

RAITA DIP & NAAN CHIPS

Serving Size: 12 servings

Ingredients:

- 2 cups greek yogurt
- ½ unpeeled English cucumber
- ¼ cup fresh mint
- 1 tsp ground cumin
- salt and pepper to taste
- 6 pieces naan or pita (NUT & SESAME FREE)

PREP BEFORE CLASS:

Wash cucumber. Preheat oven to 350°F. Cut naan into quarters.

Directions:

1. Toast naan pieces in the oven for 4-5 minutes.
2. Have students grate cucumber using zester.
3. Instructor: wrap grated cucumber in kitchen or paper towel and squeeze dry.
4. Whisk yogurt, mint, and cumin in medium bowl.
5. Add cucumbers and toss to coat. Season raita dip to taste with salt and pepper.
6. Serve naan with dip and chutney. Enjoy!



DID YOU KNOW?

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

DID YOU KNOW?

Mangoes grow on trees and in tropical regions.

MANGO LASSI

Serving Size: 12 servings, 1/2 cup per student

Ingredients:

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

PREP BEFORE CLASS:

Wash mint. Prepare the blender.

Directions:

1. Have students measure out mango chunks and add them to a 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 the blender.
4. Blend all until smooth.
5. Can add mint as a garnish or into the lassi for a fresh flavor (only need 1-2 leaves)
6. Enjoy!



DID YOU KNOW?

Indian dishes are cooked with many spices. However, Raita, a sauce, helps cut the heat of spicy dishes.

MINT CHUTNEY

Serving Size: 12 servings

Ingredients:

- 1 bunch fresh cilantro
- 1 bunch fresh mint leaves
- ½ tsp salt
- 1 lemon
- 2 tbsp water, plus more as needed
- 12 Naan or pita (NUT & SESAME FREE) from prior recipe

PREP BEFORE CLASS:

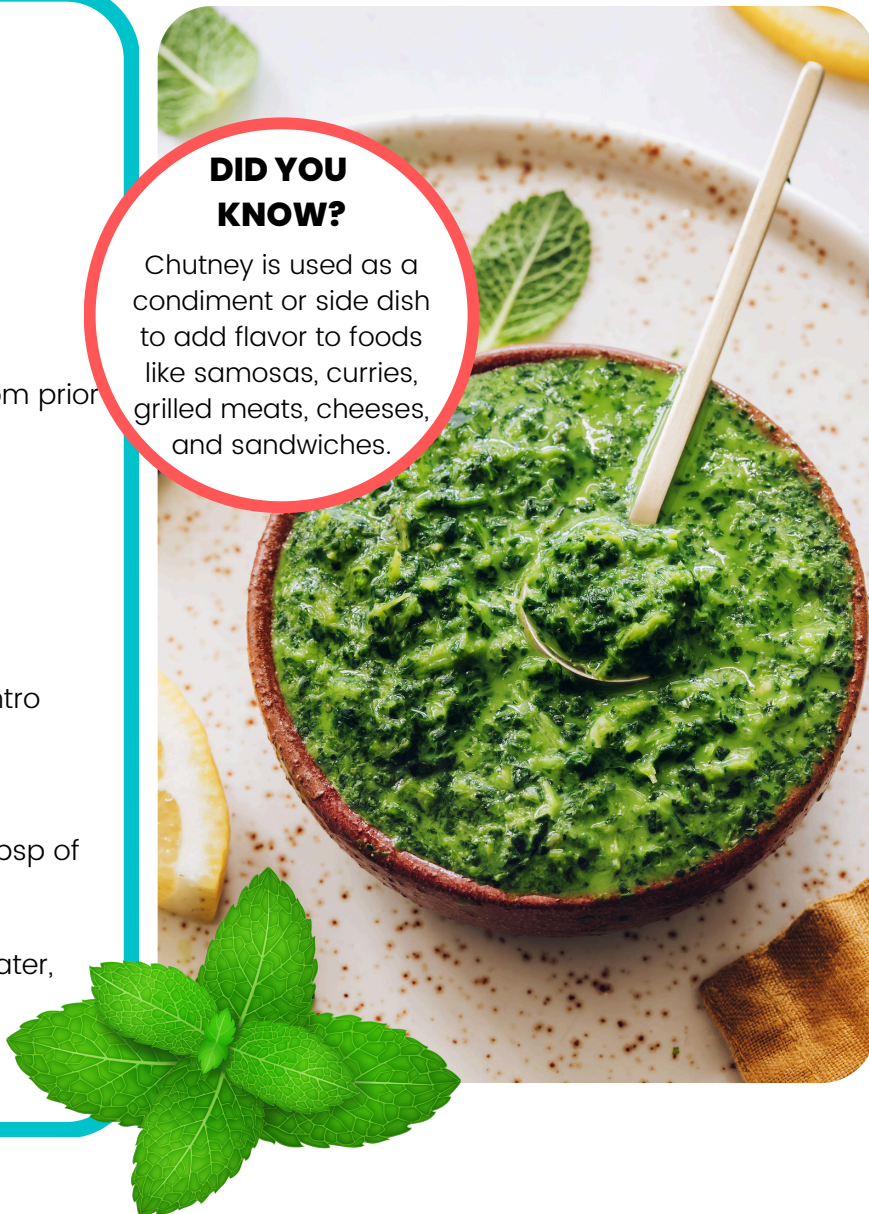
Thoroughly rinse and dry cilantro and mint.
Prepare food processor.

