

TANDOORI CAULIFLOWER WITH MINTY YOGURT

Serving Size: 12 servings

Ingredients

- 1 head of cauliflower
- 1/2 lemon
- 4 tbsp Garam Marsala spice blend
- 1/2 cup of olive oil

Yogurt Sauce

- 1 cup of plain yogurt
- 1 lemon or 3 tbsp of lemon juice
- 1 package of mint
- 1/2 clove of garlic
- Salt and pepper to taste

PREP BEFORE CLASS:

Break down cauliflower into bite size pieces.
Preheat oven to 425°F. Grease foil with olive oil.

Directions:

1. Have students help by measuring olive oil, lemon juice, and spice blend into a bowl. Stir until mixture is a paste, if too thick add more olive oil.
2. Have a student volunteer help distribute plates and cauliflower pieces.
3. Give each student a small amount of the spice paste and instruct them to toss the cauliflower until well coated
4. Collect cauliflower and bake for 15-20 minutes, or until tender.
5. Finely chop mint. In a large bowl, have students help measure yogurt and mint. Mix well.
6. Have a student add the juice and zest of 1/2 lemon.
7. Carefully have a student grate in 1/2 clove of garlic.
8. Salt and pepper to taste.
9. Mix until well combined and serve alongside cauliflower as a dipping sauce.
10. Once cauliflower is ready, let it cool and enjoy with the dipping sauce.



MANGO LASSI

Makes 12 servings, 1/2 cup per student

Ingredients:

- 2 cups frozen mango or 2-3 fresh mangos
- 2 cup milk
- 2 cups plain nonfat yogurt
- 2 tbsp honey
- ~1/4 cup mint leaves

PREP BEFORE CLASS:

Wash mint.

Directions:

1. Have students measure out 2 cups of frozen mango chunks and add to blender.
 - a. If using fresh mango, slice into quarters and have students dice into small chunks
2. Measure and add milk, yogurt, and honey to the blender.
3. Add a few mint leaves to blender.
4. Blend all until smooth.
5. Can add mint as garnish or into the lassi for a fresh flavor (only need 1-2 leaves)
6. Enjoy!

DID YOU KNOW?

Lassi is a popular Indian drink that can be savory or sweet!

LESSON 9:

KEEP CALM AND CURRY ON: OLFACTIONS THROUGH SPICES

SHOPPING LIST

Ingredients to buy:

- 1 head of cauliflower
- 2 lemons
- 2 cups frozen mango or 2-3 fresh mangos
- 2 cups milk
- 1/2 clove of garlic
- 1 package of mint
- 2 cup of plain yogurt
- 4 tbsp Garam Marsala spice blend (or cumin and all spice blend)

Ingredients in the bin:

- olive oil
- salt
- pepper
- honey

OBJECTIVES

- Explain what the word olfactions mean
- Understand how spices affect the taste and flavor of the dish
- Name one benefit mangos

CAULIFLOWER TANDOOR (GOBI TIKKA)

Cauliflower tandoor is a popular vegetarian dish, made by marinating cauliflower florets in a yogurt-based mixture flavored with various spices. Traditionally, it is cooked in a tandoor (a clay oven).

MANGO LASSI

Mango lassi is a refreshing and creamy drink that is enjoyed all over India, especially during the hot summer months. It is made by blending ripe mangoes, yogurt, sugar, and sometimes a splash of milk.

INTRODUCTION

🕒 3-5 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Today let's pay close attention to our olfactory sense. Does anyone know which sense that is?
- The word olfactory relates to our sense of smell in our environment. Along with vision, taste, hearing, and touch, olfaction is a special sense.
- This word, olfactory, that we use to talk about "smell" is related to the part of our brains that help us smell and remember. Most of us can recognize when there are chocolate chip cookies cooking in the oven or when meat is being browned on the stove because we've smelled it before, and we remember that smell.
- The olfactory bulb is a structure in the front of our brains that sends information to the other areas of the body for further processing. After smelling through our noses, odors take a direct route to other systems of our brains called the amygdala and hippocampus – these parts of our brain deal with emotion and memory. This is how we remember smells and why sometimes we can smell something and it takes us back to a memory. Does anyone have an example of that?
- (Share an example if students are not understanding – smelling a lilac on vacation and it reminds you of grandma back home because she has lilac bushes lining her front porch, etc.)

LESSON 9:

KEEP CALM AND CURRY ON: OLFACTIONS THROUGH SPICES

STAR INGREDIENT: MANGO

- What are mangos? They are a smooth-skinned, kidney-shaped, tropical fruit produced by the tropical tree *Mangifera indica*.
- Where do mangos come from? Mangos grow in hot, tropical climates. Most of the mangos sold in the U.S come from Mexico, Haiti, Brazil, Ecuador, Peru, and Guatemala.
- What do they taste like? Typically, sweet if ripe, have a sweet-sour taste if unripe.
- Why are mangos good for us.
 - Vitamin A: builds healthy eyes and bones.
 - Vitamin C: essential for healthy gums and teeth.
 - Folate: important for brain health.
- Did you know? In India, the mango is a symbol of love, and a basket of mangos is considered a gesture of friendship.



INDIAN DISHES

- Butter Chicken: A flavorful and creamy chicken dish cooked in a tomato-based gravy with spices and butter.
- Biryani: A fragrant rice dish cooked with meat (such as chicken, mutton, or fish), vegetables, and aromatic spices.
- Samosas: Crispy and savory pastries filled with a mixture of spiced potatoes, peas, and sometimes meat.

DEVELOPMENT

5-7 min

- Start with the first recipe and while it is baking continue the discussion.
- Let's take a look at some of our ingredients and use our olfactory senses to remind us – or learn if we've never smelled that ingredient before – what they smell like.
- (You may want to pre-measure small portions of ingredients in bowls for each group to pass around so that the students are not sniffing and putting their faces close to the ingredients they are cooking with!)
- Recipes we are making today come from Indian cuisine. Ask students if they tried or can name any Indian dishes or know what the cuisine is famous for.
- Indian cuisine is one of the most diverse and flavorful cuisines in the world. It reflects the country's rich cultural heritage and is influenced by various regions, religions, and traditions. Indian food is characterized by the skillful use of spices, vibrant colors, and a balance of flavors.
 - Spices play a crucial role in Indian cooking. They not only add flavor but also enhance the aroma and color of the dishes. Some common spices used in Indian cuisine include turmeric, cumin, coriander, cardamom, cinnamon, cloves, and chili powder. Each spice has its unique taste and contributes to the overall flavor profile of a dish.
 - Indian cuisine offers a wide range of vegetarian and non-vegetarian dishes. In fact, vegetarianism has a long-standing tradition in many parts of India due to cultural, religious, and environmental reasons. Vegetarian dishes often feature a variety of vegetables, legumes, lentils, and dairy products.



END OF CLASS CHECKLIST

10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal