

### 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 Tahini 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 degrees F. Grease foil with olive oil.

#### Directions:

- 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
- Have a student volunteer help distribute plates and cauliflower pieces
- Give each student a small amount of the spice paste and instruct them to toss the cauliflower until well coated
- Collect cauliflower and bake for 15-20 minutes, or until tender.
- Finely chop mint. In a large bowl, have students help measure yogurt and mint. Mix well
- Have a student add the juice and zest of 1/2 lemon
- Carefully have a student grate in 1/2 clove of garlic
- Salt and pepper to taste
- Mix until well combined and serve along side cauliflower as a dipping sauce
- One cauliflower is ready, let it cool and enjoy with the dipping sauce.



### MANGO LASSI

Makes 12 servings

#### Ingredients:

- 2 fresh mangos or 1 cup frozen mango
- ½ cups milk
- 1 cup plain nonfat yogurt
- 1 tbsp honey
- Mint leaves for garnish (optional)

#### PREP BEFORE CLASS:

Wash mint.

#### Directions:

- 1.If using fresh mango, slice into quarters and have students dice into small chunks
- 2.Measure and add all the ingredients into the blender.
- 3.Blend until smooth
- 4.Can add mint as garnish or into the lassi for a fresh flavor (only need 1-2 leaves)
- 5.Enjoy!

#### DID YOU KNOW?

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

#### TANDOOR

refers to cooking in large clay pots over a fire, where temperatures can reach 900 degrees F.

# LESSON 9:

## KEEP CALM AND CURRY ON: OLFACTIONS THROUGH SPICES

### OBJECTIVES

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

### 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.

### INTRODUCTION

🕒 3-5 min

- 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 in 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.)

### 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!)

# LESSON 9:

## KEEP CALM AND CURRY ON: OLFACTIONS THROUGH SPICES

### CONCLUSION

🕒 2-3 min

- Once students are finished cooking, if time remains, it may be a fun activity to blindfold students and have them smell the ingredients a second time.
- Did their memories help them determine the correct smell to match the correct ingredient?

#### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

#### 5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

#### THUMBS UP TEST 🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

### TASTE TEST

🕒 2-3 min

- As you are ready to taste food - complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

### CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.