

Indian cuisine

Culinary Creations

Vegetable Biryani Making

Objective:

To learn about the different food groups used in a traditional Indian dish and the basics of food safety and preparation.

Materials:

2 cups Basmati rice, 1 cup mixed vegetables (peas, beans, carrot), 1 onion, 2 teaspoons Biryani masala, 1/2 cup yogurt, 2 tablespoons vegetable oil, water, big pot, rice cooker, child safe knife, measuring cups and spoons

Preparation:

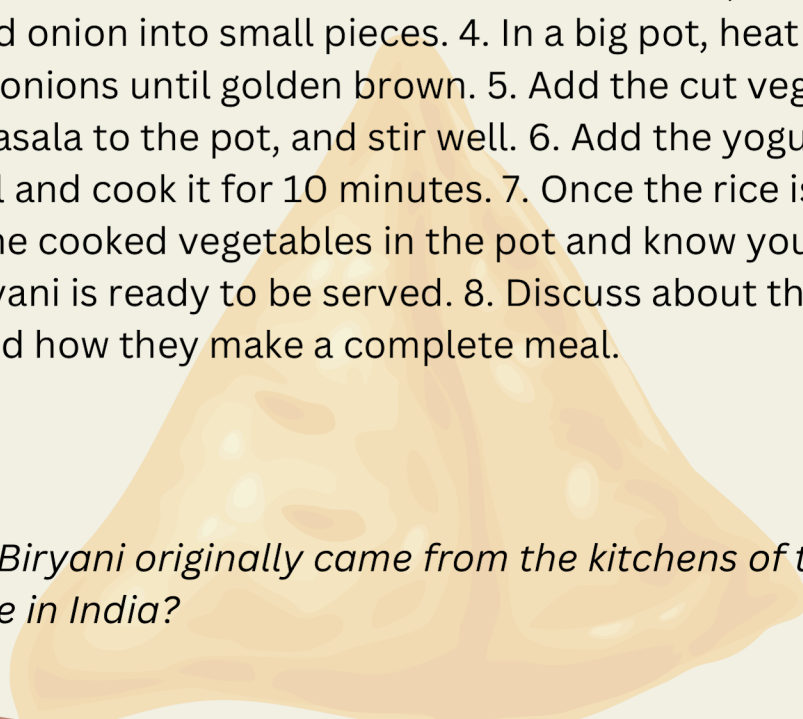
Prepare all the ingredients before starting, and ensure the student understands the basics of kitchen safety.

Steps:

1. Rinse and strain the Basmati rice. 2. Cook the basmati rice with 4 cups of water in the rice cooker. 3. While the rice cooks, cut the vegetables and onion into small pieces. 4. In a big pot, heat the oil and sauté the onions until golden brown. 5. Add the cut vegetables and Biryani masala to the pot, and stir well. 6. Add the yogurt to the pot, mix it well and cook it for 10 minutes. 7. Once the rice is cooked, layer it over the cooked vegetables in the pot and know your Vegetable Biryani is ready to be served. 8. Discuss about the ingredients and how they make a complete meal.

Fun Fact:

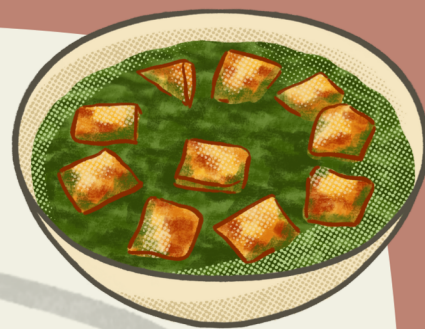
Did you know Biryani originally came from the kitchens of the Muslim Mughal Empire in India?



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Kitchen Science

Exploring Fermentation with Dosa



Objective:

Teaching the student about the scientific process of anaerobic decomposition or fermentation using a popular Indian dish.

Materials:

2 cups of parboiled rice, 1 cup of urad dal (skinned and split black lentil), 1 teaspoon of Fenugreek seeds, water, big pot, measuring cups, blender, mixing bowl, Dosa tawa or griddle.

Preparation:

Prepare all the ingredients before starting and ensure the student understands the basics of kitchen safety and cleanliness when handling food.

Steps:

1. Soak the rice, urad dal, and fenugreek seeds separately in water for six hours. 2. After soaking, blend the dal and fenugreek seeds first to make a fine paste, followed by the rice to a coarse paste. 3. Combine both pastes in a big pot, mix well, cover, and leave it to ferment for 8-10 hours. 4. Check with your student how the paste has risen and become bubbly due to fermentation. Explain how friendly bacteria convert the sugars in the mixture into acid, gas or alcohol, making the batter ferment. 5. Once fermented, use the batter to make dosas on a hot griddle. Enjoy the dosas with any Indian curry.

Fun Fact:

Did you know fermentation is one of the oldest known food preservation techniques? Yogurts, cheeses, and many doughs are all examples of fermented food.