

Fall Classic Food Adventure Guide

Kalamata is a fearless Food Adventurer and fanatic follower of baseball.

Along with her stuffed alligator pal Al Dente, she studies every at bat imagining what the biggest stars in the game may have snacked on when they were kids just like her. To Kal & Al, learning about players means a scouting report that is more about dumplings than doubles and is more likely to analyze pozole than plate appearances. They've created this activity guide so that you can learn about (and experience) the flavors familiar to the biggest sluggers and intimidating flamethrowers in the game.

- 1. Take the Taste Bud Pledge
- 2. Find players from the featured countries
- 3. Learn about each country
- 4. Find/smell/taste something new
- 5. Create your own team
- 6. Complete your certificate



Take the Pledge

Every Food Adventure starts with saying the Taste Bud Pledge!



"I promise to keep my mind open and my fork ready, to try each new food at least two times and share what's on my plate when someone doesn't have enough."



Find the Players

While you're watching the games, write in the names of as many players as you can that were born in each of these countries.

Cuba
Venezuela
Dominican Republic
Each of these countries are full of delicious food traditions that are special to kids and grown-ups. Learn more about all of it on the next pages as you:
Learn to pronounce the names of nine dishes
Tell a grown-up about your favorite one from each country
Find/smell/taste some of the key ingredients



Cuba



Key Stats:

• Capital: Havana

 Population: 11.2M (fills 263 baseball stadiums!)

• Currency: Cuban Peso

 Temperature this week (high/low): 88/71ºF

Hall of Famers:
 Tony Pérez
 Martín Dihigo
 Cristóbal Torriente
 José Méndez
 Minnie Miñoso
 Tony Oliva

Biggest Baseball Stadium:
 Estadio Latinoamericano

Dish Scouting Report:

Ropa Vieja (row-pa ve-ye-ha)

- Key Ingredients: flank steak, red bell peppers, tomatoes, olives, onions, dried oregano, cumin, black pepper, bay leaves, white vinegar
- Tasting Notes: slightly tangy, earthy, warming
- The Breakdown: served with white rice, black beans, and fried ripe plantains (maduros)

Picadillo (pee-ka-dee-yo)

- Key Ingredients: ground beef, onions, garlic, green bell peppers, tomato sauce, green olives, cumin, salt, pepper
- Tasting Notes: sweet, slightly tart, zesty
- The Breakdown: sometimes people add raisins for a touch of sweetness or add a fried egg to mix into the rice

Flan (fl-ah-n)

- Key Ingredients: evaporated milk, condensed milk, eggs, sugar, cinnamon, salt, vanilla extract, garlic, cumin, bay leaf
- Tasting Notes: sweet, toasty, milky
- The Breakdown: many cultures have their version of flan, each one reflecting the availability of local ingredients

Experience some of these flavors by finding, smelling or tasting:

cumin, cinnamon, plantains, oregano, garlic



Venezuela



Key Stats:

- Capital: Caracas
- Population: 30.5M (fills 715 baseball stadiums!)
- Currency: Venezuelan Bolívar
- Temperature this week (high/low): 82/64°F
- Hall of Famers: Luis Aparicio
- Biggest Baseball Stadium:
 Estadio Monumental de Maturín

Dish Scouting Report:

Arepa (ah-reh-pa)

- Key Ingredients: masarepa, oil, butter, salt, water, melty cheese
- Tasting Notes: savory, tangy, crunchy, nutty
- The Breakdown: can be stuffed with any combination of cheese, meats, vegetables and beans

Tequeños (teh-ken-yo)

- Key Ingredients: flour, salt, sugar, corn oil, butter, egg, semihard white cheese
- Tasting Notes: rich, salty, flaky, creamy
- The Breakdown: often served with a side of avocado salsa called guasacaca (gwa-sa-kaka) for dipping

Hallacas (ah-yah-kahs)

- Key Ingredients: smoked plantain leaves, dough (corn flour, annatto, butter, chicken broth), filling (beef sirloin roast, pork shoulder roast, bacon, onions, peppers, onions, garlic, cumin, pepper, olives, raisins, capers)
- Tasting Notes: savory, hints of sweetness, cake-like texture
- The Breakdown: this dish is a gesture of friendship and often shared with another family as a expression of kindness and pride

Experience some of these flavors by finding, smelling or tasting:

plantains, garlic, cumin, cilantro, avocado



Dominican Republic



Key Stats:

• Capital: Santo Domingo

 Population: 11.1M (fills 260 baseball stadiums!)

• Currency: Dominican Peso

 Temperature this week (high/low): 90/72°F

Hall of Famers:
 Vladimir Guerrero
 Juan Marichal
 Pedro Martínez
 David Ortiz

 Biggest Baseball Stadium: Comité Olímpico
 Dominicano

Dish Scouting Report:

Sancocho (san-ko-cho)

- Key Ingredients: meat of your choice (beef, chicken, pork, goat), vegetables of your choice (plantains, yams, corn, yautia, yucca, kabocha pumpkin), limes, cilantro, garlic, salt, oregano
- Tasting Notes: savory, smooth, warm, hearty
- The Breakdown: This warm and hearty dish is often served on some of the hottest days to make everything seem cooler

Tres Golpes (tr-es goal-pehs)

- Key Ingredients: fried Dominican salami, sunny side-up-egg, fried cheese, mangú {mahn-goo} (mashed plantains), red onions, oil and vinegar, avocado
- Tasting Notes: savory, sweet, tangy
- The Breakdown: the direct translation is "three hits"

Bandera Dominicana (ba-de-rah doh-mee-nee-kah-na)

- Key Ingredients: white rice, red beans, salt, garlic, oregano, tomato sauce, red bell pepper, onion, cilantro, braised beef or chicken, avocado slices, tostones (tos-to-neh-s; fried plantains) and salad with vinegar based dressing
- Tasting Notes: rich, savory, sour, complex
- The Breakdown: this dish translates directly to "Dominican Flag" and every ingredient represents each part of the nation's symbol

Experience some of these flavors by finding, smelling or tasting:

cumin, yams, oregano, garlic, plantains



Create a Team

Get creative with Kal & Al as you build your own dream team that represents you, from the name and uniform to what you think would be on the menu for the fans.

Alliteration makes it extra fun, so Al Dente's career goal is to be the Assistant

General Alligator for the Hoboken Hoagies.

Name Your Team:	+
City Where You Live	Food That Starts With The Same Letter

Make Your Menu: List the three signature items that are special to you that you'd want served at the concession stand in your ballpark. 1. 2. 3.





