

CELEBRATING OUR ROOTS

MULTICULTURAL RECIPE BOOK



BURLINGTON SCHOOL DISTRICT

ABOUT THIS BOOK

This recipe book was created in efforts to bring more appreciation and cultural awareness into Burlington's diverse school system. This book contains accessible recipes from the home countries of many BSD families. While there is so much to explore within these cultural backgrounds, this serves to be an introduction of other cultures for younger students, and to open them to understanding their surroundings and the world going forward in their education.

By tying this cultural appreciation to food, we are also hoping that we can help Burlington youth learn more about the environment. We hope these recipes serve as a base to learn about food crops, how plants grow, how food systems function and that students gain more appreciation for how natural resources sustain our societies in varying ways.

We hope in the future this also serves as a tool to create continued collaboration with local growing networks in Burlington. By choosing vegetables that can be grown locally, we can support fresher and healthier food systems that will sustain younger generations in their most critical development years.



*This recipe book was created in partnership with the University of Vermont
Thanks to Aziza Malik, Christine Gall, Alisha Laramee and others who collaborated in this
project*

*This book was created by Alysa Kelly, Gretta Stack, Morgan Doherty and Tara Beattie
May 7th 2020*

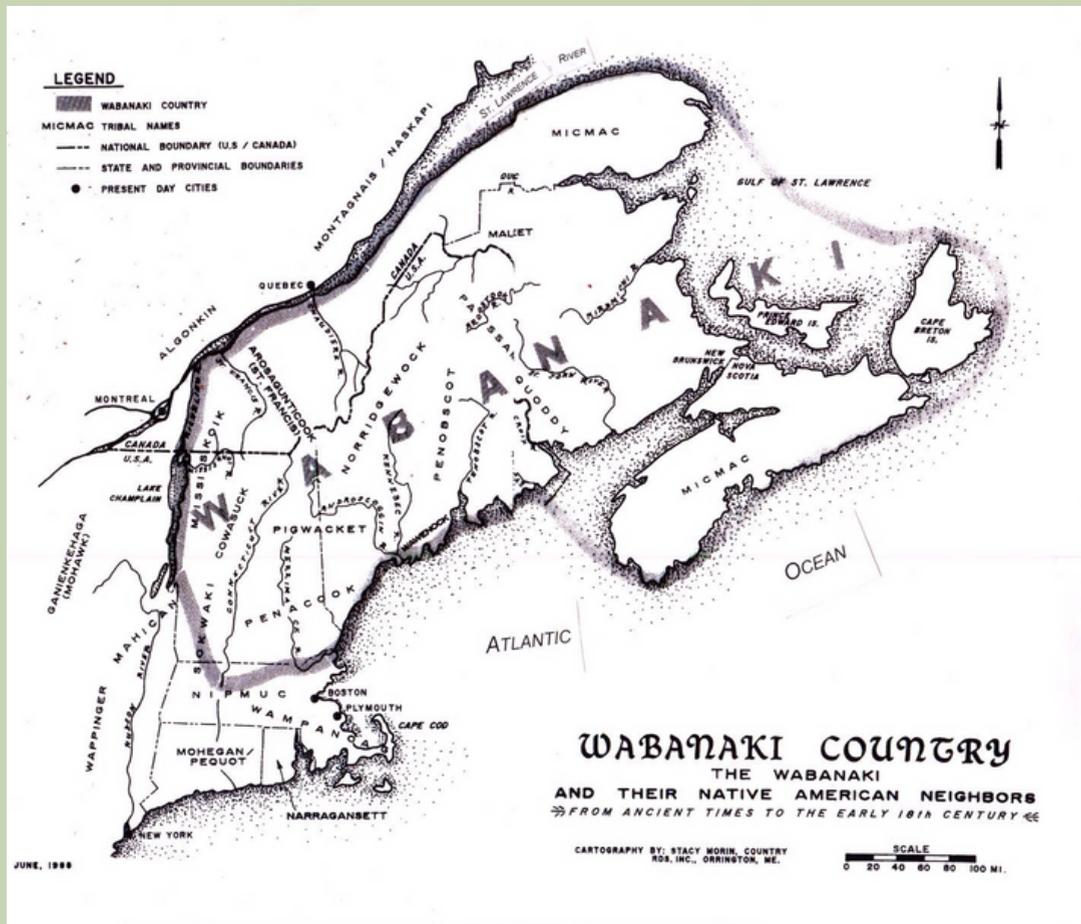
*This book has corresponding handout materials to give to students upon completion of
the different cooking lessons, including take home recipes and printable passports*

TIME TO TRAVEL THE WORLD!
GET YOUR PASSPORTS READY!



[GET YOUR PRINTABLE PASSPORTS HERE!](#)

ABENAKI



WILD LEEK PESTO



DID YOU KNOW...

- The life cycle of a wild leek is around 7 years, from when it sprouts to when it produces a seed, which is another reason why it is important not to over harvest them!
- The Abenaki called these wild leeks *winooski*, which is where the name for the Winooski river comes from.

CULTURAL SIGNIFICANCE

We often think of our food coming from the grocery store, but there are lots of edible plants in our backyards as well, if you know what to look for. Wild leeks are best harvested in the spring, and can be found in many natural areas around Vermont. When foraging for wild plants it is important to remember to sustainably harvest. This means we want to limit how much we take so that others can also have a chance to harvest, and so that there are enough plants left that they can continue to grow and reproduce.

LEARNING ACTIVITIES

K-5th Grade: Read the book: *The Barefoot Book of Earth tales* by Dawn Casey, do activities in book

Take a trip to the woods to try and find some wild leeks!

WILD LEEK PESTO RECIPE

INGREDIENTS

SERVES: 6

TOTAL TIME: 10 MIN

- 1 bunch wild leeks (use just the leaves for a sweeter pesto)
- 1/2 cup walnuts or cashews (toasted)
- 1/3 cup olive oil
- 1/2 cup grated parmigiano reggiano cheese
- sea salt (to taste)
- pepper (to taste)
- a squirt of lemon



DIRECTIONS

1. Wash and cut off the leaves of the ramps
2. Chop the ramps and walnuts just a bit and put them in your food processor or blender.
3. Add most of the cheese (save a sprinkle for serving) and a good dash of salt and pepper.
4. Pouring the olive oil in slowly, process contents until you get desired texture.
5. Taste for seasoning and add a good squirt of lemon.
6. Serve with fresh veggies from garden, or with some bread/crackers

Recipe from: <https://food52.com/recipes/4341-wild-ramp-pesto>

WILD LEEK PESTO TAKE HOME RECIPE

INGREDIENTS

If you are harvesting wild leeks please be responsible by only taking as much as you need!

- 1 bunch wild leeks (use just the leaves for a sweeter pesto)
- 1/2 cup walnuts or cashews (toasted)
- 1/3 cup olive oil
- 1/2 cup grated parmigiano reggiano cheese
- sea salt (to taste)
- pepper (to taste)
- a squirt of lemon

TOTAL TIME: 10 MIN SERVES: 6

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ABENAKI CORNBREAD

CULTURAL SIGNIFICANCE



This recipe integrates one of the three components of the three sisters crop traditionally grown by American Indians including the Abenaki. The Abenaki are part of the group of North American natives called the Wabanaki. This name designates the peoples of the East; Wabun or Waban means "the East" or "the rising sun" and Aki means "the earth".

Native Americans were responsible for creating early versions of what we now know as cornbread today. By grinding corn to create cornmeal, they then could mix this product with water to create a batter to bake over a fire to make bread. This early version wasn't the most flavorful though. As time went on and European settlers adapted this over the past three centuries, they added ingredients such as milk, eggs, and butter to create what are taste buds are more familiar with nowadays.

DID YOU KNOW...

- Because corn lacks elastic gluten, it cannot be raised with yeast; consequently, most cornbread is leavened with baking powder or baked unleavened
- On average an ear of corn has 800 kernels in 16 rows.
- With the exception of Antarctica, corn is produced on every continent in the world.
- In the days of the early settlers to North America corn was so valuable that it was used as money and traded for other products such as meat and furs.

LEARNING ACTIVITIES

K- 2nd grade: For book suggestions, activity ideas, sprouting experiments and more visit [Gift of Curiosity](#).

3rd-4th Grade: Bring a mortar and pestle and have the kids grind their own corn meal. This is even better if you can get local dried corn. Here's an [Abenaki Study Guide](#) for grades 3-5.

5th Grade: Take a virtual museum tour! The [Musée des Abénakis](#) (Abenaki Museum) has a very informative one with lots of historical information separated by time period.

ABENAKI CORNBREAD

INGREDIENTS

SERVES: 9 TOTAL TIME: 45 MINUTES

1 cup Abenaki flint
cornmeal
1 cup flour, sifted
3 tsp baking powder
1/2 cup maple syrup
1/2 tsp salt
1 egg, beaten
1/2 cup milk
2 tbsp butter or lard,
melted



DIRECTIONS

1. Double the recipe above to make 2 8x8 pans of cornbread. Split measuring and mixing jobs into teams.
2. Preheat oven to 425.
3. Sift dry ingredients together in a large bowl. Add the egg, milk and butter/lard and stir to combine.
4. Lightly grease the 8x8 pans and pour the batter into it.
5. Bake at 425 for 20-25 minutes, or until golden brown.
6. Serve warm, with butter.

Original recipe can be found [HERE](#).

ABENAKI CORNBREAD TAKE HOME RECIPE

INGREDIENTS

1 cup Abenaki flint
cornmeal
1 cup flour, sifted
3 tsp baking powder
1/2 cup maple syrup
1/2 tsp salt

1 egg, beaten
1/2 cup milk
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TOTAL TIME: 45 MIN

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BEAN AND CORN SALAD



DID YOU KNOW...

