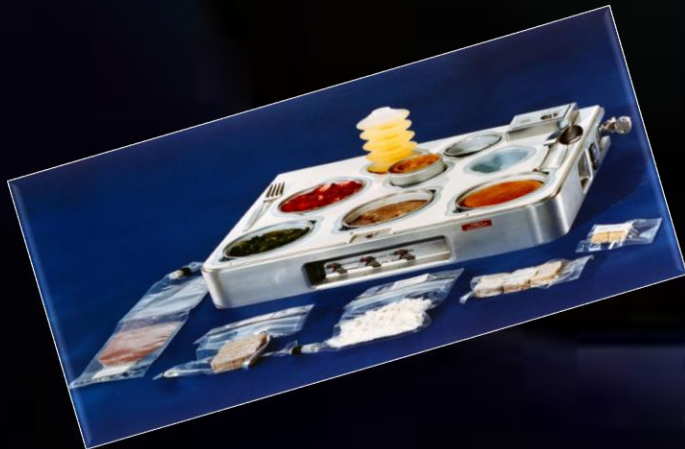




My dinner in Space!

By Nefeli Tsamili





Food in space is a very complex thing! You have to be careful what you eat and what you take with you in space! Astronauts have their food in packages and of course, it has to last long as when you are in space you can't go every week down to Earth and come back! It is difficult to

have bread or other similar food in Space as for it would make crumbs which would then be difficult to "catch".



You have to be extra careful what you eat and drink in Space and of course when you come back to Earth. When you return to our home planet you don't really have much of an appetite and feel extremely dizzy but hopefully soon you will have your appetite back!

STARTERS

Firstly, for starters, my astronaut is going to eat a **NACHOS CHEESE DIP**.

The nachos will be ready in a packet and the cheese dip too. The astronaut will have to warm up the cheese in the "oven" and simply dip his nacho in the packet.

If you are interested the nachos dip will have been made with the following ingredients:

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup whole milk
- 6 oz. medium cheddar, shredded (about 1.5 cups)
- 1/4 tablespoon salt
- 1/4 tablespoon chili powder



MAIN

For main I will serve a “Hot Dog”. My hot dog will be made out of a **CORN TORTILLA** which will need to be warmed up. Next we will have the sausage which will have already been cooked. (This too needs to be warmed up and placed in the corn tortilla!) Finally we will have a special **Sweet and Sour Sauce** which I will explain later how to make it!



Corn Tortilla

These are the ingredients to make a corn tortilla!

- **150g/5½oz masa harina**
- **pinch salt**
- **100ml/3½fl Oz cold water**
- **1 tablespoon olive oil**

Method

Mix the masa harina and salt in a bowl. Add the water and olive oil and mix until a smooth dough is achieved. (If it's too sticky add a little more masa harina, or, if it's too dry, add a drop more water.)

Divide the dough into 24 balls. Cover and leave to rest in the fridge for 10 minutes.

Flatten the balls of dough with your hands - alternatively, use a tortilla press or roll them between two layers of cling film.

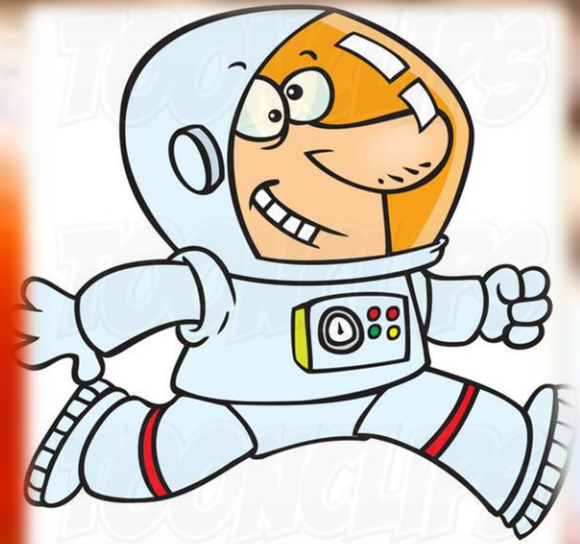
Flatten to approximately 3mm thick.

To cook the tortillas, lightly oil a flat griddle pan or frying pan and place over a hot heat.

Cook the tortillas for approximately one minute on each side, or until lightly coloured.



SWEET AND SOUR SAUCE!



Ingredients

- 1 cup canned pineapple juice
- 3/4 cup packed light brown sugar
- Or brown sugar(for low sugar option)
- 1/3 cup rice vinegar ,found in the Asian or general vinegar section of any grocery store, or you can substitute apple cider vinegar
- 3 tablespoons ketchup
- 2 tablespoons soy sauce or tamari (GF)
- For the Cornstarch Slurry: 1 1/2 tablespoons cornstarch dissolved in 2 tablespoons water
- Optional: 2-3 drops all-natural red food coloring(the one I've linked to is natural, colored with beets. It's in powdered form, simply stir some in to a couple of teaspoons of water and add it to the sauce)

DESSERT



And finally for dessert I will
serve a Pancake with
Nutella and dried banana or
alternately dried apricot or even
raisins. Lets go to explore my
meal!

Vitamin B complex

Breakdown of
sugar and fats
(Energy metabolism)

Antioxidant function

Vitamin C

Vitamin E

Beta carotene

Selenium

Zinc

Copper

Destroys reactive oxygen
formed in the
process of exercising

Iron

Supply and store oxygen
around the whole body

CoQ10
L-carnitine
Alpha Lipoic acid

Energy metabolism

Calcium
Vitamin D
Magnesium
Zinc

Creates strong bones



Energy & Macronutrients

	Unit	Per Recipe (213g)	Per 100g	Per Portion (213g)
Energy	kJ	3215.3	1509.5	3215.3
Energy	kcal	770.1	361.5	770.1
Fat	g	49.0	23.0	49.0
Saturates	g	18.5	8.7	18.5
Monounsaturates	g	11.9	5.6	11.9
Polyunsaturates	g	2.7	1.3	2.7
Carbohydrate	g	65.6	30.8	65.6
Total Sugars	g	45.4	21.3	45.4
Protein	g	20.8	9.8	20.8
Fibre	g	3.8	1.8	3.8
Alcohol	g	0.0	0.0	0.0

	Unit	Per Recipe (213g)	Per 100g	Per Portion (213g)
Thiamin (Vitamin B ₁)	mg	0.3	0.1	0.3
Riboflavin (Vitamin B ₂)	mg	0.4	0.2	0.4
Niacin (Vitamin B ₃)	mg	2.2	1.0	2.2
Vitamin B ₆	mg	0.3	0.1	0.3
Vitamin B ₁₂	µg	1.8	0.9	1.8
Folate	µg	23.1	10.8	23.1
Vitamin C	mg	2.3	1.1	2.3
Vitamin A	µg	119.1	55.9	119.1
Vitamin D	µg	0.5	0.2	0.5
Vitamin E	mg	1.6	0.8	1.6
Vitamin K	µg	0.1	0.0	0.1

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	Unit	Per Recipe (213g)	Per 100g	Per Portion (213g)
Calcium	mg	405.7	190.5	405.7
Phosphorus	mg	408.3	191.7	408.3
Magnesium	mg	70.2	32.9	70.2
Sodium	mg	711.6	334.1	711.6
Potassium	mg	609.9	286.3	609.9
Chloride	mg	910.2	427.3	910.2
Iron	mg	4.0	1.9	4.0
Zinc	mg	2.5	1.2	2.5
Selenium	µg	7.8	3.7	7.8
Iodine	µg	29.7	13.9	29.7



*I hope my
astronaut
enjoys my
dinner and has
a safe flight!*