Directions:

1. Have students remove stems from cilantro and mint.
2. Roughly chop herbs and add to food processor.
3. Squeeze lemon into small bowl. Add 1 tbsp of juice to food processor.
4. Add salt and 2 tbsp of water.
5. Blend until smooth. If it requires more water, add small amounts at a time until the chutney is a consistent texture.
6. Serve with naan and raita dip!

DID YOU KNOW?

Chutney is used as a condiment or side dish to add flavor to foods like samosas, curries, grilled meats, cheeses, and sandwiches.



LESSON 8: INDIAN CUISINE

OBJECTIVES

- Identify one popular spice that people in India use when cooking
- Introduce children to the vibrant flavors and diverse ingredients used in Indian cuisine
- Name some popular Indian dishes

SHOPPING LIST

Ingredients to buy:

- 2 cups frozen mango or 2-3 fresh mangos
- 1 lemon
- 1 bunch fresh cilantro
- 2 bunch fresh mint leaves
- ½ unpeeled English cucumber
- 4 cups Greek yogurt
- 2 cup milk
- 12 pieces naan or pita (NUT & SESAME FREE)
- 1 tsp ground cumin

Ingredients in the bin:


- Honey
- Salt
- Pepper
- Water
- 12 cups

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. If unripe, they have a sweet-sour taste.
- 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.



INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss that today we are going to talk about the country of India. Key Qs: What is Indian cuisine known for? Indian cuisine often uses a variety of spices and herbs in order to achieve strong, warm, and earthy flavors. Spices are often mixed together to create blends. These spice blends are unique to different regions.
- What are spices? Spices are dried parts of a plant, usually the seed, that are used to give food flavor. Spices can transform dishes into something unique.
- Did you know spices are often used in Indian culture as a form of medicine? Cumin and cardamom are believed to be important for good digestion and might help settle an upset stomach. Turmeric, which is another common spice in India, contains lots of antioxidants, which help the body stay healthy.


COOKING PRO

Pass out some mint leaves to each student and allow them to bruise the leaves. Before bruising, allow students to smell the mint. After bruising, tell students to smell the mint leaves again and have them describe the difference!

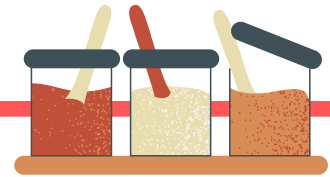
STAR TECHNIQUE: SEASONING

- Today we will learn a fun cooking technique: Seasoning
- Why is seasoning important? Seasoning with different spices and flavor enhancers that can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeno, etc..
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. But when learning about seasonings, its best to refer to the flavor star to find the best balance between savory, salty, sweet, bitter, sour, and spicy.

DEVELOPMENT

 5-7 min

- As you are completing the Raita Dip and Naan Chips recipe, mention that Indian cuisine typically involves the use of spices that are hot! Ask students if they enjoy spicy food.
- Spices alone aren't enough to make a meal! Indian cuisine often involves the use of lentils, beans, and peas as a source of protein. Have you ever had any of these common Indian dishes?
 - Aloo gobi – potatoes and cauliflower
 - Chana masala – chickpea stew
 - Dal makhani – a stew made with whole lentils
 - Korma – a savory curry of meat or vegetables braised in yogurt, cream, and spices.
- Discuss the Star Ingredient and Star Technique as described below and common ingredients used in Indian cuisine.




COMMON INDIAN INGREDIENTS

Let's discover common ingredients used in Indian cooking that will make your taste buds dance with joy:

1. Rice is a magical grain that can be fluffy and white or colorful and aromatic. It's used to make yummy dishes like pulao (rice with veggies and spices) and biryani (a flavorful rice dish with meat or veggies).
2. Lentils and Legumes are like little superheroes that give you energy and make you strong! You'll find lentils like red lentils and yellow lentils in dishes called dal. They are like soups filled with tasty spices and can be slurped up with rice or bread.
3. Vegetables: Indian cuisine loves colorful vegetables like carrots, peas, and potatoes. They are cooked in a special way with spices to make delicious curries and stir-fries. Have you tried aloo gobi (potatoes and cauliflower) or matar paneer (peas and cottage cheese)? They are super yummy!
4. Spices are like magic powders that make food taste extra special. Some common spices used in Indian cooking are cumin, turmeric, and coriander. They add flavors and colors to dishes. But be careful, some spices can be too strong for little taste buds, so start with milder ones!
5. Yogurt: Yogurt is like a cool superhero that helps your tummy stay happy and healthy. It's creamy and delicious! In India, we make a yummy side dish called raita with yogurt, chopped veggies, and a pinch of spices. It's a perfect cooling companion for spicy dishes.

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