Not only do the three sisters help each other when growing, but they also compliment each other nutrition wise. When eaten together, the corn provides carbohydrates, the beans provide protein and fiber, and the squash provides vitamin A.

CULTURAL SIGNIFICANCE

Beans and corn are two components of the traditional three sisters crop grown by the American Indians of the Northeast Woodlands, and by cultures all over the world. The third vegetable is squash, and grown together these vegetables support one another's growth. Long before we called this place Vermont, this land was part of the Abenaki territory. The Abenaki cultivated some crops, but mostly relied on hunting and foraging in the woods for their main source of protein.

LEARNING ACTIVITIES

K-2nd grade: Color in three sisters coloring pages and identify each vegetable.

http://0104.nccdn.net/1_5/1fd/0e0/2c5/ThreeSistersPrintable-coloring-page.pdf

http://0104.nccdn.net/1_5/2e8/290/054/Three-sisters-corn-beans-and-squash.pdf

3rd-5th grade: Read the attached legend about the three sisters, and discuss the importance of this crop.

<http://www.mlui.org/userfiles/filemanager/1713/>

BEAN AND CORN SALAD RECIPE

INGREDIENTS

SERVES: 12

TOTAL TIME: 20 MIN

2 (14.5 oz) cans of black beans, rinsed and drained well
2 cups fresh or frozen corn, thawed
2 cups chopped tomato
2 cups seeded and chopped orange bell peppers
2/3 cup diced red onion, rinsed and drained
2 medium avocados, diced

Dressing

6 Tbsp olive oil
5 Tbsp fresh lime juice
2/3 cup chopped fresh cilantro
2 clove garlic, minced
2 tsp honey
1/2 tsp each ground cumin and chili powder
Salt and freshly ground black pepper



DIRECTIONS

1. Whisk together all dressing ingredients in a small mixing bowl, season with salt and pepper to taste. Chill until ready to use.
2. Add black beans, corn, tomatoes, bell pepper, red onion, and avocado to a large bowl.
3. Pour dressing over and toss gently to coat with dressing.
Serve right away

Recipe from: <https://www.cookingclassy.com/black-bean-and-corn-salad/>

BEAN AND CORN SALAD TAKE HOME RECIPE

INGREDIENTS

1 (14.5 oz) can black beans, rinsed and drained well
1 cup fresh or frozen corn, thawed
1 cup chopped tomato
1 cup seeded and chopped orange bell pepper
1/3 cup diced red onion, rinsed and drained
1 medium avocado, diced

Dressing

3 Tbsp olive oil
2 1/2 Tbsp fresh lime juice
1/3 cup chopped fresh cilantro
1 clove garlic, minced (1 tsp)
1 tsp honey
1/4 tsp each ground cumin and chili powder
Salt and freshly ground black pepper

DIRECTIONS

1. Whisk together all dressing ingredients in a small mixing bowl, season with salt and pepper to taste. Chill until ready to use.
2. Add black beans, corn, tomatoes, bell pepper, red onion, and avocado to a large bowl.
4. Pour dressing over and toss gently to coat with dressing. Serve right away

SERVES: 6 TOTAL TIME: 20 MIN

BEAN AND CORN SALAD TAKE HOME RECIPE

INGREDIENTS

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1 cup fresh or frozen corn, thawed
1 cup chopped tomato
1 cup seeded and chopped orange bell pepper
1/3 cup diced red onion, rinsed and drained
1 medium avocado, diced

Dressing

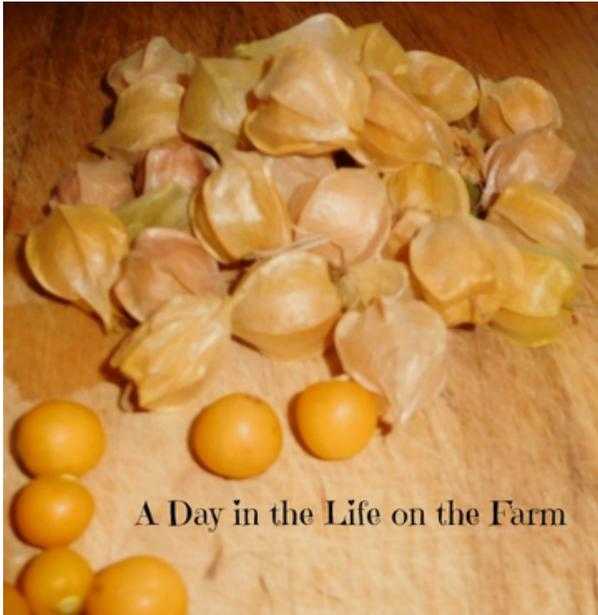
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SERVES: 6 TOTAL TIME: 20 MIN

GROUND CHERRY MUFFINS



A Day in the Life on the Farm

DID YOU KNOW...

Ground cherries are considered a superfood, containing anti-inflammatory and immune-boosting properties. But don't eat ground cherries when they aren't ripe! Unripe ground cherries can contain toxins that are harmful when consumed.

CULTURAL SIGNIFICANCE

The ground cherry is a unique plant that produces sweet, tomato like fruits that fall off the plant when ripe. Although the three sisters are most commonly known Abenaki crops, there are actually seven sister crops that are important to the Abenaki and other Indigenous cultures. The other four crops that go along with the three sisters are the ground cherry, sunflower, jerusalem artichoke, and tobacco. These seven sisters are named after the constellation Pleiades, which is known as the seven sisters constellation, and is referenced in cultures around the world.

LEARNING ACTIVITIES

K-2nd grade:

Read: *The Hunter's Promise: An Abenaki Tale*, by Joseph Bruchac

3rd-5th grade:

Read about Abenaki culture now, and do the activities that go along: http://abenakiart.org/yahoo_site_admin/assets/docs/Grades_3_to_5_-_2018_Study_Guide_-_Alnobak.107171825.pdf

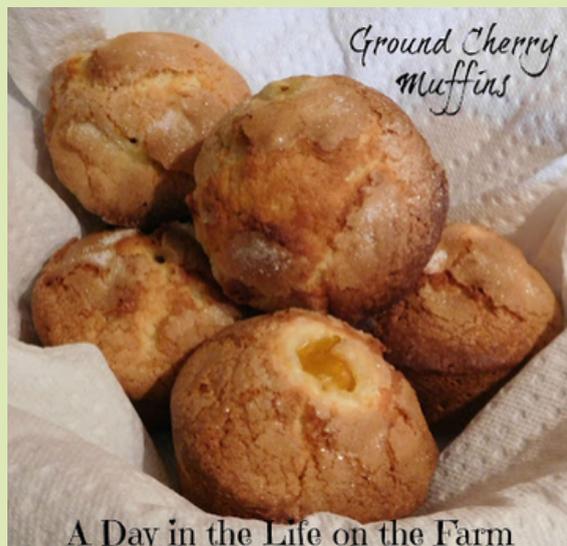
GROUND CHERRY MUFFIN RECIPE

INGREDIENTS

SERVES: 18

TOTAL TIME: 40 MIN

3/4 c. butter, room temperature
1 1/2 c. sugar plus more for sprinkling
3 eggs
3 c. flour
3 t. baking powder
3/4 t. cinnamon
3 pinches of salt
3/4 c. milk
1 1/2 pint (approx. 3 c.) ground cherries with husks removed



DIRECTIONS

1. Preheat oven to 375 degrees F
2. Cream together the butter and sugar.
3. Add the eggs and beat well.
4. Add 1/2 of the dry ingredients alternately with half of the milk, beating after each addition.
5. Fold in the ground cherries.
6. Spoon into muffin tin that has been treated with baking spray.
7. Sprinkle each with a pinch of sugar.
8. Bake for 30 minutes or until a skewer inserted in the center of the muffins removes cleanly.
9. Let cool in the pan for a few minutes before moving to a cooling rack.

Recipe and photos from:

<http://adayinthelifeonthefarm.blogspot.com/2015/08/ground-cherry-muffins-for-muffinmonday.html>

GROUND CHERRY MUFFIN TAKE HOME RECIPE

INGREDIENTS

1/4 c. butter, room temperature
1/2 c. sugar plus more for sprinkling
1 egg
1 c. flour
1 t. baking powder
1/4 t. cinnamon
pinch of salt
1/4 c. milk
1/2 pint (approx. 1 c.) ground cherries with husks removed

SERVES: 6 TOTAL TIME: 40 MIN

DIRECTIONS

1. Preheat oven to 375 degrees F
2. Cream together the butter and sugar.
3. Add the egg and beat well.
4. Add 1/2 of the dry ingredients alternately with half of the milk, beating after each addition.
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ALGONQUIN THREE SISTERS VEGETABLES DISH

CULTURAL SIGNIFICANCE

As noted, the Three Sisters Crops included corn, beans, and squash. While many Native Americans traditionally planted their crops in hills, there are a variety of different strategies based on the local environments they were living in. These could differ from the distance between hills, the size of hills, and the number and type of seeds planted in the hills. The Abenaki hills tend to be 24 to 30 inches in diameter and spaced about 6 feet apart, each containing 4 corn seeds, 4 bean seeds, and 2 to 4 squash seeds. In the Abenaki Heritage Garden, the corn is planted toward the four directions – East, West, North, and South. Beans are planted between the corn around the circle, and the squash is planted on the periphery of the hill. The corn provides a natural pole for the beans to climb, and the squash vines provide shade to keep the soil moist and prevent weeds.

LEARNING ACTIVITIES

All Grades: Take a trip to the Abenaki Cultural Heritage Garden at the Intervale Center to see the traditional harvesting techniques.

DID YOU KNOW...

- Corn is otherwise known as *skamon*, beans as *atebakwal*, and squash as *wasawa*
- Agriculture based on the *Three Sisters* made its way to the Champlain Valley from Mexico and the Southwest well before Europeans arrived
- While the Abenaki moved seasonally to hunt, fish and forage, agriculture provided food security, especially during the winter season



ALGONQUIN THREE SISTERS VEGETABLES DISH

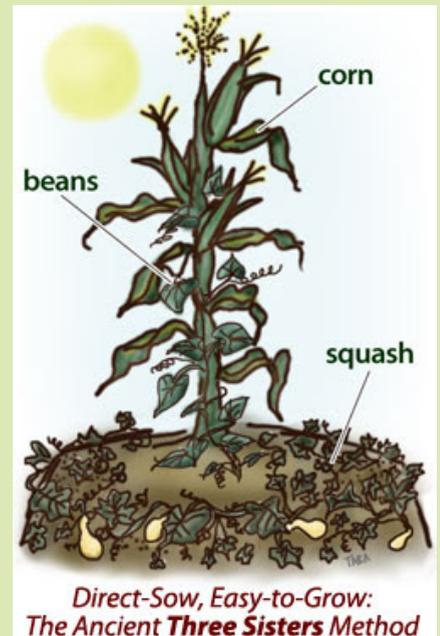
INGREDIENTS

SERVES: 10

TOTAL TIME: 35 MIN

2 C Baby Lima Beans (Fresh or Frozen)	2 C Yellow squash (1 medium)
1 Red Bell Pepper	2 C Zucchini (1 medium)
1 Green Bell Pepper	2 T Butter or Butter Substitute
2 C Corn (Fresh or frozen whole kernels)	3 Cloves of Garlic
2 C Eggplant	1 c White Onion
2 C Fresh, Firm Roma Tomatoes	1/2 c Fresh Parsley
	1/4 t Pepper
	1/4 t Paprika
	Morton Salt Substitute to taste

Can substitute squash with Algonquin Squash



DIRECTIONS

1. Chop all vegetables to bite size.
2. Dice the parsley, onions and garlic.
3. In medium cast-iron skillet heat oil, add onion, garlic and peppers and saute until soft.
4. Steam squash, zucchini and lima beans until done and add to the skillet.
5. Season with pepper, paprika.
6. Season with Morton Salt Substitute to taste.
7. Stir in the fresh parsley. Enjoy!

Recipe from: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2082787>

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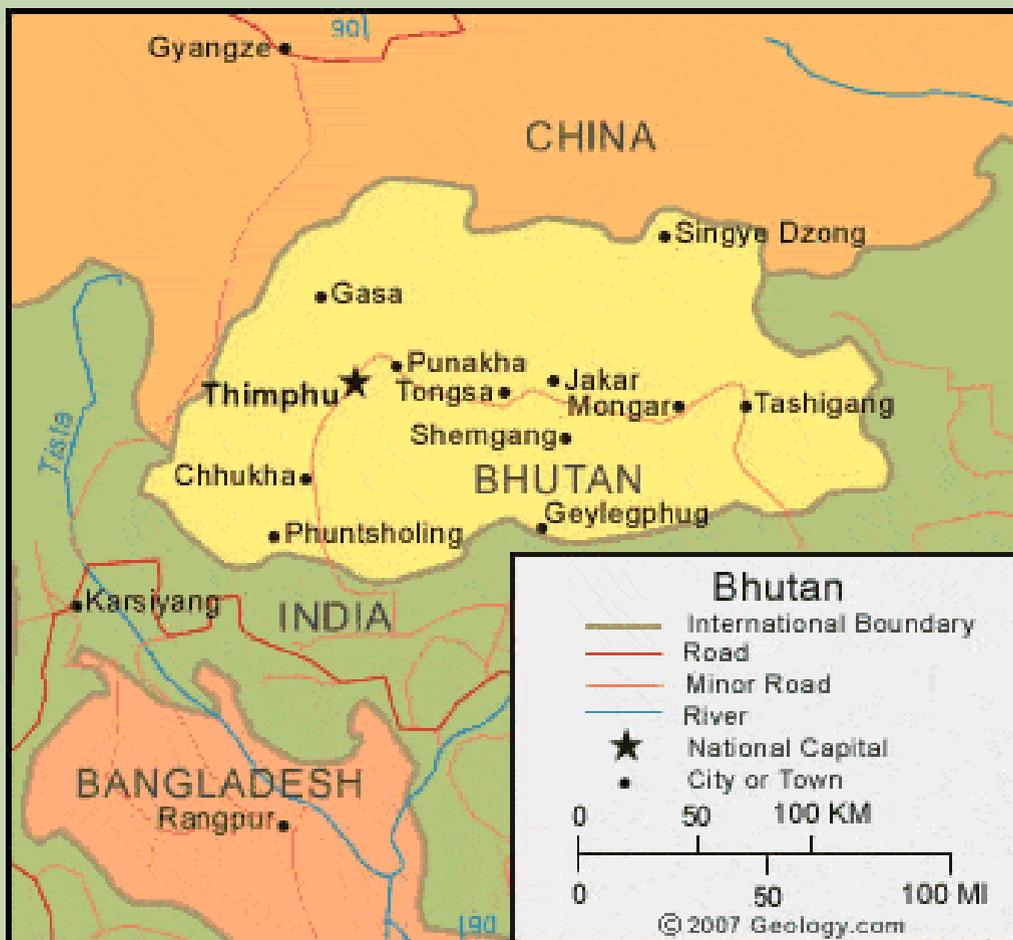
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BHUTAN





Artwork by: Gretta Stack

MULA TARKARI

DAIKON RADISH CURRY

CULTURAL SIGNIFICANCE

Daikon radish is a popular vegetable across Asia, with both the root and leaves consumed raw, cooked, dried, fermented or pickled. Tarkari is a word to describe vegetable side dishes or curries in Nepal, India, Bhutan, and Bangladesh. These dishes are usually stir fries or sautes. The word Mula comes from the Nepali word for radish which is "Gante Mula". On sunny days in Bhutan you'll see bustling activity of people spreading tarps, laying out leaves and white root pieces, and bringing them in before sun down. Many cultures throughout the world dry and ferment daikon and mustard greens in order to preserve them for healthy eating during the winter.

DID YOU KNOW...

- The daikon radish is basically like a white carrot. The Nepali word for it is Seto Mula which means "white carrot".
- This radish improves soil health!
- Daikon radish is very low in calories, but very high in vitamin C.
- It is in the Brassica family and provides cancer preventative benefits.
- Daikon radish has been traditionally used to aid in the digestion of fats. It is often served in Asia to accompany fried foods.

LEARNING ACTIVITIES

K-2nd grade: Check out all the different types of radishes there are. Draw a few of your favorites and label them (or have help labeling them).

3rd-5th grade: Watch video on how planting daikon radish can help the soil!

All grades: Harvest daikon radish from the garden (if it is ready at the time)!

MULA TARKARI

DAIKON RADISH CURRY

INGREDIENTS

SERVES: 16-20

TOTAL TIME: 45 MIN

- 8 Tbs corn oil
- 4 tsp bara masala with the seeds whole
- 1 cup red onion, sliced thin
- 6 cups daikon radish sliced in wedges or rounds
- 8 medium red-skinned potatoes sliced thin
- 4 red peppers sliced
- 1 tsp turmeric
- 4 Tbs salt
- 2 cups grape tomatoes, sliced
- 16-20 leaves of mustard greens torn into pieces
- 8 cups plain whole milk yogurt
- 4 tsp sabji masala



DIRECTIONS

1. Heat oil in a pot until shimmering. Over high heat, add bara masala and let simmer to flavor the oil from about one minute, then add onion.
2. Cook for about 3 minutes, until onion starts to soften. Add daikon, potatoes, and pepper slices. Stir. Sprinkle on turmeric and combine well.
3. Add one cup of water, bring to a simmer.
4. Add grape tomatoes, stir, cover.
5. Cook about 10-15 minutes, until the daikon has softened. Stir in mustard greens.
6. Cook about 10 minutes more, then stir in 1 1/2 cups water (this will make it think like a soup, or you could add less if you'd like it thicker) and all the yogurt. Let simmer uncovered for 5 or 10 minutes, then stir in the sabji masala, taste for seasoning and then serve.

Original recipe can be found [HERE](#).

MULA TARKARI/DAIKON RADISH CURRY TAKE HOME RECIPE

INGREDIENTS

2 Tbs corn oil
1 tsp bara masala with the seeds whole
1/4 cup red onion, sliced thin
1 1/2 cups daikon radish sliced in wedges or rounds
2 medium red-skinned potatoes sliced thin
1 red pepper sliced
1/4 tsp turmeric
1 Tbs salt
1/2 cup grape tomatoes, sliced
4-5 leaves of mustard greens torn into pieces
2 cups plain whole milk yogurt
1 tsp sabji masala

SERVES: 3-4

TOTAL TIME: 45 MIN

DIRECTIONS

1. Heat oil in a pot until shimmering. Over high heat, add bara masala and let simmer to flavor the oil from about one minute, then add onion.
2. Cook for about 3 minutes, until onion starts to soften. Add daikon, potatoes, and pepper slices. Stir. Sprinkle on turmeric and combine well.
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BOSNIA



TUFAHIJE

BOSNIAN POACHED STUFFED APPLE

CULTURAL SIGNIFICANCE

Initially introduced to Bosnians during the old days of Ottoman rule, the tufahija is a simple, yet unforgettable dessert. The word tufahije comes from Ottoman Turkish tuffāḥa (تفاحة) 'apple', itself borrowed from Arabic. During the conquest of the region, the Ottoman invaders brought with them many recipes for pastries and desserts.

Even today, the association of walnuts and apples is very popular in Turkish pastries. You can find it all over Bosnia and Herzegovina in almost every coffee house and restaurant, even though preparing it at home requires little to no culinary skills. These poached apples are typically served in large glasses with their own glazed syrup and whipped cream on top. This dessert is typically accompanied by a cup of strong Bosnian coffee. Additionally, it can be topped with raisins, whipped cream and citrus zest for extra flavor.

DID YOU KNOW...

- That apples are rich in fiber, antioxidants and vitamins and minerals including potassium, folate, niacin and vitamins A, B, C, E and K.
- Apples originated in the Tien Shan mountains of Kazakhstan millions of years ago.
- Apple trees need at least 8 hours of sun per day during the growing season.
- Two varieties are required for successful pollination; one can be a crabapple.
- Standard size trees can take up to 8 years to bear fruit.

LEARNING ACTIVITIES

K- 2nd grade: Read picture book *Hello, World! How Do Apples Grow?* by Jill McDonald. Depending on time, you can also set up apple stamp art stations for them to create their own art. An apple orchard field trip is also never a bad option!

3rd-4th Grade: Cut open an apple for them to look at the seeds, talk about how apples grow from trees. Here's a corresponding quick video that shows the [Apple Life Cycle](#).

5th Grade: Talk about the food system process of growing and harvesting apples. Watch True Food TV's [Apple: How Does it Grow?](#) video.



TUFAHIJE

BOSNIAN POACHED STUFFED APPLE

THIS DESSERT IS TYPICALLY SERVED COLD AND TASTES EVEN BETTER THE NEXT DAY. THIS RECIPE ALLOWS TIME FOR THE APPLES TO COOL. IF ANY CHILDREN ARE ALLERGIC TO NUTS, THE FILLING COULD BE MADE INSTEAD WITH A MIXTURE OF OATMEAL, BROWN SUGAR, RAISINS AND A LITTLE BIT OF BUTTER HEATED SEPARATELY.

INGREDIENTS

SERVES: 24

COOK TIME: 30 MIN

TOTAL TIME: 1 HOUR

24 apples	Filling:
8 cups of water	2 1/2 cups of walnuts
12 1/2 cups of sugar	6 tbsp raisins
2 lemons	Whipped Cream
2 tsp vanilla extract	(optional)



DIRECTIONS

1. Wash apples well, then peel them. Cut out the core as if you're making small cups out of each apple. Make sure to take out all seeds, and try not to drill through to the other side. (Use a grapefruit spoon for easier coring.) Set peel from four apples aside. For younger classes, this should be prepped in advance.
2. In large pots, pour in water, sugar, vanilla extract, lemon juice and apple peel. Bring to boil on high. Stir often, and lower to medium and add apples. Boil apples 5 to 7 minutes on both sides. (Cooking time here will depend on the type of apples you are using, and your stove. Make sure they don't overcook or they'll fall apart, or they under cook and stay hard.) Remove off heat.
3. Take apples out of the syrup and transfer to a deeper bowl to cool down for about 20-30 minutes. Keep the syrup.
4. Meanwhile, prep the filling. Have the students coarsely chop the walnuts and mix with the raisins.
5. Once apples are cool enough to handle, place in separate bowls and have kids stuff their own apples with the filling. Pour syrup over the entire apple including the filling. Optionally, you can top with whipped cream, lemon zest, and additional raisins or nuts and serve.

TUFAHIJE TAKE HOME RECIPE

INGREDIENTS

6 apples
2 cups of water
3 cups of sugar
1/2 lemon
1/2 tsp vanilla
extract
Filling:
2/3 cup of walnuts
1-2 tbsp raisins
Whipped Cream
(optional)
Lemon zest
(optional)

SERVES: 6 **TOTAL TIME: 60 MIN**

DIRECTIONS

1. Wash apples well, then peel them. Cut out the core as if you're making small cups out of each apple. Try not to drill through to the other side. Set peel from one apple aside.
2. In large pot, pour in water, sugar, vanilla extract, lemon juice and apple peel. Bring to boil on high. Stir often, and lower to medium and add apples. Boil apples 5 to 7 minutes on both sides. (Cooking time here will depend on the type of apples you are using. Make sure they don't overcook or they'll fall apart, or they under cook and stay hard.) Remove off heat.
3. Take apples out of the syrup and transfer to a deeper bowl to cool down for about 20-30 minutes. Keep the syrup.
4. Meanwhile, prep the filling. Coarsely chop the walnuts and mix with the raisins.
5. Once apples are cool enough to handle, place in bowls and stuff apples with the filling. Pour syrup over the entire apple including the filling. Optionally, you can top with whipped cream, lemon zest, and additional raisins or nuts and serve.

TUFAHIJE TAKE HOME RECIPE

INGREDIENTS

6 apples
2 cups of water
3 cups of sugar
1/2 lemon
1/2 tsp vanilla
extract
Filling:
2/3 cup of walnuts
1-2 tbsp raisins
Whipped Cream
(optional)
Lemon zest
(optional)

SERVES: 6 **TOTAL TIME: 60 MIN**

DIRECTIONS

1. Wash apples well, then peel them. Cut out the core as if you're making small cups out of each apple. Try not to drill through to the other side. Set peel from one apple aside.
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5. Once apples are cool enough to handle, place in bowls and stuff apples with the filling. Pour syrup over the entire apple including the filling. Optionally, you can top with whipped cream, lemon zest, and additional raisins or nuts and serve.

BURUNDI



AFRICAN PEANUT STEW WITH EGGPLANT



DID YOU KNOW...

- African eggplants are said to be good for digestion because of their bitter taste.
- Other common names for african eggplant are: garden egg, bitter tomato, bitter ball, and aubergine.
- Burundi citizens mainly make a living through farming. Coffee and tea are two of the main exports from Burundi.

CULTURAL SIGNIFICANCE

The African eggplant is a variety of eggplant that can be grown in Vermont and that is very important to many cultures, including Burundian, Congolese, and Bhutanese. Burundi is a landlocked country in Africa, can you find it on a map? In Burundi the official languages are Kirundi and French. The word for African eggplant in Kirundi is *intore*, pronounced: "een-ori"

LEARNING ACTIVITIES

All grades:

- Visit the school garden and pick the eggplants to use for this recipe.
- Listen to some music from the Burundian singer Khadja Nin:
https://www.youtube.com/watch?v=3lpuMD_zjCY

AFRICAN PEANUT STEW WITH EGGPLANT

INGREDIENTS

SERVES: 8 (FULL SERVINGS)

TOTAL TIME: 45 MIN

- 1 onion (chopped)
- 2 tablespoons olive oil
- 2 tablespoons ginger minced
- 4 cloves garlic minced
- 2 teaspoons cumin
- 2 teaspoons coriander
- 5 cups low sodium vegetable broth
- 6 oz. tomato paste
- 1/2 teaspoon salt
- Pepper to taste
- 2 teaspoons sriracha (optional)
- 1 cup peanut butter
- 2 medium sweet potatoes (chopped)
- 1 medium eggplant (chopped)
- 1 small yellow squash or zucchini (chopped)



DIRECTIONS

1. Sauté chopped onion in olive oil until translucent, about 5 minutes.
2. Add minced garlic, ginger, cumin, and coriander and cook for about 1 minute longer, until fragrant.
3. Add vegetable broth, tomato paste, salt, pepper, sriracha, peanut butter and sweet potatoes. Bring to a boil, and then simmer until sweet potato starts to soften, about 15-20 minutes.
4. Add chopped eggplant and squash. Cook until tender, about 10 minutes.

Recipe and photo from: <https://www.yummly.com/recipe/African-Peanut-Stew-986138#directions>

AFRICAN PEANUT STEW WITH EGGPLANT TAKE HOME RECIPE

INGREDIENTS

1 onion
2 tablespoons olive oil
2 tablespoons ginger minced
4 cloves garlic minced
2 teaspoons cumin
2 teaspoons coriander
5 cups low sodium vegetable broth
6 oz. tomato paste
1/2 teaspoon salt
Pepper to taste
2 teaspoons sriracha (optional)
1 serrano pepper (optional)
1 cup peanut butter
2 medium sweet potatoes (chopped)
1 medium african eggplant (chopped)
1 small yellow squash or zucchini (chopped)

TOTAL TIME: 45 MIN

SERVES: 8

DIRECTIONS

1. Sauté chopped onion in olive oil until translucent, about 5 minutes.
2. Add minced garlic, ginger, cumin, and coriander and cook for about 1 minute longer, until fragrant.
3. Add vegetable broth, tomato paste, salt, pepper, sriracha, peanut butter and sweet potatoes. Bring to a boil, and then simmer until sweet potato starts to soften, about 15-20 minutes.
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AFRICAN PEANUT STEW WITH EGGPLANT TAKE HOME RECIPE

INGREDIENTS

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2 tablespoons olive oil
2 tablespoons ginger minced
4 cloves garlic minced
2 teaspoons cumin
2 teaspoons coriander
5 cups low sodium vegetable broth
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1/2 teaspoon salt
Pepper to taste
2 teaspoons sriracha (optional)
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CAMEROON



KOKI CORN

CAMEROONIAN CORN TAMALES



CULTURAL SIGNIFICANCE

Corn, otherwise known as maize, is the most important cereal crop in Sub-Saharan Africa. Compare to America where most corn is grown for export, 95% of corn grown in Africa is used for human consumption. African corn grows much more vigorously than American sweet corn. The *sasakawa* method of planting corn in Africa and Asia involves planting one or two seeds 3/4 inch deep and 12 inches apart in rows. The traditional African method of growing corn involves planting 3 to 5 seeds in each planting section a yard apart in either rows or grid patterns. Beans and squash are then planted between corn stations, allowing for a dense canopy. African corn can be harvested when the ears are firm to touch but still green for a more hard and chewy taste. Or, corn can be left until autumn to mature and be used to mill flour.

