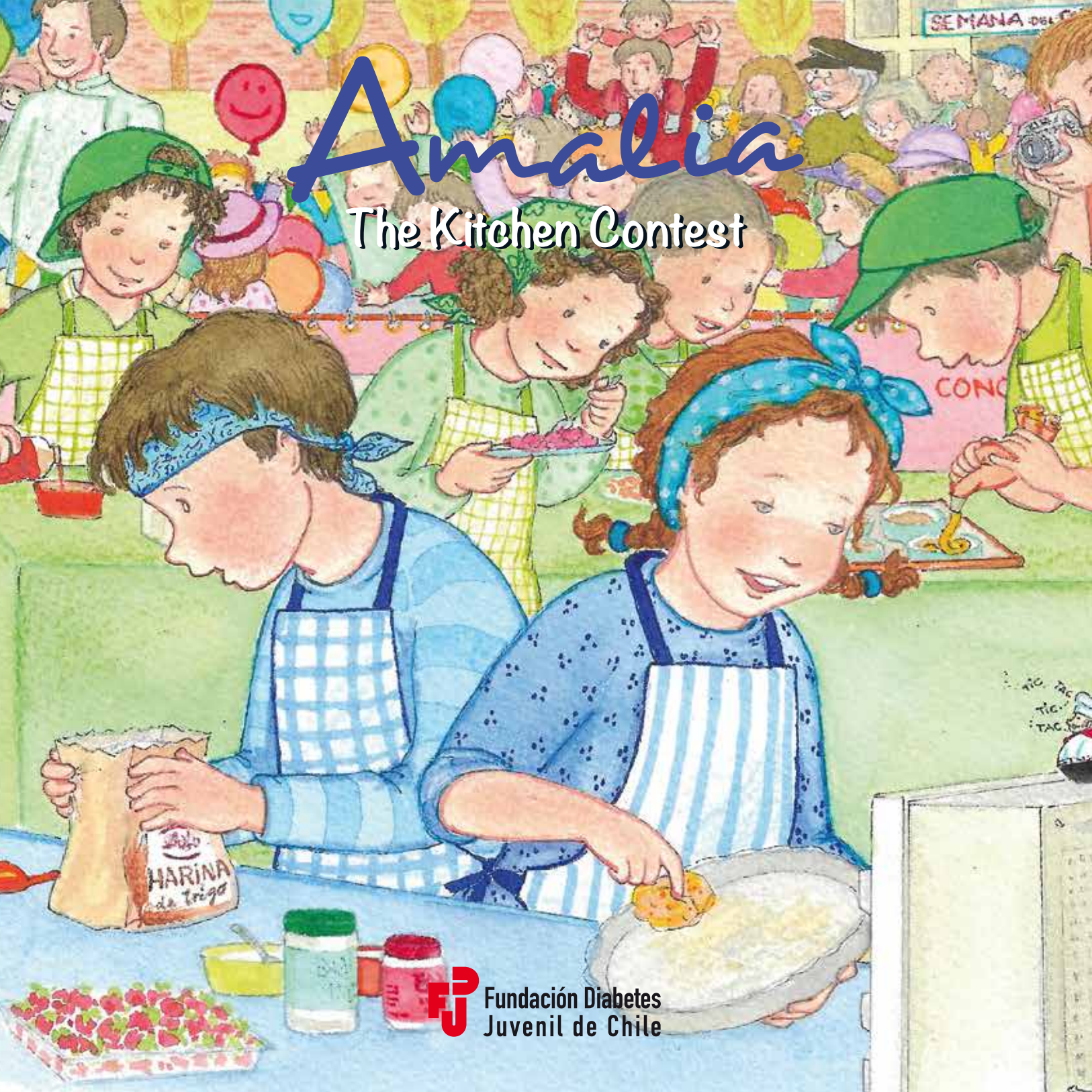


# Amalia

## The Kitchen Contest



Fundación Diabetes  
Juvenil de Chile

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# Amalia

## The Kitchen Contest



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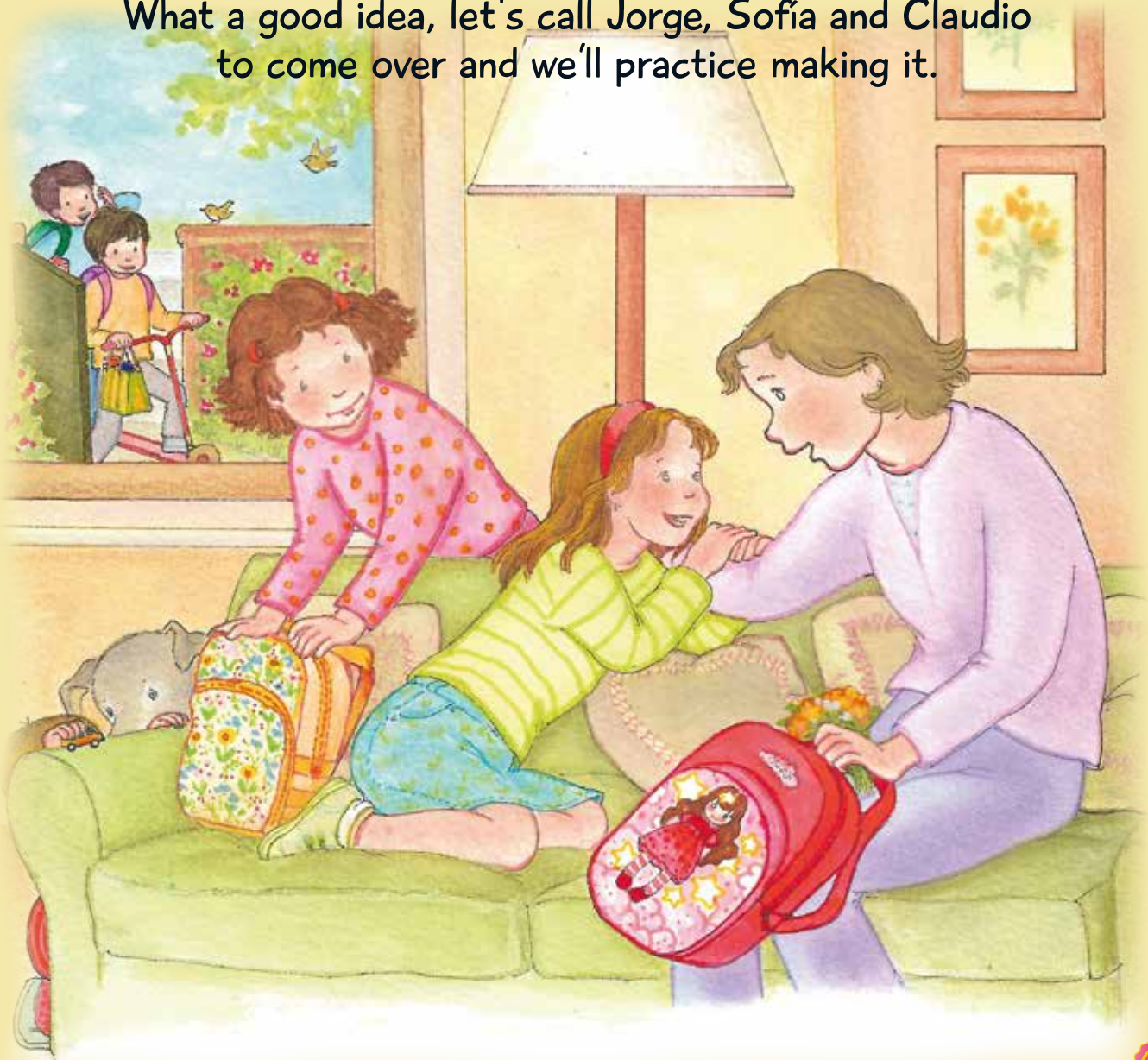
"It's the first week of classes and you have to celebrate it to the fullest. Friends have already formed teams and the playground is complete with shouts of encouragement, races, music, rehearsals ...



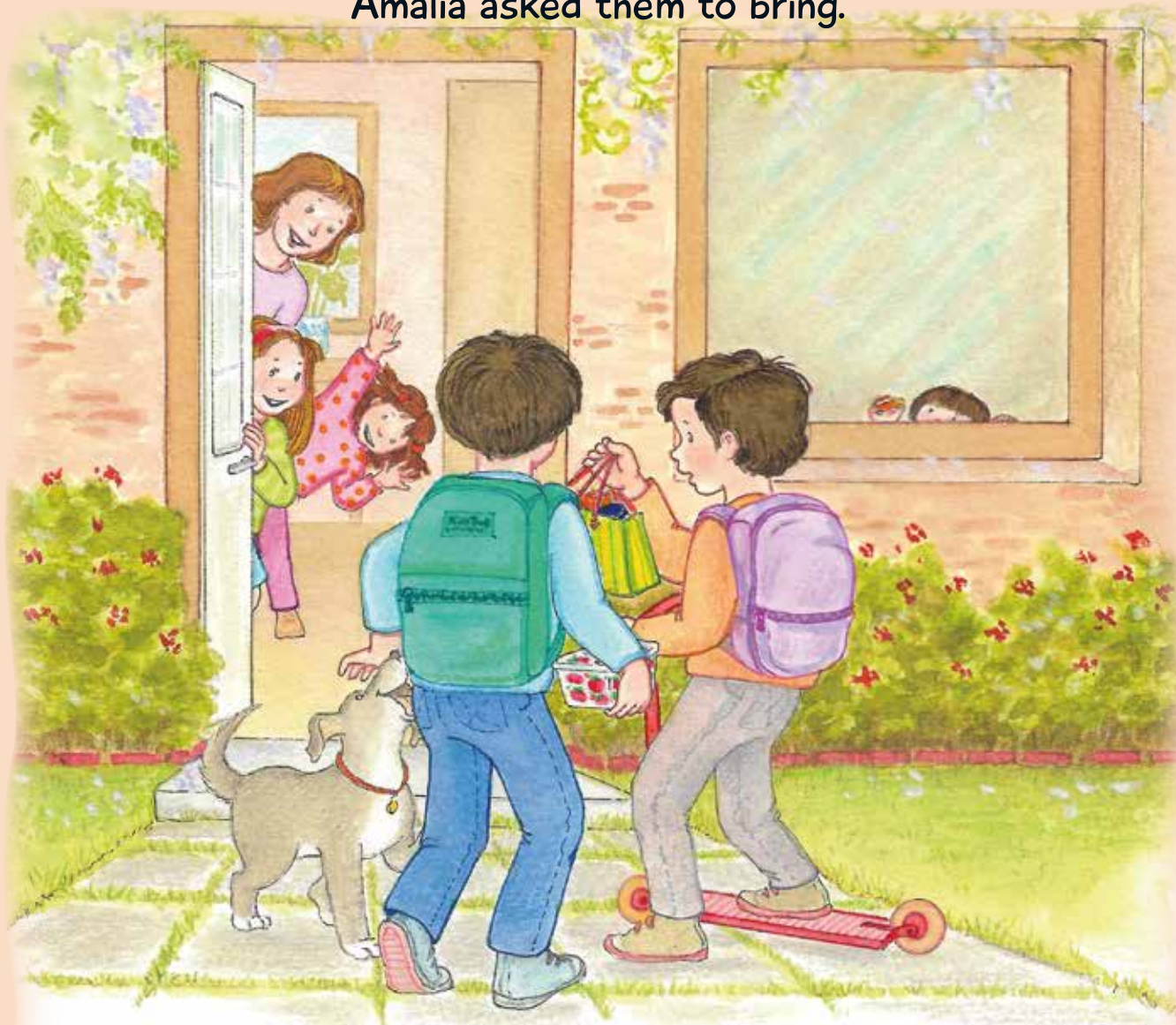
**H**ow have you been Amalia?  
Great! My friends and I have signed up  
for the "Super Cooks" contest,  
so we must prepare a delicious dessert.



**G**reat! Have you thought about what you want to do?  
That delicious kuchen that Grandma taught us to make,  
but this time we'll do it without sugar.  
What a good idea, let's call Jorge, Sofia and Claudio  
to come over and we'll practice making it.



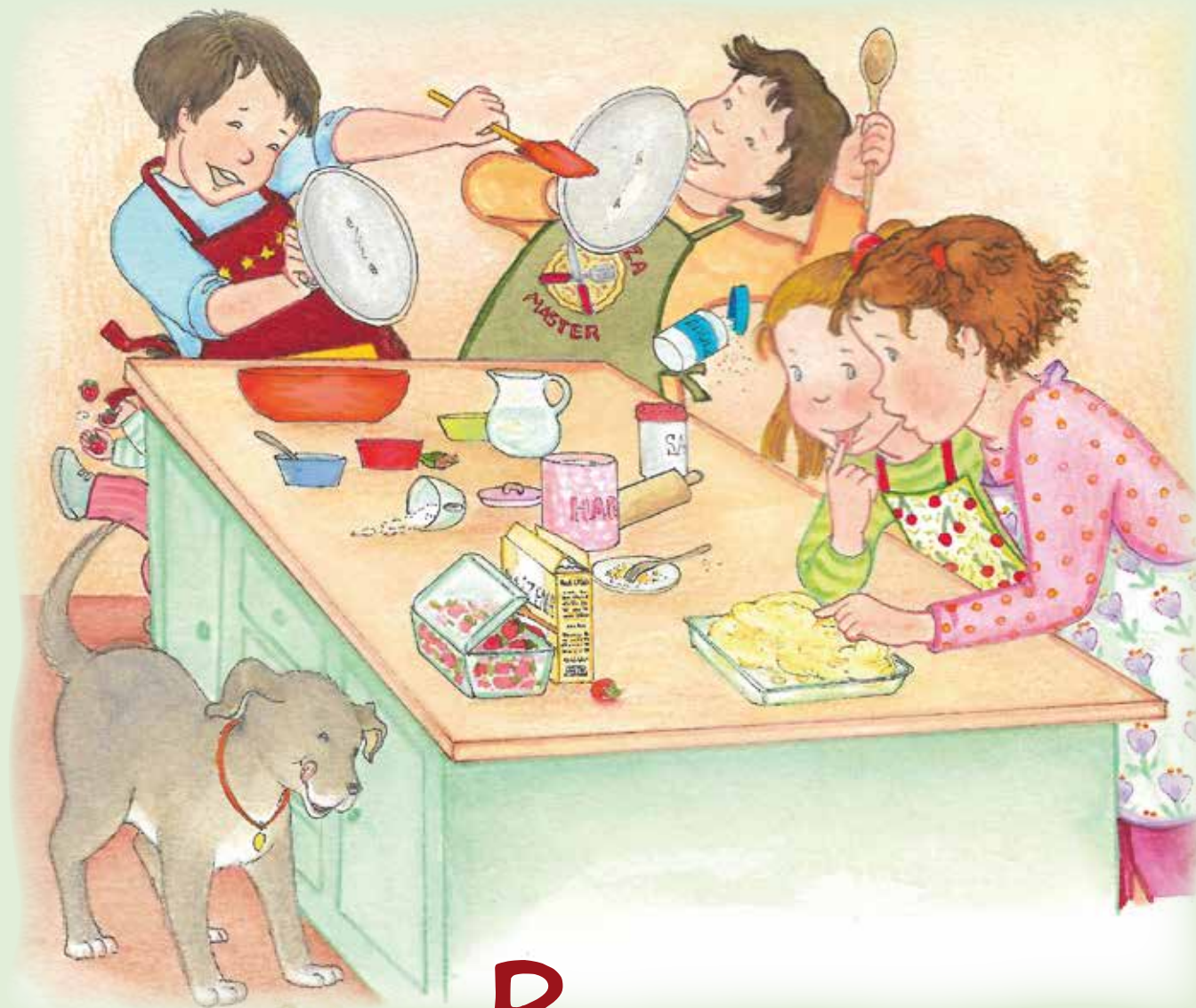
**T**he guests have arrived!  
Along with the ingredients that  
Amalia asked them to bring.







**T**hey organize themselves:  
Sofia reads the recipe,  
Claudio measures the ingredients,  
and Amalia with Jorge mix and knead the crust.



**B**ut after working for a while,  
they realize that something isn't right.  
"Why is the dough sticky?"  
Shouldn't it be drier? ...  
and on top of that, it's too salty!



I just realized  
that I passed you salt instead  
of artificial sweetener, says Claudio.

