

Space Burrito



Combine on tortilla:

- ketchup or mustard as binding agent
- 1 beef patty
- pinch of chili pepper
- 1 pack mac & cheese
- 1 pack baked beans



1
00:00:04,950 --> 00:00:03,030
hi i'm megan i'm takiyah i'm rose i'm

2
00:00:06,309 --> 00:00:04,960
reed welcome to the galactic grub

3
00:00:09,440 --> 00:00:06,319
kitchen we're going to make some

4
00:00:09,450 --> 00:00:14,709
[Music]

5
00:00:17,590 --> 00:00:15,990
we're here in the space food systems

6
00:00:18,870 --> 00:00:17,600
laboratory and taki is going to take us

7
00:00:21,750 --> 00:00:18,880
through some of the food options they

8
00:00:23,750 --> 00:00:21,760
have on the iss okay so on iss they have

9
00:00:25,670 --> 00:00:23,760
over 200 different menu items to pick

10
00:00:27,189 --> 00:00:25,680
from they're sent primarily in three

11
00:00:29,189 --> 00:00:27,199
different types of packaging the first

12
00:00:31,189 --> 00:00:29,199
one being freeze-dried foods which

13
00:00:32,549 --> 00:00:31,199

essentially is a dry item that is shelf

14

00:00:34,229 --> 00:00:32,559

stable because we've removed all the

15

00:00:36,069 --> 00:00:34,239

moisture from a food product thermally

16

00:00:37,670 --> 00:00:36,079

stabilized foods which essentially is a

17

00:00:39,190 --> 00:00:37,680

food that's made stable through thermal

18

00:00:41,110 --> 00:00:39,200

processing and then the last type of

19

00:00:42,630 --> 00:00:41,120

food item that we send to iss is

20

00:00:44,310 --> 00:00:42,640

something that we call a natural form

21

00:00:45,670 --> 00:00:44,320

food so that the astronauts have items

22

00:00:47,270 --> 00:00:45,680

that are very familiar to them we

23

00:00:49,110 --> 00:00:47,280

actually have nasa astronauts megan

24

00:00:50,950 --> 00:00:49,120

macarthur and reid wiseman here with us

25

00:00:52,630 --> 00:00:50,960

today and they're going to tell us a

26

00:00:54,790 --> 00:00:52,640

little bit about some of the crazy

27

00:00:56,709 --> 00:00:54,800

combinations they've made on station or

28

00:00:58,150 --> 00:00:56,719

on the shuttle i'm excited to see what

29

00:00:59,590 --> 00:00:58,160

kind of tailgating foods you guys can

30

00:01:00,630 --> 00:00:59,600

put together for us

31

00:01:04,869 --> 00:01:00,640

all right

32

00:01:06,469 --> 00:01:04,879

make some space queso so we have um some

33

00:01:09,270 --> 00:01:06,479

cheese spread that's been warmed up in

34

00:01:11,350 --> 00:01:09,280

the food warmer we've got uh black beans

35

00:01:14,070 --> 00:01:11,360

some of the southwestern corn and some

36

00:01:16,160 --> 00:01:14,080

rehydrated vegetarian chili

37

00:01:22,070 --> 00:01:16,170

all right let's get these open

38

00:01:23,270 --> 00:01:22,080

[Music]