DID YOU KNOW...

- African corn is extremely rich in fiber, vitamins and minerals when consumed as a whole grain
- African corn has a higher caloric content than most of the world's major grains
- Usually corn is eaten whole, toasted or boiled on the cob
- A few other ways to say corn include: *pyaung puu* (Burmese), *ble* (French), *bu kay thà* (Karen), *ikigori* (Kirundi), *galey* (Mai Mai), *Makai* (Nepali), and *bap* (Vietnamese)

LEARNING ACTIVITIES

Grade K-2: Read the book *Oh, No, Toto!* by Katrin Hyman Tchana about a young boy who discovers the bustling marketplace in his West African village.

Grade 2-5: Read the book *I Am Farmer: Growing an Environmental Movement in Cameroon* by Miranda Paul, which discusses the importance of agricultural practices across farms, schools, communities, and nations.

KOKI CORN

CAMEROONIAN CORN TAMALES

INGREDIENTS

SERVES: 6

TOTAL TIME: 1 HR

- 4 cups fresh corn
- 1 cup yellow corn meal/flour
- 3/4 cup sunflower oil
- 1 cup chopped spinach
- 3/4 tbsp salt
- 1 small seasoning cubes (Maggi) substitute with half tsp of bouillon powder
- 1/2 onion chopped
- 1/2 habanero pepper
- 4-6 Banana leaves (or aluminum foil)



DIRECTIONS

1. Pour oil into skillet to warm
2. Pour corn, onion, and pepper into blender. Add 1/4 cup of water and blend into coarsely ground paste.
3. Pour the ground corn into a bowl, add corn meal, and the heated oil and mix. Add salt and Maggi seasoning then mix.
4. Add in spinach and mix until well incorporated.
5. Line the bottom of a pot with empty corn cobs. This helps prevent water from getting into the Koki Corn. Pour half a cup of water into the pot and bring to a gentle boil while you proceed to wrap the Koki Corn.
6. When all the bundles are wrapped, place them in the pot and cover them with more aluminum foil to prevent steam from escaping. Place lid on the pot and cook for about 30 minutes. Add about half a cup of water to the pot every 5-10 minutes so it doesn't dry out.
7. Rest once cooked, serve warm.

Original recipe can be found on <https://www.preciousscore.com/koki-corn/>

TOTAL TIME: 1 HR

SERVES: 6

KOKI CORN

Cameroonian corn tamales

INGREDIENTS

DIRECTIONS

4 cups fresh corn
1 cup yellow corn meal/flour
3/4 cup sunflower oil
1 cup chopped spinach
3/4 tbsp salt
1 small seasoning cubes (Maggi) substitute with half tsp of bouillon powder
1/2 onion chopped
1/2 habanero pepper
4-6 Banana leaves (or aluminum foil)

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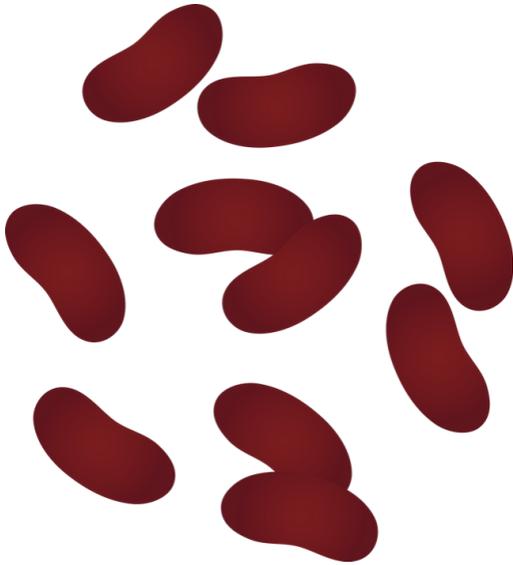
DEMOCRATIC REPUBLIC OF THE CONGO



MADESU

CONGOLESE BEANS AND RICE

CULTURAL SIGNIFICANCE



DID YOU KNOW...

- There are 13,000 known bean varieties worldwide
- Brazil is the largest producer of beans in the world and the United States is number 6.
- All beans are excellent sources of protein, fiber, and good sources of manganese, magnesium, iron, zinc, and potassium. They are also a source of folate.
- Red kidney beans are annuals that can be bushy or climbing. Each pod holds four to twelve seeds. Red kidneys grow well in light, rich, deep, aerated, well-drained soil, in a hot and temperate climate.

Beans and rice are a staple in many cultures worldwide. However many people don't know that there are only two species of cultivated rice in the world: *Oryza glaberrima*, or African rice, and *Oryza sativa*, or Asian rice. Native to sub-Saharan Africa, African rice is thought to have been domesticated from the wild ancestor *Oryza barthii* (formerly known as *Oryza brevilugata*) by peoples living in the floodplains at the bend of the Niger River some 2,000–3,000 years ago.

Kidney beans, mung beans, and black-eyed peas (which are native to Africa) are most commonly enjoyed in the African continent. Various African beans were carried over as a staple when slaves were brought from Africa, which slaves utilized in their diets. This continued to influence African-American cuisine which has since impacted American dishes to this day.

LEARNING ACTIVITIES

K- 1st grade: Let kids have some art time and do these [Coloring Pages](#)

2nd-3rd- Learn how to dance like the Congolese! Here's an [Instructional Dance Video](#)

4th-5th Grade: [Geography Now's](#) Democratic Republic of the Congo . Learn about the history and current culture of the country.

Any grade: Additional dance [video!](#)

MADESU

CONGOLESE BEANS AND RICE

INGREDIENTS

SERVES: 18-20

TOTAL TIME: 45 MIN

6 cans of canned red kidney beans	1 1/2 tbsp tomato paste
1 small red onion, sliced thinly	1 1/2 tsp ground nutmeg
1/2 green bell pepper, sliced thinly	1 1/2 tsp salt
3/4 cup olive oil	4 bay leaves
	1 1/2 tsp garlic salt
	6 green bananas
	Cooked rice

While this would typically be made from dried beans that are cooked for hours, this recipe allows a similar taste in a much quicker time span.



DIRECTIONS

1. Drain and rinse canned beans. Have students chop the onion and green pepper.
2. Heat the oil over medium heat and cook the onions until translucent. Add the green pepper and cook another minute or two.
3. Drop the tomato paste into the pot and stir until well incorporated. Add a little bit of water until your sauce is about the consistency of a marinara. Cook for five more minutes, stirring frequently.
4. Add the nutmeg, salt and a little more water (if necessary to maintain consistency). Now transfer the beans to the pot and stir to mix. Add the bay leaves.
5. Cover the pot and continue to cook for about 30 minutes, stirring occasionally.
6. Meanwhile, boil a large pot of water and add the bananas, skins on. Cook until the skins start to split, then remove from the water and let cool for a few minutes. When cool enough to handle, remove the skins and have students slice into bite-sized pieces.
7. Serve the beans over the rice with the sliced bananas on top.

Original recipe can be found [HERE](#).

TOTAL TIME: 45 MIN

SERVES: 6-8

MADESU TAKE HOME RECIPE

Congolese Beans and Rice

INGREDIENTS

DIRECTIONS

4 cans of canned red kidney beans
1/2 small red onion, sliced thinly
1/4 green bell pepper, sliced thinly
1/2 cup olive oil
1 tbsp tomato paste
1 tsp ground nutmeg
1 tsp salt
3 bay leaves
1 tsp garlic salt
4 green bananas
Cooked rice

1. Drain and rinse canned beans.
2. Heat the oil over medium heat and cook the onions until translucent. Add the green pepper and cook another minute or two.
3. Drop the tomato paste into the pot and stir until well incorporated. Add a little bit of water until your sauce is about the consistency of a marinara. Cook for five more minutes, stirring frequently.
4. Add the nutmeg, salt and a little more water (if necessary to maintain consistency). Now transfer the beans to the pot and stir to mix. Add the bay leaves.
5. Cover the pot and continue to cook for about 30 minutes, stirring occasionally.
6. Meanwhile, boil a large pot of water and add the bananas, skins on. Cook until the skins start to split, then remove from the water and let cool for a few minutes. When cool enough to handle, remove the skins and slice into bite-sized pieces.
7. Serve the beans over the rice with the sliced bananas on top.

TOTAL TIME: 45 MIN

SERVES: 6-8

MADESU TAKE HOME RECIPE

Congolese Beans and Rice

INGREDIENTS

DIRECTIONS

4 cans of canned red kidney beans
1/2 small red onion, sliced thinly
1/4 green bell pepper, sliced thinly
1/2 cup olive oil
1 tbsp tomato paste
1 tsp ground nutmeg
1 tsp salt
3 bay leaves
1 tsp garlic salt
4 green bananas
Cooked rice

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7. Serve the beans over the rice with the sliced bananas on top.

ECUADOR



CAZUELA DE CAMARÓN

SHRIMP IN PLANTAIN AND PEANUT SAUCE

CULTURAL SIGNIFICANCE

This traditional Ecuadorian stew is traditionally first cooked on the stove and then baked in a clay pot until a crust forms on the top. Plantains are an important part of Central and South American, Caribbean, African, and Southeast Asian cuisines. They are believed to have originated in Southeast Asia, and are grown in tropical regions around the world. Unripe plantains are perfect for boiling and frying, however, most people prefer to cook them when they are fully ripe as well. Plantains are common in a variety of dishes, including appetizers and desserts. Fried plantains are a very easy and popular appetizer among many cultures.

DID YOU KNOW...