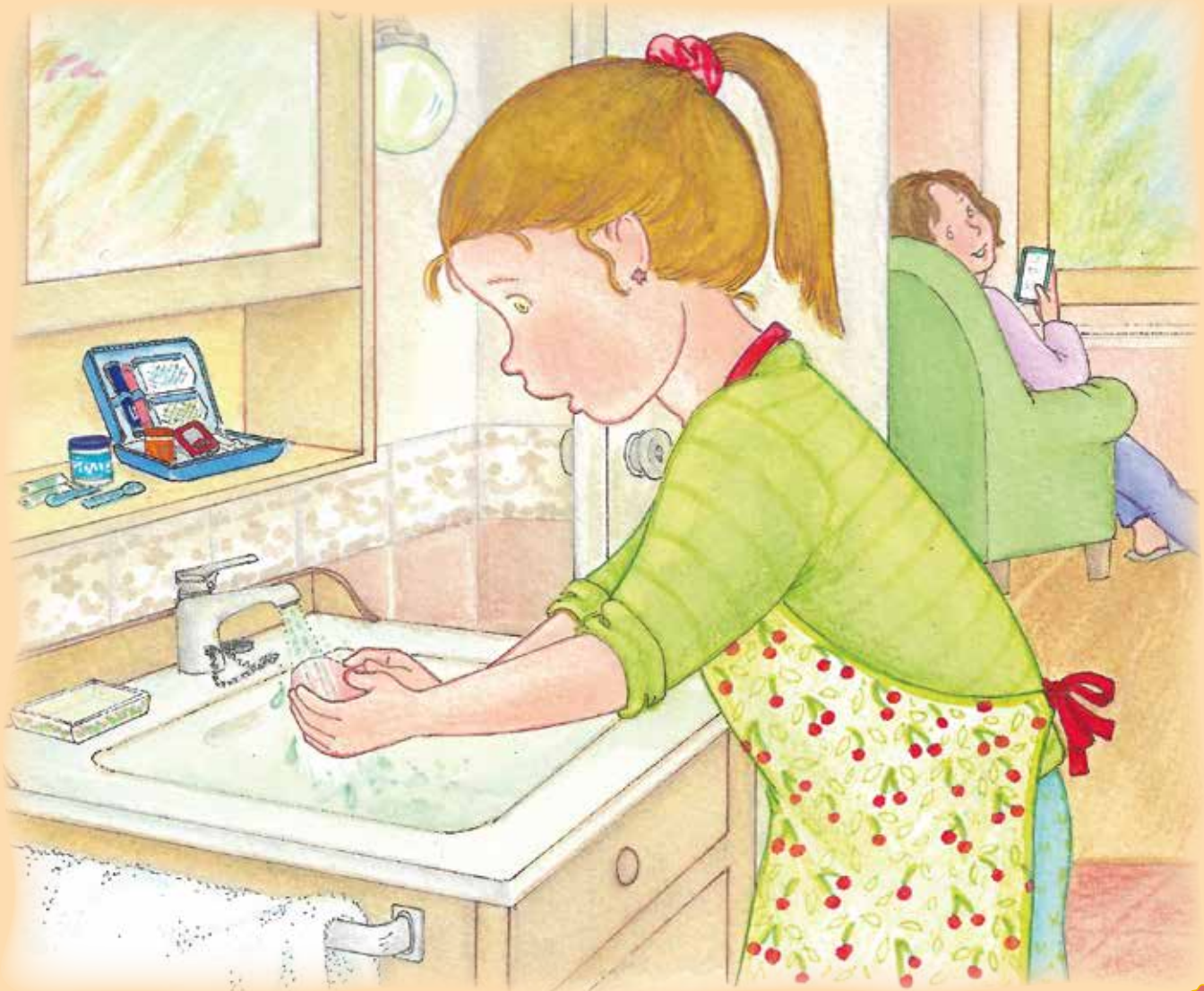




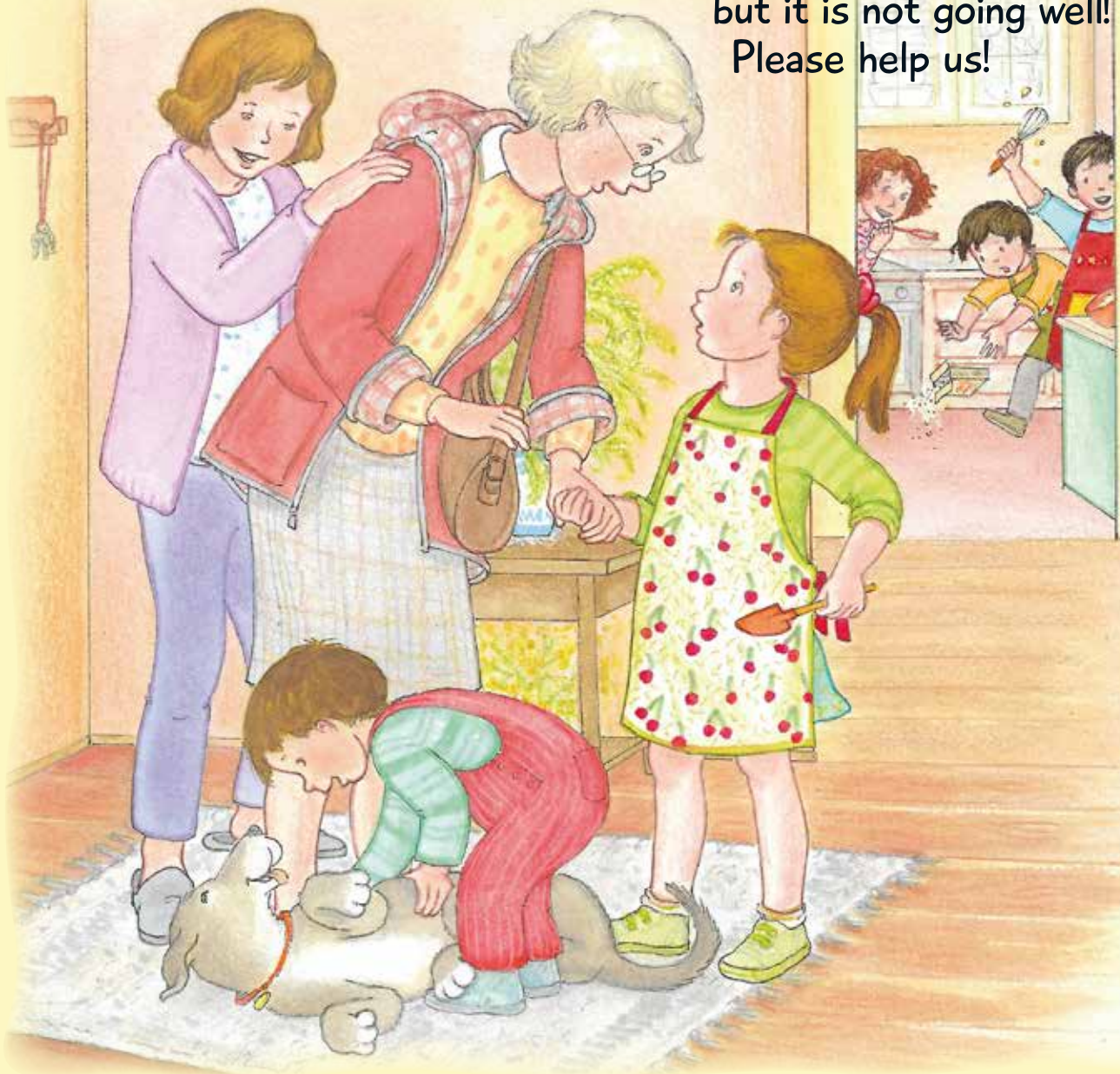
—**A**t least this judge liked it- says Sofi.  
They all laugh and get ready to start over.  
But first, Amalia measures her blood sugar ...  
Whoops, she measures 217 mg/dl!



—Remember that you did your test without washing your hands. That has probably changed the result- her mother mentions calmly. She's right! Repeating the test with clean hands, her blood sugar drops to 120 mg/dl.



**T**hen the doorbell rings. Grandma, just the person we need! We are trying to make your recipe for kuchen ... but it is not going well! Please help us!







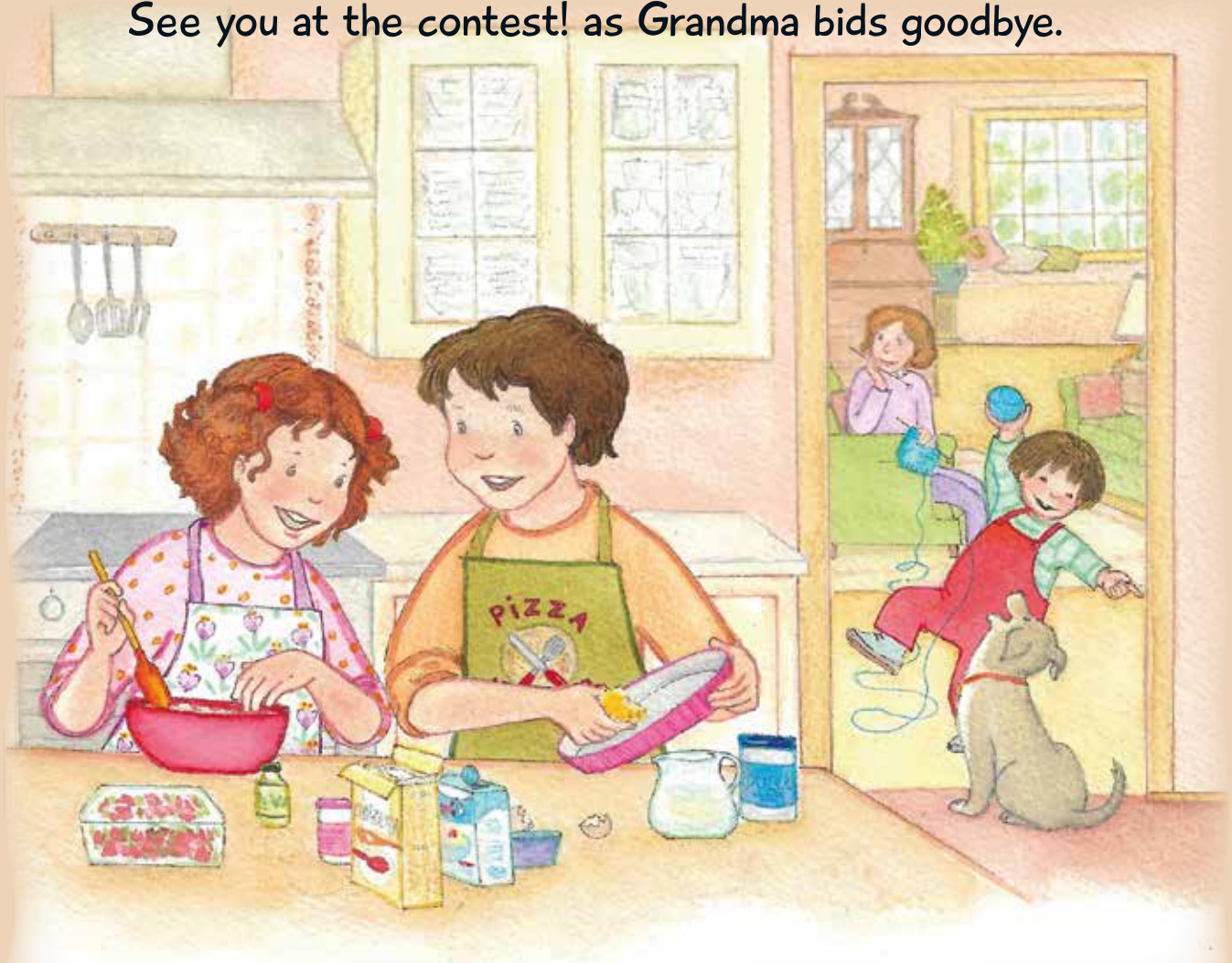
**L**et's see  
all these talented cooks!  
I was told that you wanted to make my  
kuchen. I learned how to prepare it when  
I was little while watching my mother bake  
her delicious cakes.

