frequent visits: instant bread. Known to the locals as "portion bread," it's a simple mix of polystarch flour and water. The chemical reaction from the polystarch and water creates a self-rising miniature loaf that would satisfy even the pickiest scavenger. Maybe the intense heat of the Jakku desert isn't the real reason, somehow, 'cause I ain't quite been able to replicate the process in my own kitchen. But with my oven at the right frequency, I've managed to come pretty close.

INGREDIENTS

- ¼ TEASPOON VEGETABLE OIL
- ¼ TABLESPOONS WHEAT FLOUR
- 1 TABLESPOON INSTANT OATS
- 1 TEASPOON SUGAR
- ¼ TEASPOON BAKING POWDER
- ¼ TEASPOON THIN FLAKES DRY SEAWEED
- PINCH EACH OF SALT AND PEPPER
- PINCH OF GROUND CINNAMON
- ABOUT 2 TABLESPOONS WATER

PREP TIME: 1 MINUTE
COOKING TIME: 1 MINUTE
YIELD: 1 SERVING
DIFFICULTY: EASY

1. Lightly grease a 6-inch microwave-safe ramekin or small bowl with the oil.
2. In a medium bowl, combine the flour, oats, sugar, baking powder, seaweed, salt, pepper, and cinnamon, followed by just enough water to hold it all together, about 2 tablespoons.
3. Quickly form into a rough ball, and place in the center of the prepared ramekin.
4. Place the ramekin in the microwave, and cook on high for 45 seconds, during which time the bread should puff up somewhat. Allow to cool slightly before eating.



HYPERDRIVE

Every once in a while, you come across a drink that takes your taste buds to a whole new galaxy. I always find the bold, fruity flavors of the Hyperdrive propel me into pure beverage bliss every time. This powerful punch was a big winner in the season and gamble away all their credits. Until they figure out how to make a digestive team of cohabit, this is probably the next best thing. Believe me, after one little sip, you're gonna wanna punch it.

PREP TIME: 5 MINUTES
YIELD: 1 SERVING
DIFFICULTY: EASY

INGREDIENTS

- ¼ OUNCES WHITE CRANBERRY JUICE OR WHITE GRAPE JUICE
- 3 OUNCES BLUE BERRY-FLAVORED SPORTS DRINK
- 1 OUNCE LEMON-LIME SODA
- 1 OUNCE BLACK CHERRY PUREE

1. Half-fill a tall glass with crushed ice, then pour in the juice and sports drink.
2. Top off with the soda, then drizzle the cherry puree over the top.
3. Serve with a straw.