- *Cazuela* is otherwise known in English as a stew
- Most people prefer plantains when they are fully ripe, or black to get the most sweetness
- Plantains come from the same family of plants as bananas known as *Musacaeae*
- While plantains look very similar to bananas, they cannot be eaten raw

LEARNING ACTIVITIES

K- 5th Grade: Read and do activities from the Ecuador Study Guide *This Kid's Life: Ecuador* that includes a variety of lesson plans to teach children about the daily lives of children living in Ecuador.

K-5th Grade: Watch this [Youtube video](#) explaining the difference between bananas and plantains



CAZUELA DE CAMARÓN

SHRIMP IN PLANTAIN AND PEANUT SAUCE

INGREDIENTS

SERVES: 4

TOTAL TIME: 30 MIN

- | | |
|-------------------------|------------------------------------|
| 1 medium onion chopped | 2 green plantains |
| 1 green pepper diced | 3 tbsp peanut butter |
| 2 cloves garlic chopped | 1 1/2 cups fish stock (or chicken) |
| 1 tsp oregano | 1 pound peeled shrimp |
| 1 package sazón Goya | 2 tbsp butter |
| 1 small tomato chopped | 2 tbsp minced cilantro |
| 2 tbsp vegetable oil | Cooked white rice |



DIRECTIONS

1. Heat the vegetable oil in a large skillet over medium heat and sauté the onion, tomato, pepper, garlic, oregano, and seasoning until soft, about 5-8 min.
2. Remove from heat and let cool. Peel the plantains and place them in a food processor with stock. Add sautéed vegetable mixture and process until well blended.
3. In the skillet, season the shrimp with salt and pepper, and sauté them in butter with cilantro until just cooked, 2-3 minutes. Set the shrimp aside on a plate.
4. Add the plantain and vegetable mixture to the skillet, stir the peanut butter. Bring to a simmer and cook, stirring for about 10 minute or until mixture is thickened.
5. Add cooked shrimp to sauce, and stir until shrimp is heated through.
6. Serve warm over white rice.

Recipe from: <https://www.thespruceeats.com/shrimp-in-plantain-and-peanut-sauce-3029528>

TOTAL TIME: 30 MIN

SERVES: 4

CAZUELA DE CAMARÓN

Shrimp in Plantain and Peanut Sauce

INGREDIENTS

DIRECTIONS

1 medium onion chopped
1 green pepper diced
2 cloves garlic chopped
1 tsp oregano
1 package sazón Goya
1 small tomato chopped
2 tbsp vegetable oil
2 green plantains
3 tbsp peanut butter
1 1/2 cups fish stock (or chicken)
1 pound peeled shrimp
2 tbsp butter
2 tbsp minced cilantro
Cooked white rice

1. Heat the vegetable oil in a large skillet over medium heat and sauté the onion, tomato, pepper, garlic, oregano, and seasoning until soft, about 5-8 min.
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TOTAL TIME: 30 MIN

SERVES: 4

CAZUELA DE CAMARÓN

Shrimp in Plantain and Peanut Sauce

INGREDIENTS

DIRECTIONS

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2 tbsp vegetable oil
2 green plantains
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1 1/2 cups fish stock (or chicken)
1 pound peeled shrimp
2 tbsp butter
2 tbsp minced cilantro
Cooked white rice

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INDIA



NAAN BREAD

WITH CURRY BUTTER

CULTURAL SIGNIFICANCE

Being one of the the most popular flat breads in South Asian food, *Naan* originated in India, continuing to serve as a key component in everyday meals. It is also commonly eaten in Pakistan, Afghanistan, Bangladesh, Iran and a few other surrounding areas. It's first recorded history was in 1300 AD and it was originally served at the Imperial Court in Delhi. Traditionally Naan is cooked in a tandoor, or clay oven. It was a popular breakfast food of the royals during the Mughal area around 1526. Typically, *Naan* is simply brushed with ghee or butter, and can make for a great base for other toppings like mixed vegetables or meats.



DID YOU KNOW...

- *Naan* originates from the Persian word *nan* meaning "bread"
- The 'World's Biggest Naan Bread' measured 10ft by 4ft and was made in the UK in 2004
- Another restaurant in the UK also broke the '*Naan* World Record' by making 640 Naan breads in just one hour
- There are a variety on *Naan* breads served with many different toppings and fillings such as cheese, onions, or lamb meat

LEARNING ACTIVITIES

K- 3rd grade: Read picture book *Bread, Bread, Bread* by Anne Morris. This book allows children to take a round-the-world tour of all the different types of bread people eat. It provides a glimpse into how different cultures can all share a similar love for a staple food like bread, but in a variety of ways.

4th-5th Grade: Read children's book *Breaking Wind: Kites, Naan Bread, and Friendship* written by Carol Paul. This book shares the story of a boy working to understand the different cultural differences between his family and his new neighbors while also discovering the delicious *naan* bread.

NAAN BREAD WITH CURRY BUTTER

INGREDIENTS

SERVES: 4

TOTAL TIME: 25 MIN

Naan

1 3/4 c. Flour
2 tsp Sugar
1 tsp Salt
3/4 tsp Baking Powder
2 tsp Oil
1/2 c. milk (or non-dairy)

Curry Butter

2 sticks of salted butter
1 1/2 tbsp curry powder
1 clove garlic, minced
1 tsp grated fresh ginger



DIRECTIONS

1. Combine all dry ingredients and whisk together
2. Create a hole in the middle of dry ingredients and add the oil and milk. Mix together until it forms a ball.
3. Knead the dough until smooth – at least 5 minutes – adding flour as necessary.
4. Let the dough rest for 10 minutes. Divide into 8-10 equal pieces.
5. Heat a skillet over medium-high heat. Roll dough pieces thin. Melt butter before each piece. Cook each *naan* for about 90 seconds one at a time, or until blackening, on each side.
6. For the curry butter, combine all ingredients in a sauce pan, melt, and whisk together. Brush the *naan* with the butter for eating.

Recipes from: <https://thekitchenpaper.com/quick-naan-without-yeast/>

-and-

<https://thenoshery.com/naan-bread-curry-butter-yogurt-dip-spicy-hummus/>

TOTAL TIME: 25 MIN

SERVES: 4

NAAN BREAD

With Curry Butter

INGREDIENTS

DIRECTIONS

Naan

- 1 3/4 c. Flour
- 2 tsp Sugar
- 1 tsp Salt
- 3/4 tsp Baking Powder
- 2 tsp Oil
- 1/2 c. milk (or non-dairy)

Curry Butter

- 2 sticks of salted butter
- 1 1/2 tbsp curry powder
- 1 clove garlic, minced
- 1 tsp grated fresh ginger

1. Combine all dry ingredients and whisk together
2. Create a hole in the middle of dry ingredients and add the oil and milk. Mix together until it forms a ball.
3. Knead the dough until smooth – at least 5 minutes – adding flour as necessary.
4. Let the dough rest for 10 minutes. Divide into 8-10 equal pieces.
5. Heat a skillet over medium-high heat. Roll dough pieces thin. Melt butter before each piece. Cook each naan for about 90 seconds one at a time, or until blackening, on each side.
6. For the curry butter, combine all ingredients in a sauce pan, melt, and whisk together. Brush the naan with the butter for eating.

TOTAL TIME: 25 MIN

SERVES: 4

NAAN BREAD

With Curry Butter

INGREDIENTS

DIRECTIONS

Naan

- 1 3/4 c. Flour
- 2 tsp Sugar
- 1 tsp Salt
- 3/4 tsp Baking Powder
- 2 tsp Oil
- 1/2 c. milk (or non-dairy)

Curry Butter

- 2 sticks of salted butter
- 1 1/2 tbsp curry powder
- 1 clove garlic, minced
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6. For the curry butter, combine all ingredients in a sauce pan, melt, and whisk together. Brush the naan with the butter for eating.

INDIAN PANI PURI

GOLGAPPA OR PUCHKA OR GUPCHUP

CULTURAL SIGNIFICANCE



Pani Puri is a popular street food found in India, Bangladesh, Pakistan and Nepal. Generally the *pani* is sour, tangy, and spicy. The spiciness of *pani* can be balanced off with the help of sweet tamarind chutney. Traditionally, both the spicy and sweet flavors are incorporated in the *puri* along with the main fillings like potatoes, chickpeas, moong sprouts, and curry. These small snacks are typically eaten one at a time. It's believed that *Pani Puri* first originated in Uttar Pradesh, but has spread throughout the surrounding areas and has taken on a variety of different names depending on where you go. For instance, in Mumbai it is in fact called *Pani Puri*, but in the northern states it's called *Golgappa*, in Bengal it is called *puchka*, and in Bihar and Jharkand it's known as *gupchup*.

DID YOU KNOW...

- *Pani* is a Hindi word which literally translates to water
- The sweet chutney is called *Meetha Pani* (which means sweet in Hindi).
- The spicy water is called *Teekha Pani* (which means spicy in Hindi).
- *Golgappa's* meaning can also be broken down into two parts, *gol* referring to the crispy shell, and *gappa* referring to the eating process.

LEARNING ACTIVITIES

K-2nd Grade: Read book *Same, Same But Different* by Jenny Sue Kostecki-Shaw to learn about how two kids living oceans apart can be friends.

Grades 3-5: Want student's to learn about India's history, geography and current culture? Watch [Geography Now's](#) episode on India

INDIAN PANI PURI

GOLGAPPA OR PUCHKA OR GUPCHUP

INGREDIENTS

SERVES: 4

TOTAL TIME: 35 MIN

- 6 or 7 large Potatoes
- 1 Onion
- 4 TBS Cilantro
- 1 TBS Salt (or to taste)
- 1 TBS cumin
- 1 TBS chili powder



DIRECTIONS

1. Scoop out the cooked potato insides. Mash with a fork.
2. Dice onions. Onion pieces should be about the size of a pinky nail.
3. Pull cilantro leaves off of stem. Dice.
4. Combine all the above ingredients. Add salt, cumin, chili powder and mix together until well blended.

