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¡Tamales!

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un cuento multicultural
a multicultural tale



By Nina Flores

Illustrated by Elisa Chavarri

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¡A divertirse con los tamales!

- En este libro hay una receta escondida. ¿Puedes encontrarla? Busca primero los ingredientes que Sofía y su abuelita utilizaron para preparar sus tamales, y luego los pasos que siguieron. ¡Esa es la receta!
- Hay muchos tipos diferentes de tamales. ¿Cuántos tipos de tamales puedes contar en este libro? ¿Cuál es tu ingrediente favorito del tamal?



Hablemos de cultura



La comida, la familia y la comunidad son muy importantes para todas las culturas en el mundo, y algo que todos tenemos en común. Estas son algunas ideas para hablar de cultura con sus hijos.

Después de leer este libro juntos:

- 1) Cuente algo sobre la comida favorita de su familia o de su comunidad. ¿Quiénes estaban presentes? ¿Cómo olía? ¿Cuál era su plato favorito?
- 2) Hablen sobre una comida que les guste a todos. Luego preparen esa comida juntos, ya sea pintando recortes de papel o con ingredientes reales.



Tamale Fun!

- There's a tamale recipe hidden in this book! Can you find it? First, look for all of the ingredients that Sofia and her Abuela use to make their tamales. Then find and list all of the steps. That's the recipe!
- This story has lots of different types of tamales. How many can you count? What is your favorite tamale ingredient?



Let's Talk Culture



Food, family, and community are important parts of all cultures around the world. They are among the many things we all have in common. Here are some ideas for sharing more about culture with your child.

After you read this book together:

- 1) Tell the story of your favorite family or community meal. Who was there? What did it smell like? What was your favorite food?
- 2) Talk about a food you both love to share. Then make that food together. You can make it from cut paper that you color together, or from real ingredients.

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By Nina Flores. Translated by Marta Nuñez.

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A Sofia le encantaba su barrio.

Sofia loved her neighborhood.



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Sus vecinos eran todos diferentes e interesantes,
y venían de muchos lugares diferentes e interesantes.

Her neighbors were all different
and interesting people,
from many different
and interesting places.

Hola,
Sofía.



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Hi,
Mrs. Flores.