39

00:01:26,870 --> 00:01:23,280

i'll leave that off to the side and

40

00:01:28,710 --> 00:01:26,880

space you can just float this away

41

00:01:30,469 --> 00:01:28,720

all right now we'll mix it all up

42

00:01:32,950 --> 00:01:30,479

i'm a little nervous

43

00:01:35,109 --> 00:01:32,960

oh man it looks great there you have it

44

00:01:36,310 --> 00:01:35,119

beautiful space queso

45

00:01:37,749 --> 00:01:36,320

what do you think we'll put on a

46

00:01:43,429 --> 00:01:37,759

tortilla and give it a try i think we

47

00:01:46,789 --> 00:01:45,270

megan on the space station we wanted to

48

00:01:48,870 --> 00:01:46,799

have hot dogs and we couldn't do hot

49

00:01:51,030 --> 00:01:48,880

dogs so we did something similar to this

50

00:01:52,389 --> 00:01:51,040

where we took a tortilla and the first

51
00:01:54,230 --> 00:01:52,399
thing is everything in space is floating

52
00:01:56,550 --> 00:01:54,240
so you need some binding agent so we're

53
00:01:57,830 --> 00:01:56,560
going to use ketchup and

54
00:01:59,830 --> 00:01:57,840
the important thing in space is there

55
00:02:01,109 --> 00:01:59,840
are no measurements that matter

56
00:02:02,469 --> 00:02:01,119
unless you're doing science then it

57
00:02:04,230 --> 00:02:02,479
really matters but when you're in the

58
00:02:06,069 --> 00:02:04,240
when you're in node one doing food i

59
00:02:07,510 --> 00:02:06,079
really like mustard on my um do you want

60
00:02:08,949 --> 00:02:07,520
some mustard on there's some mustard

61
00:02:10,869 --> 00:02:08,959
yeah and

62
00:02:12,470 --> 00:02:10,879
that will

63
00:02:14,309 --> 00:02:12,480

keep the next steps there all right so

64

00:02:15,589 --> 00:02:14,319

first we're gonna start with some beef

65

00:02:19,270 --> 00:02:15,599

patty which is kind of like your grilled

66

00:02:22,630 --> 00:02:21,350

let's just put a little chili pepper on

67

00:02:24,790 --> 00:02:22,640

the top of this

68

00:02:26,710 --> 00:02:24,800

just a little dab now it's time for the

69

00:02:27,990 --> 00:02:26,720

baked beans and the mac and cheese okay

70

00:02:29,110 --> 00:02:28,000

baked beans here we go all right and

71

00:02:34,710 --> 00:02:29,120

i'll get the mac and cheese going while

72

00:02:38,150 --> 00:02:36,550

perfect oh this might require a knife

73

00:02:40,229 --> 00:02:38,160

and pork

74

00:02:41,670 --> 00:02:40,239

for me any uh big game party is really

75

00:02:44,070 --> 00:02:41,680

about the food that's my favorite part

76

00:02:45,990 --> 00:02:44,080

and i do like to make things with fresh

77

00:02:47,110 --> 00:02:46,000

vegetables of course we don't have fresh

78

00:02:48,790 --> 00:02:47,120

vegetables on the space station but we

79

00:02:50,630 --> 00:02:48,800

do have lots of tasty vegetables so this

80

00:02:52,630 --> 00:02:50,640

is a tomatoes and eggplant so if you

81

00:02:53,750 --> 00:02:52,640

could put that in the bowl for me there

82

00:02:54,790 --> 00:02:53,760

we will

83

00:02:56,470 --> 00:02:54,800

doctor that up with some of the

84

00:02:58,470 --> 00:02:56,480

condiments that we have some pesto paste

85

00:03:07,270 --> 00:02:58,480

and some garlic paste and we'll make a

86

00:03:07,280 --> 00:03:11,270

and just a little dollop of green there

87

00:03:16,949 --> 00:03:12,630

for beauty

88

00:03:20,710 --> 00:03:19,350

that is delicious

89

00:03:22,309 --> 00:03:20,720

everybody come here have one of these

90

00:03:23,589 --> 00:03:22,319

this is really good

91

00:03:25,509 --> 00:03:23,599

so tell us about what are some of your

92

00:03:27,270 --> 00:03:25,519

favorite desserts uh without a doubt

93

00:03:28,949 --> 00:03:27,280

chocolate pudding cake was my favorite

94

00:03:31,030 --> 00:03:28,959

dessert but then about halfway through i

95

00:03:32,869 --> 00:03:31,040

found these little delights they're very

96

00:03:34,710 --> 00:03:32,879

simple butter cookies they just make you

97

00:03:37,030 --> 00:03:34,720

happy every time you you find the butter

98

00:03:38,470 --> 00:03:37,040

cookies they're rare and so why don't we

99

00:03:40,149 --> 00:03:38,480

use butter cookies okay cut those open

100

00:03:41,830 --> 00:03:40,159

let's make a treat all right

101
00:03:43,110 --> 00:03:41,840
we also have some brownies to add to our

102
00:03:44,949 --> 00:03:43,120
little treat today we're gonna make kind

103
00:03:49,190 --> 00:03:44,959
of a peanut butter chocolate some more

104
00:03:53,160 --> 00:03:51,110
i'll open up the

105
00:03:58,869 --> 00:03:53,170
pouch of chocolate pudding

106
00:04:05,110 --> 00:04:00,390
the space morning there you go let's

107
00:04:07,589 --> 00:04:05,730
oh yeah

108
00:04:08,869 --> 00:04:07,599
[Music]

109
00:04:10,630 --> 00:04:08,879
so you've seen some of the foods that

110
00:04:12,070 --> 00:04:10,640
we've made here in the food lab tell us

111
00:04:13,429 --> 00:04:12,080
some of the fun and exciting foods that

112
00:04:15,810 --> 00:04:13,439
you would come up with on your journey