

The Ancient Mayan people enjoyed eating a range of delicious foods. This recipe book contains four key recipes from a traditional Mayan family cookbook.

Maya Hot Chocolate

Chocolate lovers will enjoy the bittersweet chocolate flavour of this traditional hot chocolate. This drink will revitalise your senses and energise your mind.

Ingredients

- 200ml hot water
- 2 cinnamon sticks
- 200g Xocoalt (chocolate paste)
- 2 tablespoons wild honey
- 1 dried chilli
- 1 vanilla pod
- 1 tablespoon ground peanuts



Method

1. Place a large saucepan over a medium heat and add the cinnamon sticks.
2. Boil the water until it is reduced by one third.
3. Remove the cinnamon sticks, add the vanilla pod and reduce the heat.
4. Pour in the Xocoalt and wild honey and mix well. Whisk occasionally until the mixture is fully combined.
5. Remove the vanilla pod.
6. Whisk vigorously to create a foam then sprinkle in the dried chilli.
7. Sprinkle the ground peanuts over the top to serve.

Mayan Spiced Pineapple Chunks

A refreshing healthy treat for all the family which can bring energy to even the most weary of Mayans.

Ingredients

- 1 large pineapple, peeled and cubed
- 1 bunch of chopped mint leaves
- ½ teaspoon of cinnamon
- ½ teaspoon of salt
- ½ teaspoon of cayenne pepper
- 1 teaspoon of wild honey
- 4 whole crushed cloves

Top Tip!

Keep cool before
serving.

Method

1. Carefully peel the pineapple and chop it into large cubes.
2. Place all of the ingredients in a large clay bowl.
3. Gently mix the ingredients together, ensuring all of the pineapple chunks are covered. Serve when ready.

Mayan Tortillas

Tortillas are easy to make and can be eaten with almost anything.

Ingredients

- 150g cornmeal
- 100ml cold water
- 1 pinch salt
- 1 tablespoon olive oil

Top Tip!

Tortilla rounds are ideally 3 millimetres thick.

Method

1. Mix all of the ingredients together in a bowl to form a soft dough.
2. Split the dough into small balls (approximately 20). Return these to the bowl for another ten minutes.
3. Roll the balls into flats rounds.
4. Fry the tortillas in a lightly oiled frying pan for around one minute on each side.
5. Serve with an accompaniment of your choice.

Cheesy Mayan Maize Soup

This soup is delicious and satisfying; a hearty meal for the whole family.

Ingredients

- ½ green pepper, chopped
- ½ onion, chopped
- 2 tablespoons butter
- 200g cream cheese
- 300ml milk
- 480g maize
- 450g cheese
- ½ red pepper
- 1 bunch coriander



Method

1. Fry the green peppers and onions in the butter.
2. Add the cream cheese and stir until melted.
3. Add the cheese, milk and maize. Stir the mixture regularly.
4. Heat until fully combined, stirring occasionally.
5. Serve and garnish with the chopped red pepper and coriander.

Section A

1. What is the purpose of the pictures shown alongside the recipes? (T4)

2. What is Xocoalt? (C6/2b)

3. How does the pineapple need to be prepared in the Mayan Spiced Pineapple Chunks recipe? (C6/2b)

4. How many whole crushed cloves are needed to make the Mayan Spiced Pineapple Chunks? (C6/2b)

5. How do the numbered steps help the reader? (T4)

6. How much cornmeal is needed to make Mayan Tortillas? (C6/2b)

7. Which of these recipes would you like to try? (R2)

Section B

8. Which words and phrases encourage the reader to make the Mayan Hot Chocolate? (C7)

9. Why does the writer include brackets after the ingredient 'Xocoalt'? (C7)

10. What is the purpose of a 'top tip'? (T4)

11. What does the term 'method' mean in this context? (C1/2a)

12. Which phrases encourage the reader to make Mayan Tortillas? (C7)

13. Why do you think the maize soup is described as a meal for the 'whole family'? (C7)

Section C

14. Use a dictionary to find the meaning of the word 'revitalise'. (L3)

15. What does the term 'weary' mean when describing the Ancient Mayans in the 'Mayan Spiced Pineapple Chunks' section? (C1/2a)

16. Find three features of instructions that you can see in the text. (T4)

17. What does the word 'hearty' mean when describing the Cheesy Mayan Maize Soup? (C1/2a)

18. Find examples of adverbs from the text. (T4)

19. Which of these recipes do you think would be the easiest to make? Explain your answer. (R2)

Section D

20. What is the purpose of the first paragraph? (T4)

21. What are imperative verbs and how are they used in instructional texts? (T4)

22. Find examples of imperative verbs from the text. (T4)

23. What equipment would you need to make the Mayan Tortillas? (P2/2e)

24. What does the word 'accompaniment' mean in this context? (C1/2a)

25. Which words and phrases from the text make the recipes sound appealing? (R3)

Section A

Put these instructions for Mayan Hot Chocolate in the correct order.

Directions	Step
Add vanilla pod to the water and reduce the heat.	
Whisk until the mixture is foamy.	
Boil the cinnamon sticks in 200ml of water until it is reduced.	
Add 200g xocoatl and wild honey to the water and whisk well.	
Remove the vanilla pod.	
Remove the cinnamon sticks from the water.	
Sprinkle ground peanuts over top and serve.	
Add dried chili.	

Section B

Tick the best answer.

Which ingredient is not used to make Spiced Pineapple Chunks?

Mint leaves	<input type="checkbox"/>	Cloves	<input type="checkbox"/>	Vanilla	<input type="checkbox"/>	honey	<input type="checkbox"/>
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Which dish is served garnished with chopped red pepper and coriander?

Tortillas	<input type="checkbox"/>	Maize Soup	<input type="checkbox"/>	Pineapple chunks	<input type="checkbox"/>	Hot chocolate	<input type="checkbox"/>
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How much cornmeal is needed to make Mayan tortillas?

150g	<input type="checkbox"/>	100g	<input type="checkbox"/>	1 pinch	<input type="checkbox"/>	1 tablespoon	<input type="checkbox"/>
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What is xocoatl?

Wild honey	<input type="checkbox"/>	Dried chilies	<input type="checkbox"/>	Chocolate paste	<input type="checkbox"/>	corn	<input type="checkbox"/>
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How does the top tip suggest spiced pineapple chunks should be eaten?

Spicy	<input type="checkbox"/>	Cool	<input type="checkbox"/>	Hot	<input type="checkbox"/>	3 mm thick	<input type="checkbox"/>
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The Mayan Cookbook – Challenge Activity

Section C

Use the information in the text to find which recipe these ingredients come from.

Ingredient	Recipe
150g cornmeal	
450g cheese	
2 tablespoons wild honey	
4 whole crushed cloves	
100ml cold water	

Section D

Use the information in the text to determine whether the statements are true or false.

Statement	True	False
Tortilla rounds are ideally 3 millimeters thick.		
The recipe for Maize Soup yields 1 serving.		
Spiced Pineapple Chunks are a refreshing treat that brought energy to tired, weary Mayans.		
Mayan Tortillas are quick and easy to make.		
Maya Hot Chocolate will help calm your mind and make you fall asleep.		
Spiced Pineapple Chunks are best enjoyed warm.		

Correct the false statements in the space below.