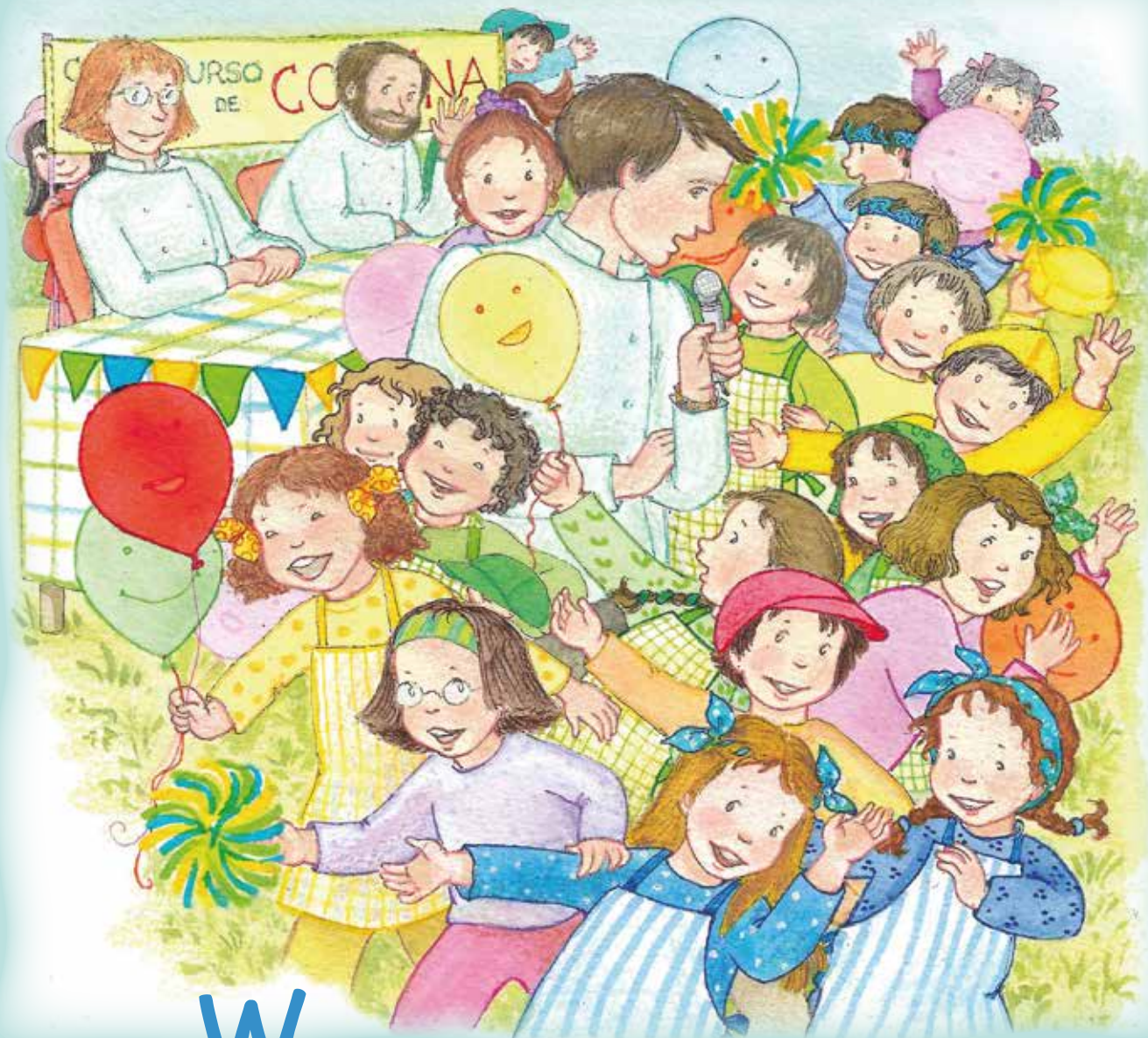


**T**he most important secret my dear children  
is to cook with organization and care.  
So, we'll fix this party  
and let's leave all the ingredients  
ready, so we don't get confused.



**A**nd now let's do it all over again because  
"Practice makes the master" Grandma explains.  
The young chefs mix the flavorful ingredients,  
and the kitchen rich smells wonderful as  
the kuchen is taken out of the oven.  
See you at the contest! as Grandma bids goodbye.

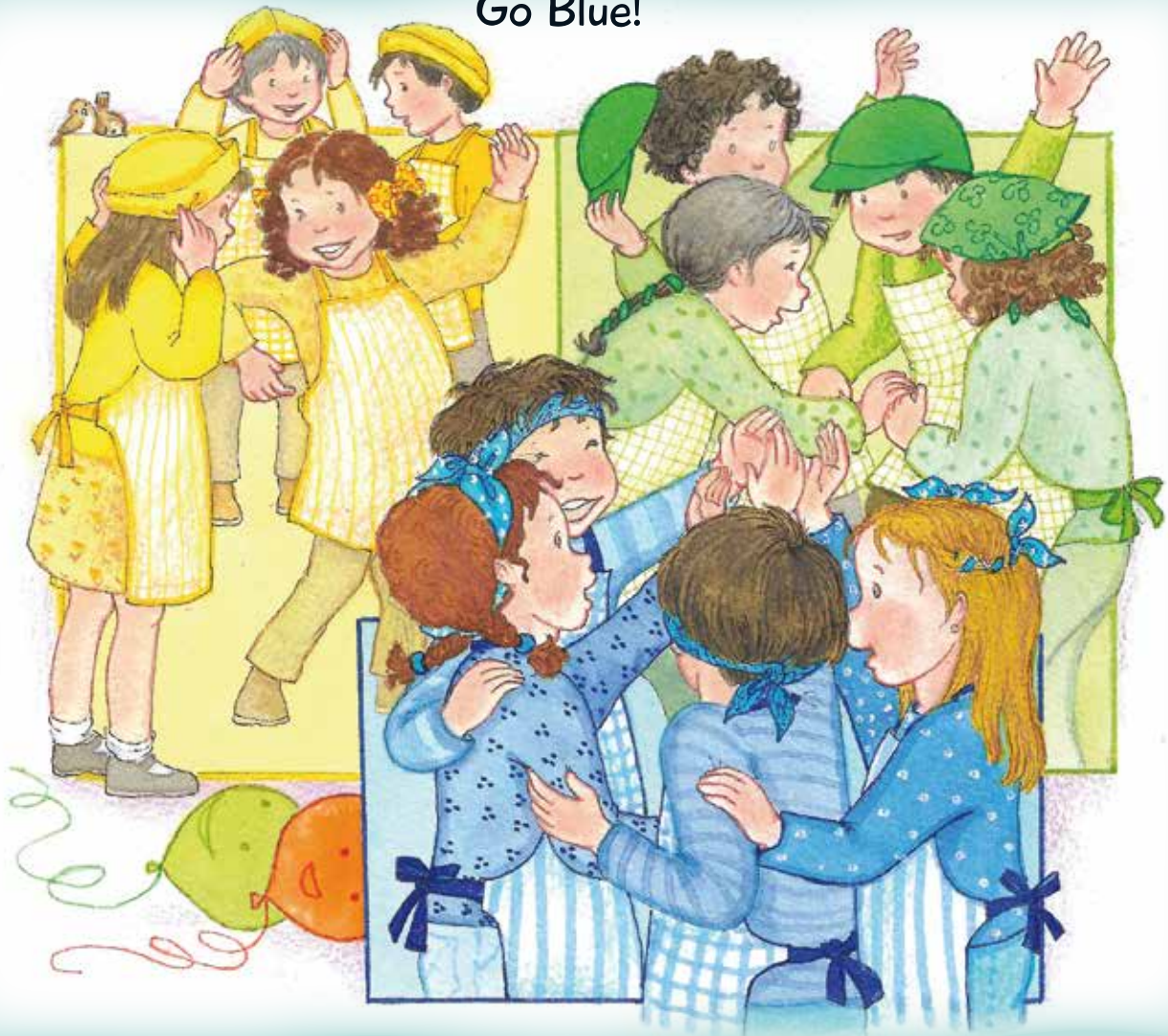




**W**elcome to the Super Cooks Contest!  
Today, the Blue, Yellow and Green teams will  
compete for the award for the best sweet dessert.  
Are you ready?



