


# LESSON 5

## BAKED PANEER & CHANA SALAD

### BAKED PANEER TIKKA

| Ingredient   | Students Per Class |              |            |
|--|--------------------|--------------|------------|
|  | 10                 | 15           | 20         |
| Paneer  | 1 block            | 1 1/2 blocks | 2 block    |
| Bell peppers   | 2                  | 3            | 4          |
| Greek yogurt   | 2/3 cup            | 1 cup        | 1 1/3 cups |
| Ginger garlic paste  | 1 tbsp             | 1 1/2 tbsp   | 2 tbsp     |
| Olive oil  | 2 tbsp             | 3 tbsp       | 4 tbsp     |
| Curry Powder   | 1 tsp              | 1 1/2 tsp    | 2 tsp      |
| Chili powder   | 1 tsp              | 1 1/2 tsp    | 2 tsp      |
| Salt   | 1/2 tsp            | 3/4 tsp      | 1 tsp      |
| Lemon juice  | 1 tbsp             | 1 1/2 tbsp   | 2 tbsp     |

Other: Salt and pepper to taste.

: Make sure it is Peanut, Nut, and Sesame FREE

#### PREP BEFORE CLASS:

Wash Bell peppers and pre-heat oven to 425°F.

#### Directions:

1. Have 2-4 students volunteer to cut bell peppers into square pieces
2. Ask an additional 2 students to help cut paneer into 1-inch cubes.
3. In a separate bowl add yogurt, olive oil, lemon juice, spices, and a pinch of salt.
4. Combine vegetables, paneer, and sauce and arrange on a baking sheet.
5. Bake for 15-20 minutes.
6. Serve and enjoy!

#### DID YOU KNOW?

Paneer is a delicious Indian cheese that's often used in curries!



#### DID YOU KNOW?

The oldest chickpea was discovered in a cave in L'Abeurador, France dating back to 6790 BC.

### CHANA SALAD

| Ingredient       | Students Per Class |           |        |
|------------------|--------------------|-----------|--------|
|                  | 10                 | 15        | 20     |
| Chickpeas        | 1 can              | 1 1/2 can | 2 cans |
| Cucumbers        | 2 cups             | 3 cups    | 4 cups |
| Tomatoes         | 1 cup              | 1 1/2 cup | 2 cups |
| Onion            | 1/2 cup            | 3/4 cup   | 1 cup  |
| Curry powder     | 1 1/2 tbsp         | 2 tbsp    | 3 tbsp |
| Chopped cilantro | 1 cup              | 1 1/2 cup | 2 cups |
| Olive oil        | 2 tbsp             | 3 tbsp    | 4 tbsp |
| Salt             | 1 tsp              | 1 1/2 tsp | 2 tsp  |

: Make sure it is Peanut, Nut, and Sesame FREE

#### PREP BEFORE CLASS:

Drain and rinse chickpeas.

#### Directions:

1. Hand out portions of tomato, onion, cilantro and cucumber to each student and direct them to dice each vegetable into small cubes.
2. Collect all diced vegetables into a mixing bowl and add canned chickpeas and cilantro.
3. Drizzle olive oil and add salt and curry powder.
4. Mix the salad well to combine.
5. Enjoy!

## SHOPPING LIST

Please see recipe for amounts, varies by class size

### Ingredients to buy:

#### Fresh Produce:

- Cucumbers
- Tomatoes
- Onion
- Cilantro
- Bell peppers
- Lemon
- Ginger garlic paste (sub for fresh ginger and garlic if unavailable)

#### Dairy:

- Paneer (NUT & SESAME FREE)
- Plain greek yogurt

#### Pantry Staples:

- Curry powder
- Chili powder
- Canned chickpea

### Ingredients in the Bin:

- Salt and pepper
- Olive oil

## OBJECTIVES

- ☒ Teach and Discuss Indian cuisine
- ☒ Discuss the star technique and star ingredient
- ☒ Discuss common ingredients used in Indian cooking
- ☒ Review fun facts about India

## STAR TECHNIQUE: MIXING



Mixing means using a utensil to combine two or more ingredients until they become one product. What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer. Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!

## DEVELOPMENT

⌚ 5-7 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Discuss Indian Cuisine
  - Do you have any favorite Indian dishes?
  - Can anyone guess what dishes we may be making with the ingredients today?
    - Paneer, Greek yogurt, Chaat masala, Chickpeas, Tomatoes
- Discuss a few popular Indian dishes in more detail, describing their ingredients and preparation methods. Ask students if they are familiar with these dishes:
  - Butter Chicken: A creamy and flavorful curry made with marinated chicken cooked in a rich tomato and butter-based sauce, often served with naan or rice.
  - Biryani: A fragrant rice dish cooked with spices, saffron, and meat like chicken, lamb, or vegetables, layered and slow-cooked for a unique flavor.
  - Samosas: Crispy, fried pastries filled with spiced potatoes, peas, or meat, often served with mint or tamarind chutney.
- Paneer Tikka: Cubes of paneer (fresh Indian cheese) marinated in spices and grilled to perfection, served as a snack or appetizer.

## ENGAGEMENT TIPS



Remind students the paneer bakes for 15-20 minutes. Have them watch the clock and call out when 5 and 2 minutes are left.



When students dice the tomato, onion, cucumber, and cilantro, remind them of the bear claw technique for safe cutting.



Have students season their individual plates instead. Just make sure they don't over season!

# LESSON 5: INDIA

## EXPLORING COMMON INDIAN INGREDIENTS



- **Rice:** Rice is a super important food that gives your body energy. You can eat it plain and fluffy, or in yummy dishes like pulao (rice cooked with veggies and spices) and biryani (spiced rice with meat or veggies).



- **Lentils and Legumes:** These are little powerhouses full of protein and fiber to help you stay strong. Red and yellow lentils are used in dal, a yummy soup that's great to eat with rice or bread.



- **Vegetables:** Veggies like carrots, peas, and potatoes are full of vitamins that help your body stay healthy. They're cooked with spices to make tasty curries and stir-fries.



- **Spices:** Spices like cumin, turmeric, and coriander make Indian food taste amazing. They also have health benefits, like helping your tummy feel better.



- **Yogurt:** Yogurt is creamy and full of calcium to make your bones strong. In India, it's used to make raita, a cool side dish with veggies and spices that helps balance spicy meals.



- **Paneer:** Paneer is a soft cheese that's used in dishes like palak paneer (spinach and cheese curry) or paneer tikka (spiced grilled cheese). It's a delicious way to get protein!

## FUN FACTS ABOUT INDIA



- India is home to the towering Himalayas, which include some of the world's highest peaks.
- With over 1.4 billion people, India is the second-most populous country on Earth.
- The Taj Mahal, a stunning white marble mausoleum, is one of the New Seven Wonders of the World.
- The majestic Bengal tiger, India's national animal, roams its lush forests and grasslands.
- The game of chess, played globally, originated in ancient India.
- India has the largest postal network in the world, with over 150,000 post offices, including one that floats on Dal Lake in Srinagar!



## STAR INGREDIENT: CHICKPEAS



**Chickpeas:** Chickpeas, also called garbanzo beans, are small, round beans that are both healthy and tasty. There are two types: big, creamy ones called Kabuli chickpeas and smaller, darker ones called Desi chickpeas. Chickpeas are full of protein, fiber, vitamins, and minerals, making them a great food to help your body stay strong and healthy!

## END OF CLASS CHECKLIST

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