Recipe from: <https://www.vegrecipesofindia.com/pani-puri-recipe-mumbai-pani-puri-recipe/>

TOTAL TIME: 35 MIN

SERVES: 4

INDIAN PANI PURI

Golgappa or puchka or gupchup

INGREDIENTS

DIRECTIONS

- 6 or 7 large Potatoes
- 1 Onion
- 4 TBS Cilantro
- 1 TBS Salt (or to taste)
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TOTAL TIME: 35 MIN

SERVES: 4

INDIAN PANI PURI

Golgappa or puchka or gupchup

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VEGAN POTATO CURRY



CULTURAL SIGNIFICANCE

Curry is made throughout the world, in many different countries such as India, Thailand, Malaysia, Indonesia, Sri Lanka, and England. Curry is a mixture of many different spices such as coriander, cumin, turmeric, ginger, cloves and others. A curry dish includes the richly spiced sauce and meat/vegetables. It is usually served on rice, but can be served with naan, roti, or other types of bread. While curry has spread around the world today, the main spices originated in India over 4,000 years ago. Researchers think it could be one of the oldest continuously prepared cuisines on the planet.

DID YOU KNOW...

- The word curry comes from the word "Kari" which came from the Tamil language in India.
- The main spices in curry are very good for you! They have anti-inflammatory and natural cleansing qualities.

LEARNING ACTIVITIES

K-1st Grade:

Use the spices in this recipe to make sensory spice paintings!

https://craftulate.com/sensory-spice-painting#a5y_p=5499374

2nd- 5th Grade:

Read: *Aani and the Tree Huggers*, written by Jeannine Atkins, a book based on a true story that occurred in India in the 1970s

VEGAN POTATO CURRY

INGREDIENTS

6 cloves garlic minced
1 1/2 large onion chopped
3 tbsp tomato paste
15 medium tomatoes chopped
42 oz potatoes chopped
3 cans coconut milk
3 tbsp curry powder
3 tsp turmeric
3 tsp garam masala
3 cups spinach
1 1/2 cups green peas (fresh or frozen)
salt and pepper to taste
rice, to serve

SERVES: 12

TOTAL TIME: 25 MIN



DIRECTIONS

1. Add the garlic and onion to a non-stick saucepan and sauté for 2-3 minutes, until fragrant. Add a splash of water if it starts to stick to keep this recipe oil-free. Then, add the tomato paste and sauté for 1 minute more to coat.
2. Add the fresh tomatoes and press them down gently. Cook, stirring occasionally, for 2-3 minutes, until the tomatoes start to release their juices.
3. Add the potatoes, coconut milk, curry powder, turmeric and garam masala. Bring to a simmer, cover and cook on a low-medium heat, stirring occasionally, for around 15 minutes, or until the potatoes are fork-tender.
4. At the last minute, stir in the spinach and the green peas, cooking until the spinach has wilted. Season to taste with salt and pepper and serve over a bed of rice of your choice.

Recipe from: <https://earthofmaria.com/easy-vegan-potato-curry/#wprm-recipe-container-8072>

POTATO CURRY TAKE HOME RECIPE

INGREDIENTS

2 cloves garlic minced
1/2 large onion chopped
1 tbsp tomato paste
5 medium tomatoes chopped
14 oz potatoes chopped
1 can coconut milk
1 tbsp curry powder
1 tsp turmeric
1 tsp garam masala
1 cup spinach
1/2 cup green peas (fresh or frozen)
salt and pepper to taste
rice, to serve

SERVES: 4

TOTAL TIME: 45 MIN

DIRECTIONS

1. Add the garlic and onion to a non-stick saucepan and sauté for 2-3 minutes, until fragrant. Add a splash of water if it starts to stick to keep this recipe oil-free. Then, add the tomato paste and sauté for 1 minute more to coat.
2. Add the fresh tomatoes and press them down gently. Cook, stirring occasionally, for 2-3 minutes, until the tomatoes start to release their juices.
3. Add the potatoes, coconut milk, curry powder, turmeric and garam masala. Bring to a simmer, cover and cook on a low-medium heat, stirring occasionally, for around 15 minutes, or until the potatoes are fork-tender.
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POTATO CURRY TAKE HOME RECIPE

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1/2 large onion chopped
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5 medium tomatoes chopped
14 oz potatoes chopped
1 can coconut milk
1 tbsp curry powder
1 tsp turmeric
1 tsp garam masala
1 cup spinach
1/2 cup green peas (fresh or frozen)
salt and pepper to taste
rice, to serve

SERVES: 4

TOTAL TIME: 45 MIN

DIRECTIONS

1. Add the garlic and onion to a non-stick saucepan and sauté for 2-3 minutes, until fragrant. Add a splash of water if it starts to stick to keep this recipe oil-free. Then, add the tomato paste and sauté for 1 minute more to coat.
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IRAQ



AMBA

IRAQI PICKLED MANGOES

CULTURAL SIGNIFICANCE

While the origins aren't quite clear, this pickled condiment is a staple in Iraq and Israeli cuisine. Urban legend has it that with the discovery of mango by the Baghdadi-born Sassoon family of Bombay in the late 19th century, it led them to send barrels of it, coated in vinegar, to Basra port, thus confirming its role in the story of the Jewish culinary diaspora, with roots in Iraq.

This tangy, sweet and spicy condiment has since taken off, and now can be bought pre-made in many Middle Eastern countries. While it's more traditional that it's cubed, in the 80's it took off as a blended sauce that could be used on shawarma or falafel, even added to ketchup to put on fries. In Iraqi cuisine, amba is often served over seafood, on kebabs and eggs. In Saudi Arabian cuisine it's frequently served on an appetizer platter with bread, cheese, eggs, and various meats.



DID YOU KNOW...

- Mangoes were first grown in India over 5,000 years ago
- Mango seeds traveled with humans from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D.
- The mango is a symbol of love in India, and a basket of mangoes is considered a gesture of friendship
- Most of the mangos sold in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti

LEARNING ACTIVITIES

K-1st Grade: Read [The Golden Sandal: A Middle Eastern Cinderella Story](#) by Rebecca Hickox

2nd-3rd grade: Younger kids can learn more about traditional art. Check out Islamic tile art lesson & coloring pages at [Kid World Citizen](#).

4th-5th Grade: Want student's to lean about Iraq's history, geography and current culture? Watch [Geography Now's episode on Iraq](#)

AMBA

IRAQI PICKLED MANGOES

INGREDIENTS

SERVES: 17-20 TOTAL TIME: 30 MIN

4 medium unripe mangos (ripe mangoes will fall apart)	2 tbsp salt
3 cups apple cider vinegar	2 tsp curry
1 cup water	2 tsp turmeric
2 tbsp olive oil	2 tsp mustard seeds
4 dried chilis (adjust as needed)	2 tsp fenugreek
8 cloves garlic	



DIRECTIONS

1. Have heatproof glass jars or bowls ready for the pickled mixture. Have students peel and slice the mangoes and measure ingredients.
2. Next, mix vinegar, water, and oil in a saucepan. Add the chilis, garlic, and spices. Bring to a boil then remove from heat.
3. Divide the mango slices, chilis, and garlic between the glass jars or bowls.
4. Pour the brine over the mangoes. Let rest to allow the brine to sink into the fruit and make sure it's cool before serving.

Original recipe can be found [HERE](#).

AMBA TAKE HOME RECIPE

INGREDIENTS

2 medium unripe mangos
1-1/2 cups apple cider vinegar
1/2 cup water
1 tablespoon olive oil
2 dried chilis (adjust as needed)
4 cloves garlic
1 tbsp salt
1 tsp curry
1 tsp turmeric
1 tsp mustard seeds
1 tsp fenugreek

DIRECTIONS

1. Have heatproof glass jars ready for the pickled mixture. Peel and slice the mangoes and measure ingredients.
2. Next, mix vinegar, water, and oil in a small saucepan. Add the chilis, garlic, and spices. Bring to a boil then remove from heat.
3. Divide the mango slices, chilis, and garlic between the glass jars.
4. Pour the brine over the mangoes. Let rest to allow the brine to sink into the fruit. Refrigerate until use.

SERVES: 6

TOTAL TIME: 30 MIN

AMBA TAKE HOME RECIPE

INGREDIENTS

2 medium unripe mangos
1-1/2 cups apple cider vinegar
1/2 cup water
1 tablespoon olive oil
2 dried chilis (adjust as needed)
4 cloves garlic
1 tbsp salt
1 tsp curry
1 tsp turmeric
1 tsp mustard seeds
1 tsp fenugreek

DIRECTIONS

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SERVES: 6

TOTAL TIME: 30 MIN

JORDAN



MUJADDARA



CULTURAL SIGNIFICANCE

Mujaddara is the essence of comfort food in Middle Eastern cuisine. The name is derived from the Arabic language and likely originated in Iraq. It is also a commonly eaten dish in Jewish culture. Often this meal is served as a side dish. In Lebanese culture, the quality of food reflects one's "quality" as a mother, thus, the *mujaddara* is prepared with great care. In 1200 AD this was considered the "peasants comfort food" often served among those in poverty, but is now eaten among all classes, for all occasions.

DID YOU KNOW...

- *Mujaddara* literally means "chickenpox" because of the pock-mark appearance of the lentils in the rice
- This was a common medieval Arab dish
- There is a saying that "a hungry man would be willing to sell his soul for a dish of *mujaddara*"
- In Israel and Palestinian territories rice is often replaced with bulgur and referred to as *M'jaddaret-Burghul* to distinguish from the dish served with rice

LEARNING ACTIVITIES

All Grade Levels: Check out this [website](#) for a variety of lesson plans on Middle Eastern culture.