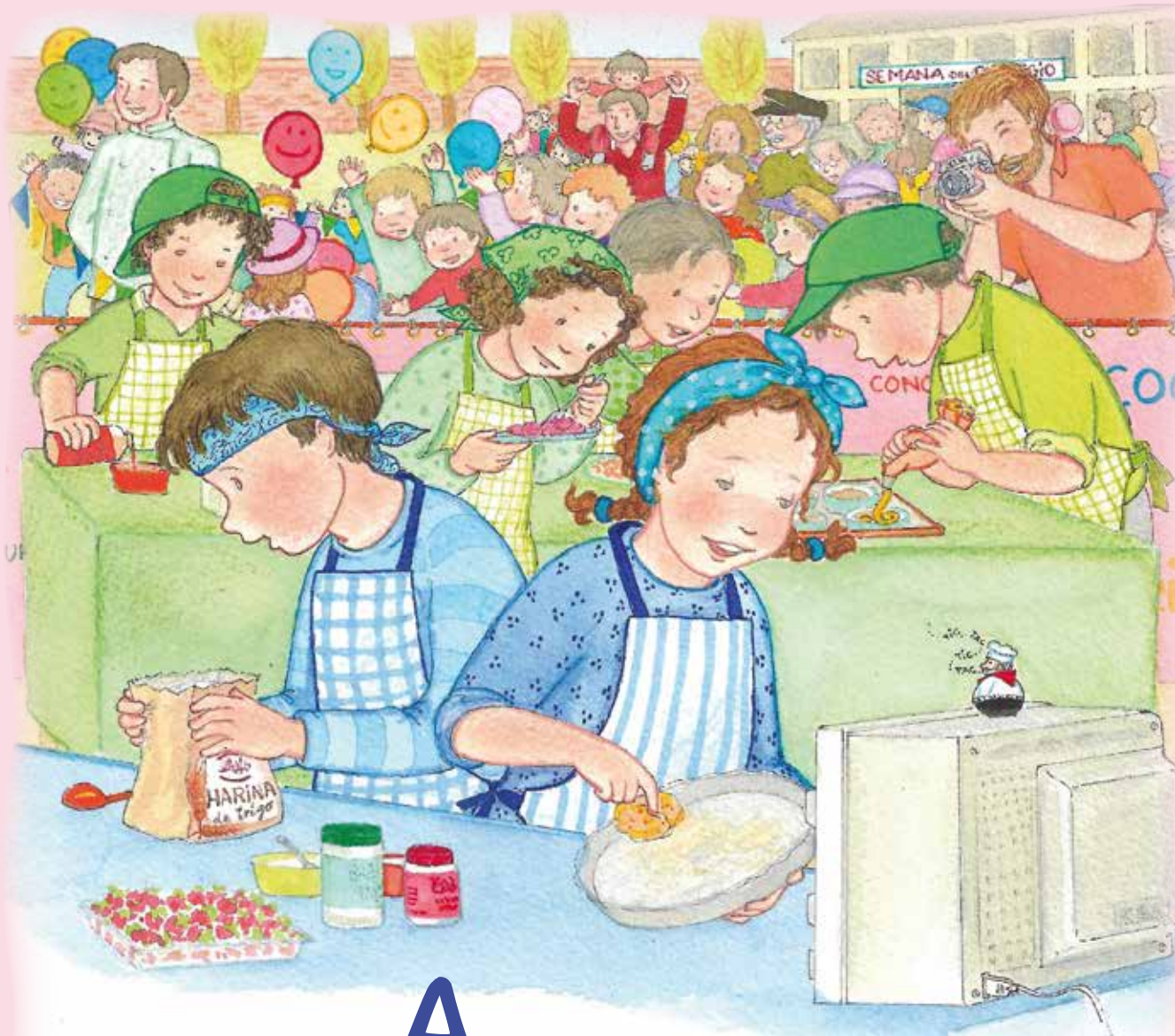
**A**ll the friends gather in a circle and Amalia encourages them.  
-Come on Blue Team, everyone is very important on this team.  
Sofia you read the recipe, Claudio will measure  
the ingredients in order, Jorge will mix them,  
and we will all knead and make the filling.  
Go Blue!



**T**ime starts, the teams go into action,  
and everyone is excited cooking.  
Once all the ingredients are mixed,  
the dough appears sticky again.





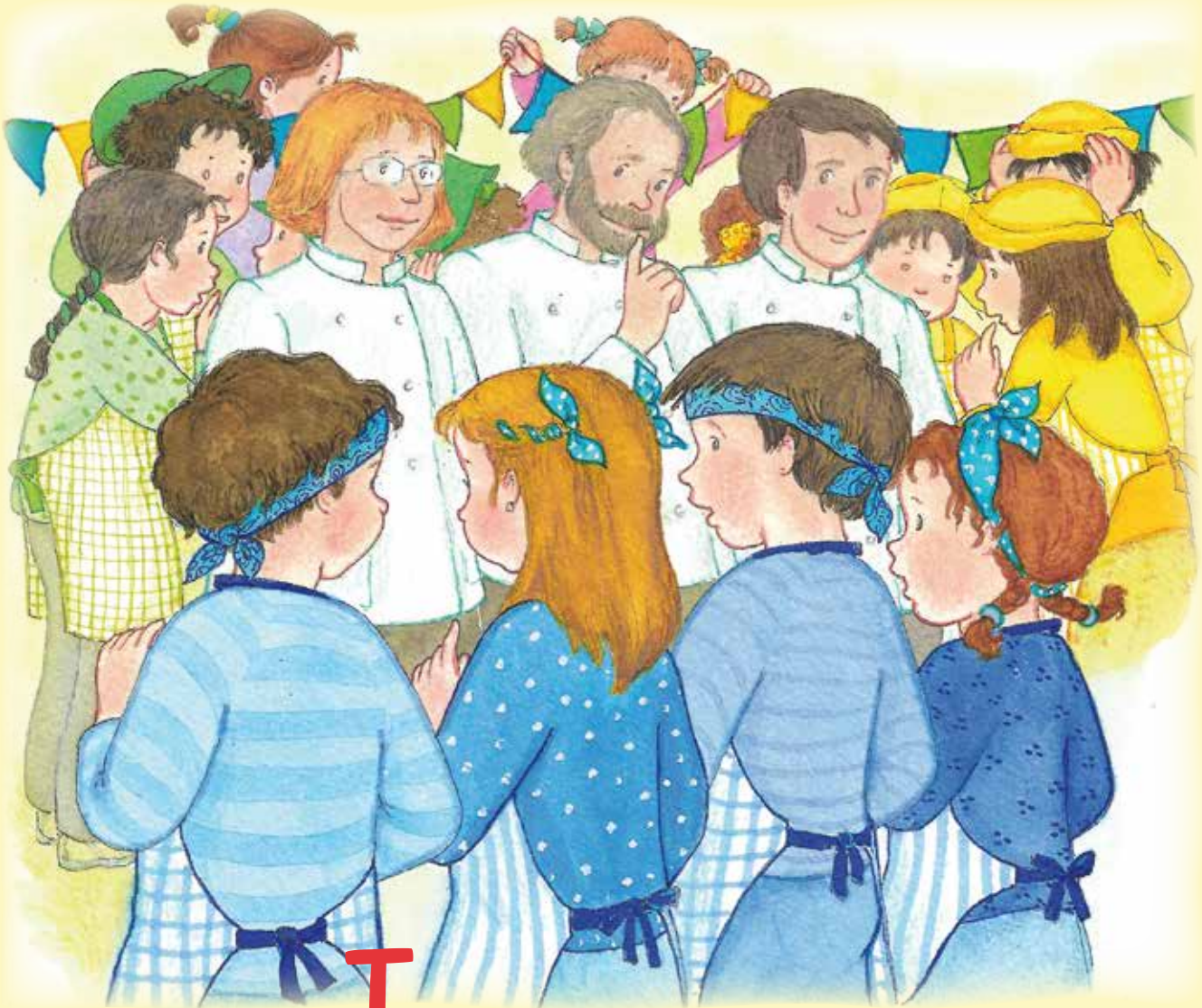


**A**malia and Claudio  
they try to remember the advice of the  
grandmother. "Practice makes the master"....  
I know -says Claudio- let's add more flour.  
And they do it!

