

CHRISTMAS AROUND THE WORLD IN 5 DISHES!

WEEK 1



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 ONE! CHRISTMAS IN DENMARK



CHRISTMAS TRADITION:

OPENING ALL PRESENTS ON CHRISTMAS EVE!

Unlike in the UK, Christmas presents in Denmark are brought in for children on the 24th of December. These presents are delivered by Julemanden (Father Christmas in Danish). Julemanden is often assisted by a group of elves known as "Nisse" who are very naughty – almost as naughty as the "Elf on a Shelf" – as they like to mess around in the home.



CHRISTMAS RECIPE:

DANISH CHRISTMAS RICE PUDDING OR 'RIS À LA MANDE',

If you love rice pudding you will love this tradition in Denmark. Most families make a 'Ris á la mande', a special rice pudding served for dessert on Christmas Day. What makes this tradition so special? A whole almond is hidden in the rice pudding and whoever finds it gets a present! Recipe below.



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



[HTTPS://YOUTU.BE/6SSGUR89PKM](https://youtu.be/6SSGUR89PKM)

Q U I Z
T I M E !



Instructions

1. In a saucepan add rice and water. Heat up and let it boil for about 2 minutes.
2. Add the milk to the pudding and heat up until boiling while constantly stirring.
3. Add vanilla paste.
4. Let the pudding simmer under a lid at low heat. The rice has a tendency to burn to the saucepan so remember to stir regularly. Let it simmer for about 35 minutes. The rice pudding is now done. Let it cool in the fridge before you proceed to make the Ris á la mande. Rice pudding can be made a day in advance.

Ingredients

Ingredients for rice pudding:

- 225ml short-grained white rice (pudding rice)
- 100ml water
- 1l milk
- 1 tbsp vanilla paste

Ingredients for Ris á la mande

- 150 g almonds
- 2 tbsp sugar
- 500ml heavy cream
- Any fruit or chocolate sauce for topping

Ris á la mande:

1. Heat some water until boiling point and pour it in a small bowl. Add the almonds and let them soak in the hot water for about 5-7 minutes. One-by-one take the almonds up and press them between two fingers so that the peel separates from the almond. Add more hot water if needed. It should be easy to skin the almonds.
2. Coarsely chop the almonds and mix them with the cold rice pudding.
3. In a separate bowl, whisk the heavy cream into whipped cream and gently mix the it with the rice pudding. The Ris á la mande is now done. Put it in the fridge until serving.

Serve the Ris á la mande with a warm fruit or chocolate sauce. If you want to play the traditional Danish almond-game (mandelgave), leave a whole almond without the peel in the Ris á la mande whoever gets the whole almond wins a small prize!



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All Challenge Resources



Facebook Parent Group