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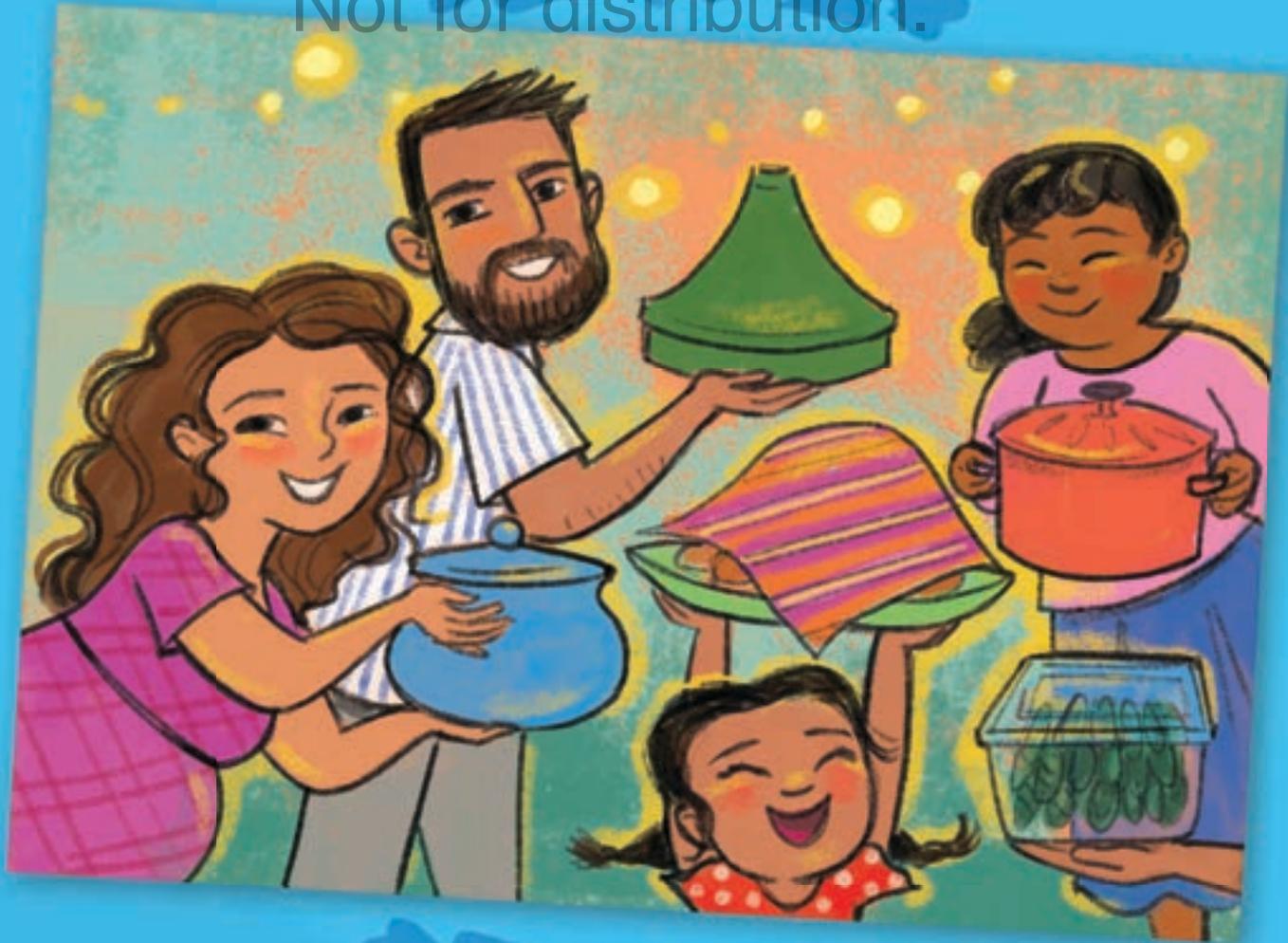
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Cada verano, cuando los días se volvían más largos y había una brisa suave en la noche, hacían una fiesta.

Every summer, when the days got longer and there was a soft breeze at night, they had a party.



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Cada uno traía un platillo que
le recordaba algo especial.

Each person would bring a dish that
reminded them of something special.

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Así que ahora, que los atardeceres empezaban a estar más calientitos de nuevo, todos comenzaron a planear y a hablar de lo que que traerían.

Now that the evenings were starting to warm up again, everyone began to plan and talk about what they would bring.



Bollos

Hallacas



Moinmoin



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Zongzi

Hmm...

"¡Espero que podamos hacer los tamales de abuelita!", Sofía se dijo a sí misma.

"I hope Abuelita will make tamales with me!" Sofia said to herself.

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¡Y tamales serán! Al día siguiente fueron a buscar los ingredientes.

And, tamales it was! The next day, they went to get the ingredients.



Primero escogieron la harina de maíz para la masa.

First they chose corn flour to make the dough.

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Después, con mucho cuidado escogieron unos chiles anchos y el laurel, el pollo y algunos condimentos para el relleno, y las hojas de maíz para envolver los tamales.

Then they carefully picked ancho chiles and bay leaves, some chicken and seasonings for the filling, and corn husks to wrap the tamales.

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Al día siguiente, Sofía y su abuelita se levantaron temprano y trabajaron todo el día.

The next morning, Sofia and her grandma rose early. And all that day they worked.

Mezclaron y amasaron.

They mixed and kneaded.



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Tostaron los chiles
y cocinaron el pollo.

They toasted the chiles
and cooked the chicken.

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