**T**he children make their final push.  
They finish the kuchen and all watch  
as it goes into the oven.

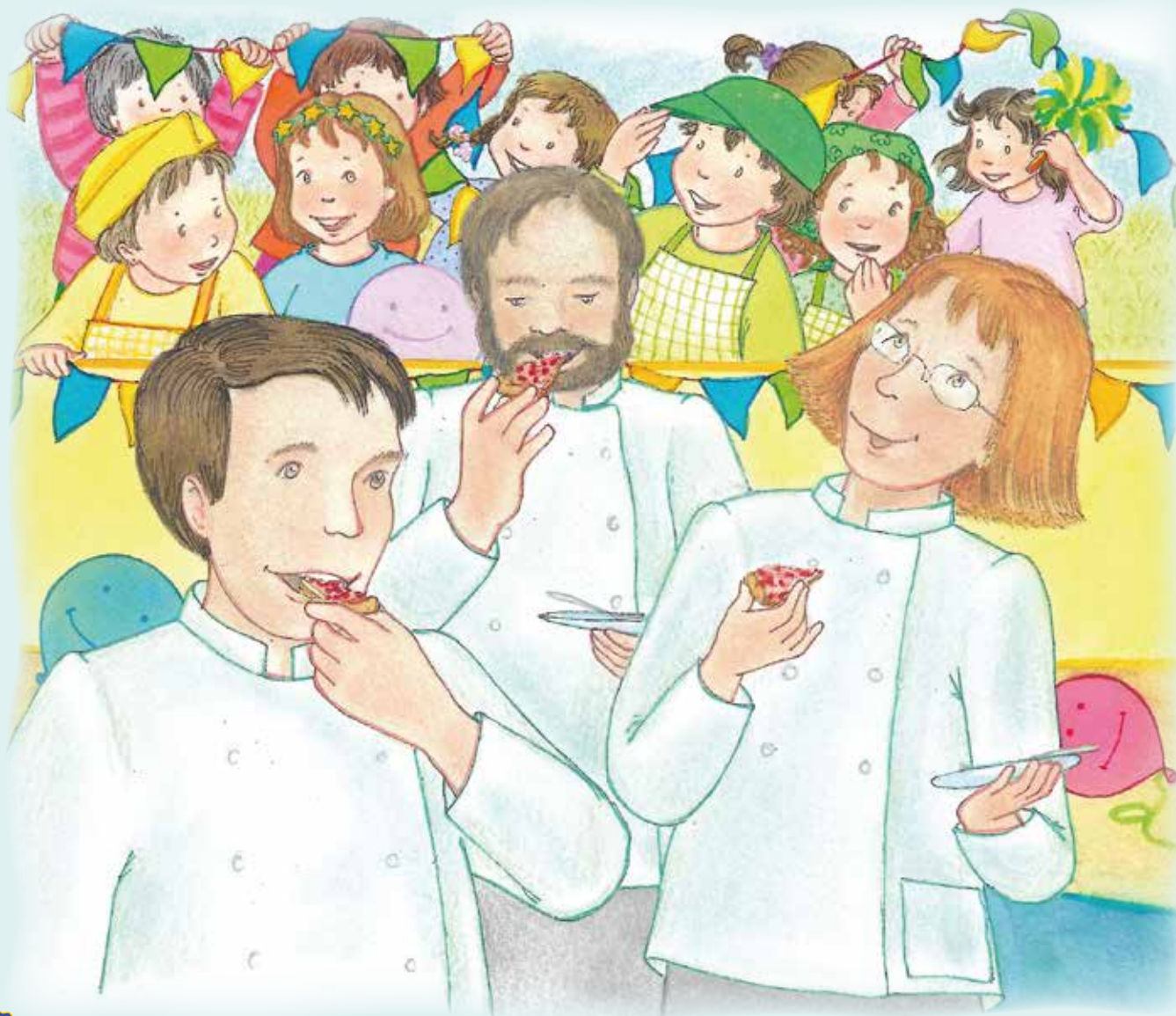




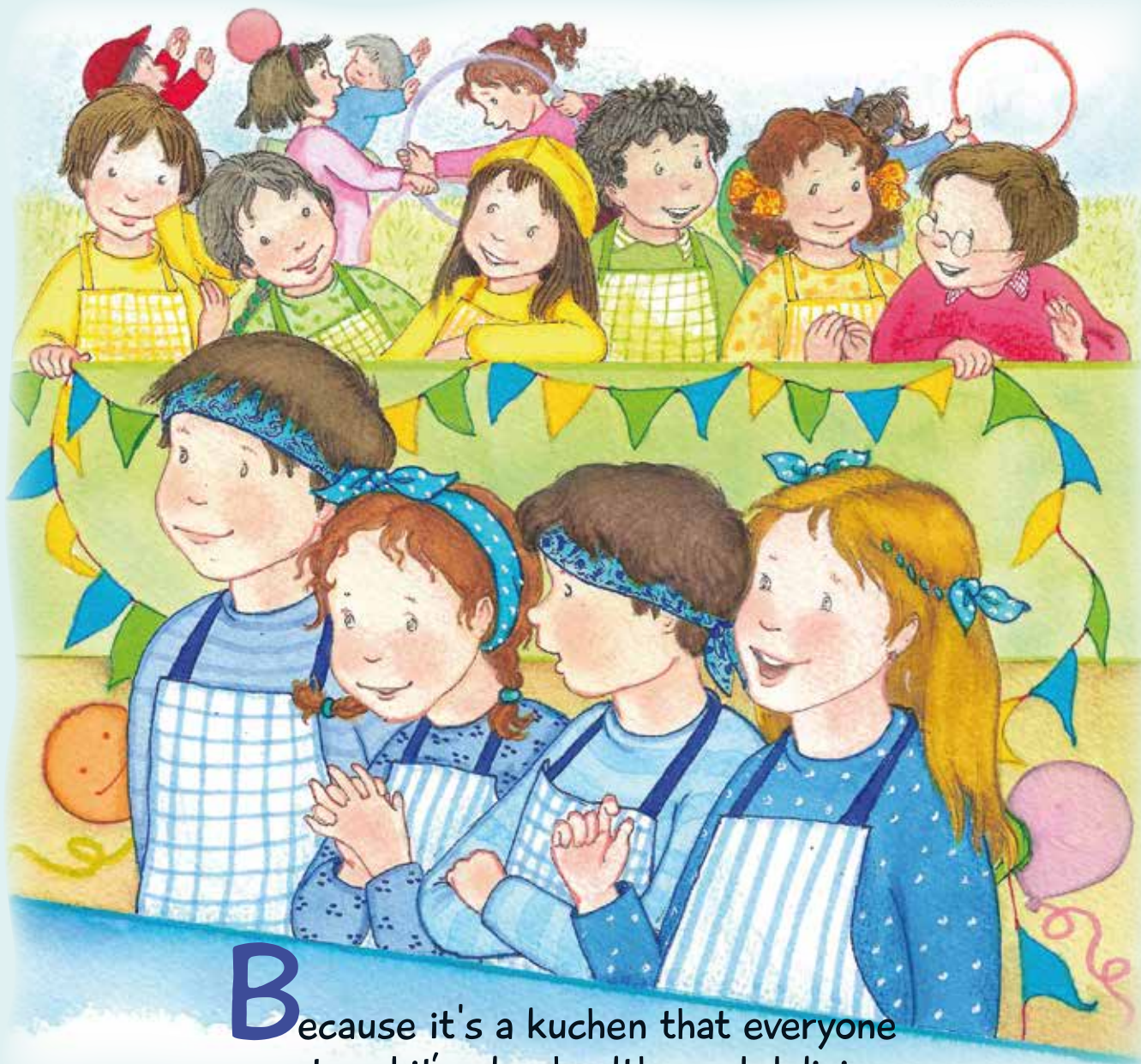


**T**he bell rings, time is up!  
The judges call up each of the teams.  
Now, it is the Blue Team's turn.  
Amalia announces, "Our dessert is a sugar-free  
strawberry kuchen, with oatmeal and  
artificial sweetener rather than sugar "

It is absolutely delicious!  
And why did you decide to make it without sugar?  
Ask the judges as they taste the kuchen.

