



Let's Learn About Ube Pandesal!

Teachers, please review this insightful background info on Ube Pandesal, (pronounced “ooh-bay-pan-duh-saal”) and share with your students in an age-appropriate way before eating the snack. Use the guiding questions to inspire discussion while your students enjoy the snack.

What is Filipino Heritage Month? Filipino heritage month is observed in Canada during the month of June to recognize, celebrate and raise awareness about the Filipino community in Canada and their valuable contributions throughout Canadian history. Whether in healthcare, business, politics, sports or the arts, the Filipino community is one of the largest and fastest-growing diasporas in Canada. Filipino Canadians have made a positive impact from coast to coast to coast. There are many ways to immerse yourself in Filipino culture during this month such as learning about Filipino and Filipino Canadian culture, experiencing Filipino film, music, and media, trying Filipino cuisine at a local restaurant or cooking a Filipino recipe at home, and connecting with your local Filipino community.



Food Memories: This delightful recipe has been shared with us by our very own Jordan Grecia, a food education chef here at Growing Chefs! Growing up, Jordan can remember eating a lot of different ube inspired foods such as halo halo (Filipino cold dessert) and pandesal. He would visit his grandma's house almost everyday where she was always cooking something and he says he can still remember the smells. Jordan would go into the kitchen looking for a snack and his grandma would offer him a delicious purple bun to help tide him over until dinner time. He says that when he was young he never asked what anything was and was just happy to eat it. As a chef now, Jordan has so much appreciation for the wonderful treats of his culture. These pandesals really bring Jordan back to being a kid!

Ube Pandesal: Pandesal is a common snack that is eaten during merienda. Merienda refers to a light meal or snack, especially one taken in the late afternoon. In many Spanish-speaking countries, including the Philippines, merienda is a cultural tradition that involves having a light meal or snack between lunch and dinner. It can include a variety of foods such as sandwiches, pastries, fruits, or beverages. Ube is a traditional Filipino sweet potato that is vibrantly purple. It is commonly used in various culinary applications, particularly in Southeast Asian and Filipino cuisine. Ube has a sweet and nutty flavor, and it is often used to make a variety of desserts and snacks. Our recipe for ube pandesal is adapted to use whole wheat flour.

We hope you enjoy this snack as much as Jordan and we do!



Guiding Questions

Junior/Intermediate/Senior:

1. Have you tasted Ube Pandasel before? How was it different? (if no one has, skip this question)
2. Have you tasted any foods that originate from Filipino cultures? Discuss the flavours and the ingredients.

Examples: Chicken adobo, Empanadas, Halo Halo

3. Does your family have any special holiday traditions or holiday foods? What are they?
4. Do you have any special meals or foods that bring back good food memories when you smell or eat them? Share your food memories!

Primary:

Sensory exploration encourages the use of descriptive language instead of just saying “yum” or “yuck”.

1. What are our five senses?
2. How does it smell?
3. How does it look?
4. How does it feel? Is it soft, crunchy, etc.?
5. Take a bite and focus on the taste. How would you describe the flavour?
6. Is anyone nervous to try new foods? Explain that’s okay. Why is it good to try new foods? Discuss the benefits.
7. Do you have any special meals or foods that bring back good food memories when you smell or eat them? Share your food memories!



Ube Pandesal

Pandesal is a slightly sweet soft bun that is traditionally eaten for breakfast or as an afternoon snack. One characteristic of most pandesal is that they are topped with bread crumbs. Chef Jordan Grecia has put together this recipe which uses Ube, a vibrantly purple sweet potato that is native to the Philippines. Ube has a slightly sweet vanilla and floral scent, and is used in many Filipino desserts. The ube buns are stuffed with Ube Halaya, a sweet Ube jam. Ube can be a little bit tricky to find, try looking at a local Asian grocery store that carries Filipino ingredients. These whole wheat pandesal are very delicious without the addition of Ube also!

Yield: 24 buns

Difficulty: Intermediate

INGREDIENTS

- 2 cups lukewarm water
- 2 teaspoons active dry yeast
- 1 teaspoon sugar + $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ cup olive oil
- 1.5 tablespoons ube extract (optional)
- 2 teaspoons salt
- 3 cups whole wheat flour
- 3 cups all purpose flour
- 1 $\frac{1}{2}$ cups ube halaya (optional)
- $\frac{1}{4}$ cup fine breadcrumbs for topping

EQUIPMENT

Baking sheet
Parchment paper
Kitchen scale
Measuring spoons
Measuring cups
Stand mixer with hook attachment
Spatula
Bowls of various sizes
Plastic wrap
Pastry brush
Dish towel

DIRECTIONS

Get Organized!

Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

- Measure out water, 2 teaspoons of sugar, and yeast directly into the bowl of the stand mixer.
- Measure out flour, oil, sugar, salt, and ube extract.
- When the yeast is foamy and activated in the bowl of the stand mixer, add the flour, salt, sugar, oil, and ube extract. Mix at low speed until the mixture forms a shaggy dough. Mix for 6 minutes on low speed, you should have a well formed dough that clings to the side of the bowl and is not too sticky.
- Transfer the dough to a large bowl with a splash of oil in it, and cover the bowl tightly with plastic wrap. Let the dough rise in a warm place for 2 hours.
- Portion the dough into 80 gram pieces (you should get about 24 buns). Flatten each piece into a round approximately the size of the palm of your hand. Cover the buns lightly with a clean kitchen towel so they do not dry out.
- In each round, place about 1 teaspoon of ube halaya, and then fold the dough round in half. Pinch well to seal the jam into the dough, and then round the bun by dragging it in a circular motion on the table, to tighten up the bottom. Be careful not to let the jam leak out, if you pinch tightly you should be good! Repeat with all of the buns.

**DIRECTIONS
CONTINUED**

- Place the buns on a baking sheet, about 2 inches apart from each other. It is okay if they touch together while they are baking. Using a pastry brush, lightly brush the top of the buns with water. Sprinkle a small amount of the breadcrumbs on top of the buns. Cover the buns lightly with a clean cloth, and let rise for 1 more hour.

Get Cooking!

Preheat the oven to 375°F. Bake the buns for 18 - 22 minutes, until they are slightly darkened on top, and they spring back when they are pressed lightly. Let cool and serve as fresh as possible.