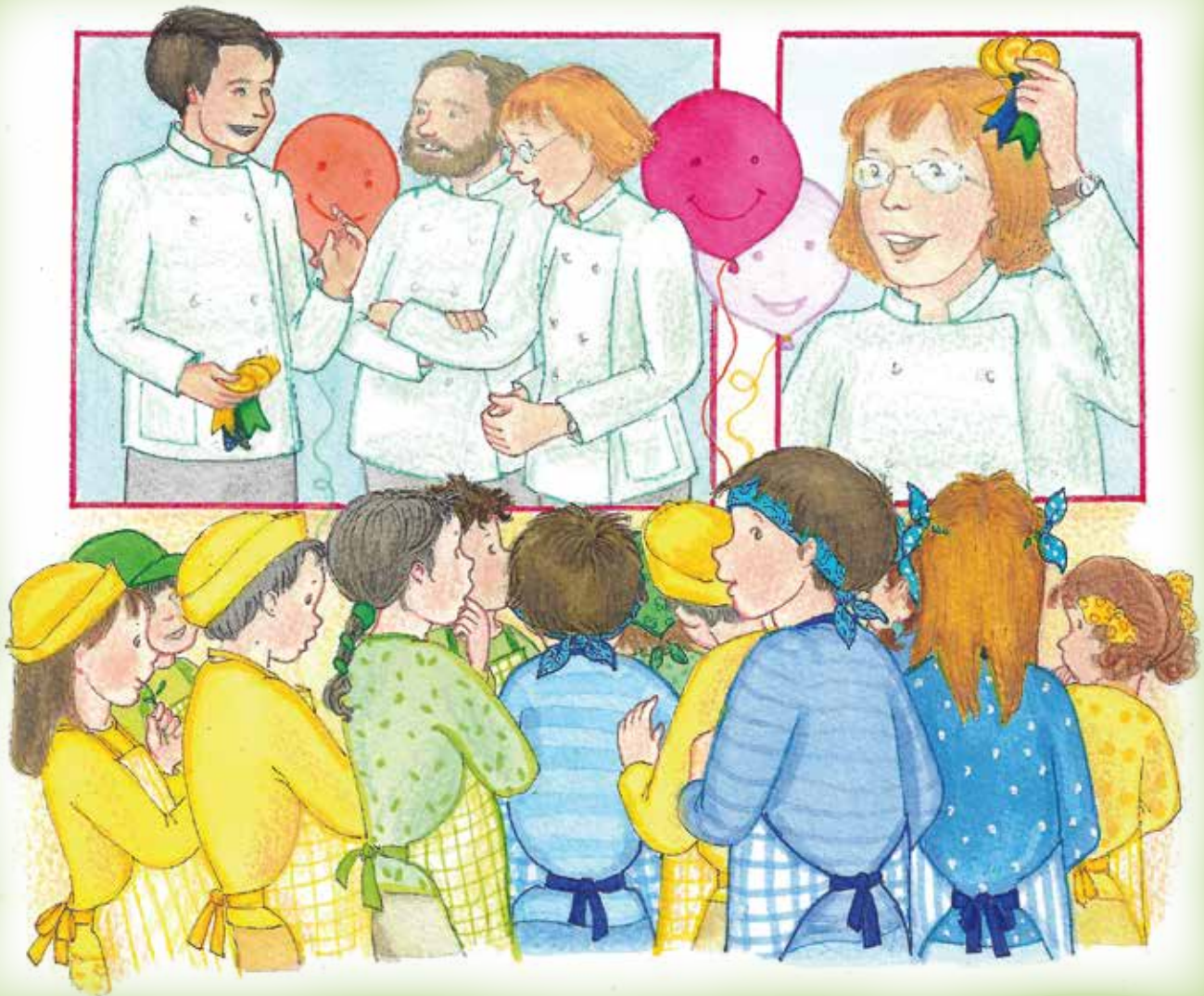






**B**ecause it's a kuchen that everyone  
can eat and it's also healthy and delicious.  
You see, I have diabetes and I can eat it too,  
I just have to calculate how many carbohydrates  
I am eating to determine my insulin dose.



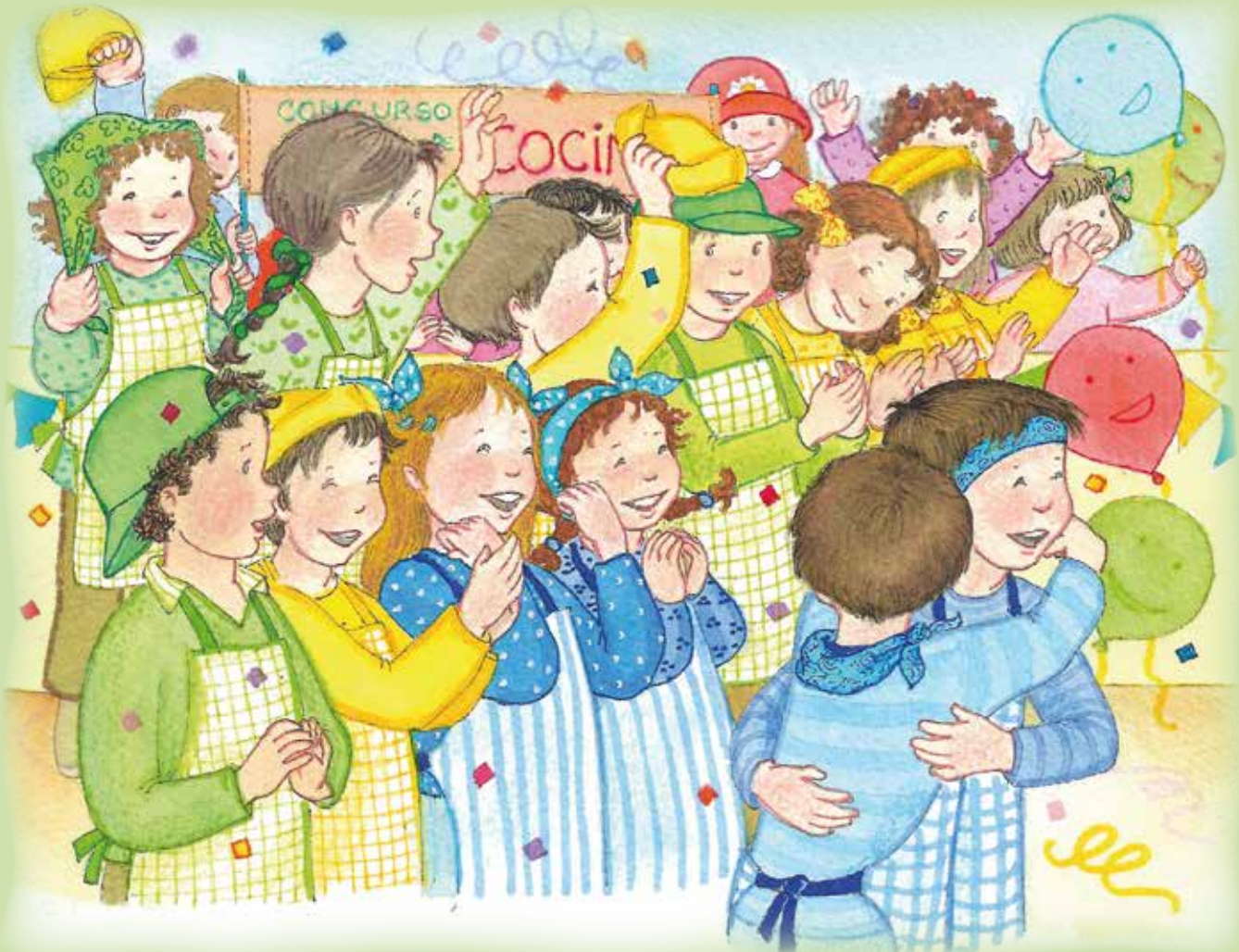


**T**he judges finish tasting all the desserts.  
Everyone is anxiously awaiting the final results.  
After some discussion among themselves, they  
finally announce:  
The winner is ...



# The Blue Team!

With their strawberry kuchen!  
Their dessert it is an easy and innovative  
recipe and also very delicious and healthy.



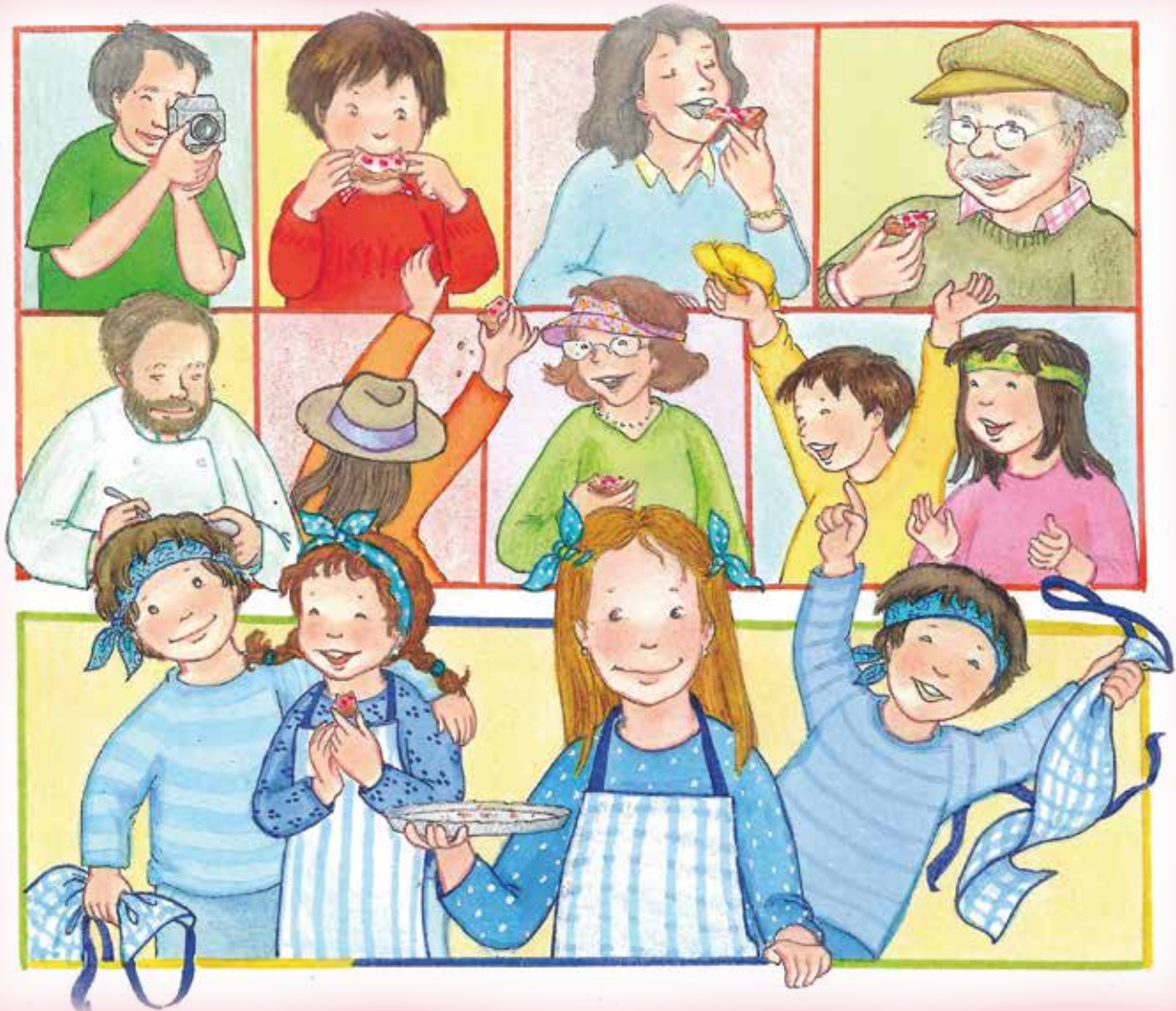


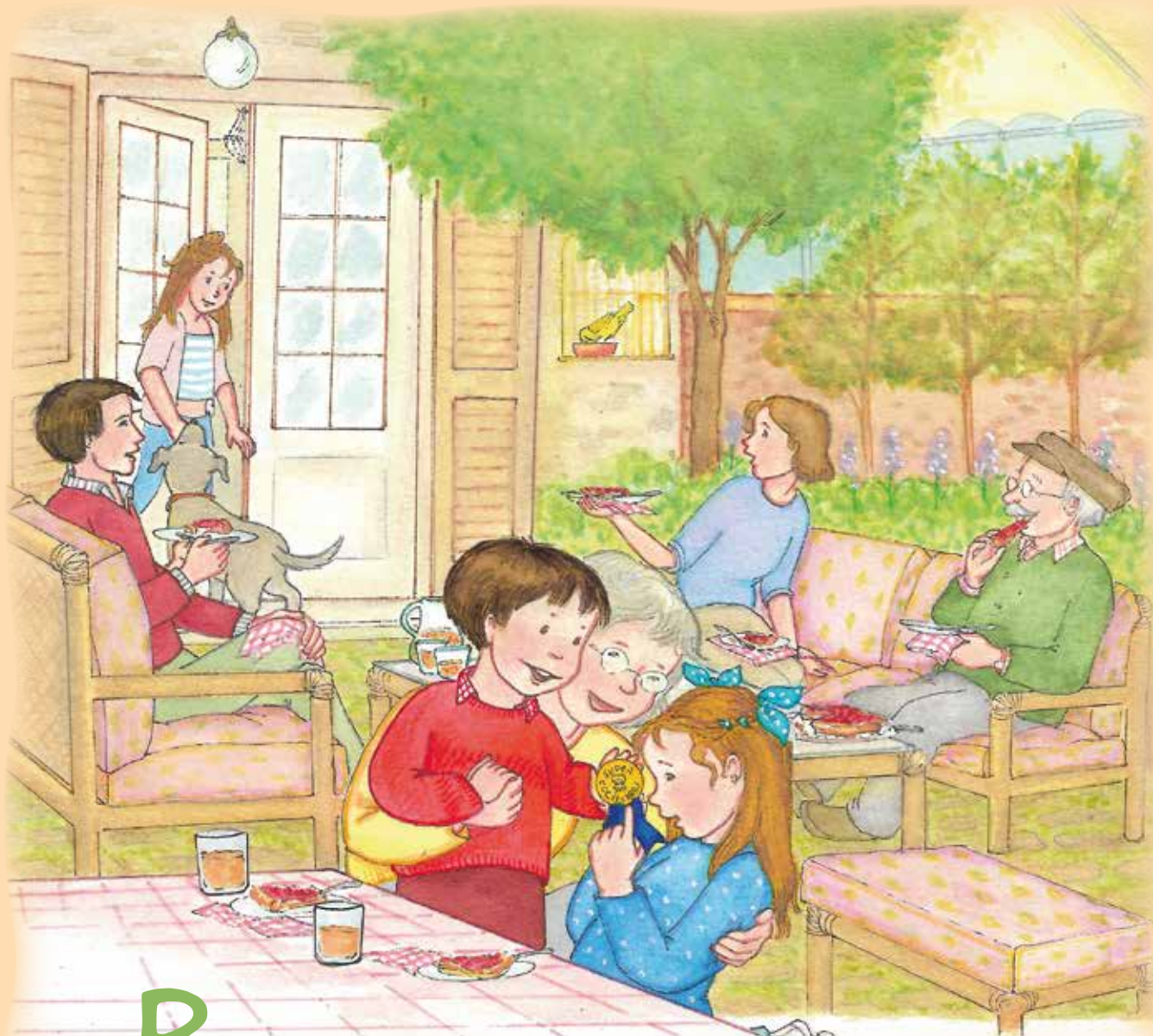


**T**he three desserts made by the teams  
all so good and everyone wants to try them.  
There are congratulations for all. There is only one problem...



**T**here are so many guests at the event that there is hardly any left for the "Super Chefs!" But, they don't mind. It has been such a wonderful day.





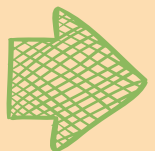
**B**ack at Amalia's house, her mother has a surprise  
for members of the Blue Team.

She made the same kuchen for them to share!  
Thank you grandma for your recipe, advice, and help!





## Tips for a sugar-free pastry



# Messages to children

- Remember to replace the granulated sugar with a powdered artificial sweetener, such as Sucralose (Splenda), tagatose), and allulose.
- Some sweeteners have greater sweetness power, therefore the amount to be used should be less. For example, tagatose and allulose are twice as sweet as sugar, so use one-half of the required sugar when substituting them in the recipe.
- Artificial sweeteners are not absorbed by the body, so it is not necessary to include them in the carbohydrate count.
- You must calculate the amount of carbohydrates from the other ingredients, such as flour, cornstarch, fruits or dairy products.





- It is important to measure the ingredients, either by volume or weight, to be able to determine the carbohydrates in the recipe.

- By making your desserts you will learn how to convert volume or weight measures into carbohydrates and better account for them in your daily diet.

- The dough for kuchen, tarts or pie, is a dough that does not require much kneading, unlike cinnamon rolls, sweet rolls or donuts. For a cake or sponge cake to rise, you must make a strong beaten egg but when adding the flour avoid excessive beating.



- If you would like to prepare more recipes without added sugar, we invite you to review our book "Reposteria sin azúcar" at [www.diabeteschile.cl](http://www.diabeteschile.cl)



# Grandma Kuchen

without added sugar

8 servings. Each 1-piece serving has: 25 grams of carbohydrates

## INGREDIENTS

### For the base:

- 1 cup of oatmeal
- 1 cup flour without baking powder
- $\frac{1}{2}$  cup powdered sweetener
- 4 tablespoons oil
- 1 egg
- Lemon zest
- Warm water (Amount needed)



### For the filling:

- 1  $\frac{1}{2}$  cups of strawberry
- $\frac{1}{2}$  cup powdered sweetener
- 2 cups heavy cream
- 2 tablespoons of cornstarch diluted in
- $\frac{1}{2}$  cup of water
- 3 egg yolks
- Vanilla flavor



### BASE PREPARATION:

In a bowl, mix the flours, sweetener, lemon zest and oil and combine using a fork. In another bowl, beat the egg together with the water and add this mixture to the previous one. Stir and then knead until it no longer sticks to your hands. Roll out the dough on a previously floured counter and cover a 20 cm (8 inch) diameter mold, previously oiled, leaving a border of approximately 4 cm (1 3/4 inches). Bake in a preheated oven at 180 ° C (350F) for 10 minutes.

### Filling:

Mix the cream, sweetener, diluted cornstarch, egg yolks and vanilla flavor, integrate all the ingredients very well.



### Armed:

Remove the mold from the oven and place the cut strawberries on the base and the filling mixture on top. Bake for 35 to 45 minutes or until the mixture has set. Let cool and refrigerate for a couple of hours before serving.