K-4th Grade: Read *Silent Music: A Story of Baghdad*

Grades 5-6: Read *The Princess and the Foal*

MUJADDARA

INGREDIENTS

SERVES: 6

TOTAL TIME: 40 MIN

- 1 cup lentils
- 1 cup rice
- 2 tsp salt
- 1 tsp seven spices
- 1 tsp cumin
- 2 large onions
- 1/2 cup vegetable oil
- 4 1/2 cups water



DIRECTIONS

1. Put lentils in a small pot and cover with water, boil until lentils are soft, but still al dente. Add more water while cooking if necessary. Drain.
2. While lentils are cooking, slice onions in half moon shapes.
3. In another pot, mix cooked lentils with the rice, salt, seven spices and cumin.
4. Add the water and bring to a boil. Once it boils, turn down to a simmer and cook with the cover a quarter off the pot, until all the water is gone and rice is cooked.
5. While the rice and lentils are cooking, heat oil in a pan and fry onions until they're crispy.
6. Top the rice and lentils with the crunchy onions.
7. This dish could also be enjoyed with yogurt or a side salad.

Recipe from <https://www.cheftariq.com/recipe/mujaddara/>

MUJADDARA

INGREDIENTS

1 cup lentils
1 cup rice
2 tsp salt
1 tsp seven spices
1 tsp cumin
2 large onions
1/2 cup vegetable oil
4 1/2 cups water

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Put lentils in a small pot and cover with water, boil until lentils are soft, but still al dente. Add more water while cooking if necessary. Drain.

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While the rice and lentils are cooking, heat oil in a pan and fry onions until they're crispy.

Top the rice and lentils with the crunchy onions.

This dish could also be enjoyed with yogurt or a side salad.

TOTAL TIME: 40 MIN

SERVES: 6

MUJADDARA

INGREDIENTS

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While the rice and lentils are cooking, heat oil in a pan and fry onions until they're crispy.

Top the rice and lentils with the crunchy onions.

This dish could also be enjoyed with yogurt or a side salad.

TOTAL TIME: 40 MIN

SERVES: 6

KENYA



SUKUMA WIKI

COLLARD GREENS SERVED WITH UGALI



DID YOU KNOW...

- Collard greens provide an excellent source of vitamins A, C, K, and calcium!
- Sukuma wiki is the Swahili phrase meaning "to stretch the week" especially when paired with Ugali.
- The best way to eat Ugali is to pinch a small bit off with your fingers, roll it into a small ball, use your thumb to make a small indent/depression in the middle for scooping up some stew.
- Different countries have different names for Ugali. In Kenya, it is known as Obhusuma. In Southern Africa- in countries like Botswana, it is called Pap. Here's a list of more names: ngima, kimnyet, nshima, Mieliepap, phutu, sadza, kwon, isitshwala.

CULTURAL SIGNIFICANCE

Sukuma wiki is a rustic African dish, enjoyed in many parts of Eastern Africa, in countries such as Kenya and Tanzania. It is usually served with Ugali which is a dish made of maize flour (cornmeal), millet flour, or Sorghum flour). It is the most common staple starch featured in the local cuisines of the African Great Lakes region and Southern Africa. For example, in Kenya, they eat Ugali every other day. The key to making Ugali is to get the consistency right so you don't get lumps, but it still is thicker than porridge.

LEARNING ACTIVITIES

K- 3rd grade: Read the book "[I love Ugali and Sukuma Wiki](#)", a children's book that brings to life the world of a boy in Kenya, Akiki and his love for his favorite food. *Book must be ordered online ahead of time.

4th-5th Grade: Watch [video](#) of Lupita Nyong'o (Oscar-winner) learn how to make Ugali on her parents farm in Kenya.

Any Grade: Practice shaping Ugali with your hands! Then use it to scoop up some collard greens! Next, try shaping it into whatever you want!

SUKUMA WIKI

COLLARD GREENS SERVED WITH UGALI

INGREDIENTS

SERVES: 18

TOTAL TIME: 30 MIN

3 bunches of kale or collard greens	1 1/2 tsp coriander
4 cups chopped beef/chicken (optional)	1 1/2 tsp curry or turmeric
9 medium tomatoes diced	1 1/2 tsp cayenne pepper
4-5 tsp minced garlic	3 tablespoons lemon juice
3 large white onions	3 tablespoons bouillon powder or cube
6+ tablespoons canola or cooking oil	Ugali
3 tablespoons smoked paprika	2 cups maize meal flour
	4 cups water



DIRECTIONS

1. In a medium- large skillet, add oil, onions, and garlic, and sauté, for about 2-3 minutes, stirring constantly to prevent any burns.
2. Then add, tomatoes , curry, coriander and paprika, and continue stirring with a heavy wooden spoon, about 2 minutes.
3. Add minced meat, bouillon powder; stir until ingredients have been thoroughly combine. Simmer for about 5 minutes or more. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 5-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings –Salt and pepper, turn off the heat.
4. Remove from the heat and let it cool. Serve with **Ugali**.

Ugali tutorial found [HERE](#).

Ugali recipe found [HERE](#).

Sukuma Wiki recipe found [HERE](#).

SUKUMA WIKI TAKE HOME RECIPE

INGREDIENTS

1 bunch of kale or collard greens
1-2 cups chopped beef/chicken (optional)
3 medium tomatoes diced
1-2 tsp minced garlic
1 large white onion
2+ tablespoons canola or cooking oil
1 tablespoon smoked paprika
1/2 tsp coriander
1/2 tsp curry or turmeric
1/2 tsp cayenne pepper
1 tablespoon lemon juice
1 tablespoon bouillon powder or cube

Ugali

2 cups maize meal flour
4 cups water

TOTAL TIME: 28 MIN

SERVES: 3-4

DIRECTIONS

1. In a medium- large skillet, add oil, onions, and garlic, and sauté, for about 2-3 minutes, stirring constantly to prevent any burns.
2. Then add, tomatoes , curry, coriander and paprika, and continue stirring with a heavy wooden spoon, about 2 minutes.
3. Add minced meat, bouillon powder; stir until ingredients have been thoroughly combine. Simmer for about 5 minutes or more. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 5-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings–Salt and pepper, turn off the heat.

4. Remove from the heat and let it cool. Serve with Ugali.

Tutorial here: [https://www.youtube.com/watch?](https://www.youtube.com/watch?time_continue=343&v=_J9LLpNRsi0&feature=emb_title)

[time_continue=343&v=_J9LLpNRsi0&feature=emb_title](https://www.youtube.com/watch?time_continue=343&v=_J9LLpNRsi0&feature=emb_title)

Full Recipe here: <https://nairobi-kitchen.blogspot.com/2017/07/how-to-cook-perfect-ugali.html>

SUKUMA WIKI TAKE HOME RECIPE

INGREDIENTS

1 bunch of kale or collard greens
1-2 cups chopped beef/chicken (optional)
3 medium tomatoes diced
1-2 tsp minced garlic
1 large white onion
2+ tablespoons canola or cooking oil
1 tablespoon smoked paprika
1/2 tsp coriander
1/2 tsp curry or turmeric
1/2 tsp cayenne pepper
1 tablespoon lemon juice
1 tablespoon bouillon powder or cube

Ugali

2 cups maize meal flour
4 cups water

TOTAL TIME: 28 MIN

SERVES: 3-4

DIRECTIONS

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4. Remove from the heat and let it cool. Serve with Ugali.

Tutorial here: [https://www.youtube.com/watch?](https://www.youtube.com/watch?time_continue=343&v=_J9LLpNRsi0&feature=emb_title)

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Full Recipe here: <https://nairobi-kitchen.blogspot.com/2017/07/how-to-cook-perfect-ugali.html>

TOTAL TIME: 25 MIN

SERVES: 2

MEXICO



HAND-PRESSED TORTILLAS WITH GUACAMOLE



DID YOU KNOW...

- Mexico has more than 2,000 varieties of native corn, and has the oldest corn varieties in the world!
- Although Spanish is the most widespread language spoken in the country, Mexico does not have an official language. There are over 300 languages spoken in the country, many of them spoken by the different indigenous groups in Mexico.

CULTURAL SIGNIFICANCE

Tortillas are one of the most important foods in Mexican culture. Traditionally, tortillas are made with ground up corn called masa. Tortillas were first made by the Mayans, who lived in Mexico long before the Spaniards arrived to the country. Now tortillas have become a popular food in many countries, and are made with both corn flour and wheat flour.

LEARNING ACTIVITIES

K- 3rd grade: Read: *Off We Go to Mexico! An Adventure in the Sun*, by Laurie Krebs

4th-5th Grade:

Read: *La Frontera: My Journey with Papa* by Alfredo Alva & Deborah Mills

Watch this video about traditional tortilla making in a small Mexican town:
<https://www.youtube.com/watch?v=mLmu0balZr8>

HAND-PRESSED TORTILLAS WITH GUACAMOLE

INGREDIENTS

MAKES 30 MINI TORTILLAS TOTAL TIME: 40 MIN

Tortillas

3 cups masa harina
2 limes
water
salt

Guacamole

6 avocados
4 limes
1 bunch cilantro
salt and pepper to
taste



DIRECTIONS

This recipe can be made in batches or all at once. To make all at once:

1. Measure 3 cups masa harina out and add to a bowl with 3/4 teaspoons salt
2. Juice a lime and measure 6 tablespoons of lime juice
3. Measure 1 1/2 cups water and add to lime juice.
4. Add combined liquid to masa mixture
5. Using a wooden, gently mix until all the liquid is absorbed and the dough forms. Knead dough for 2 minutes.
6. Let dough rest for 10 minutes and make guacamole.
7. After dough has rested, press the tortillas: Take about a tablespoon of dough and roll into a ball. Place on a piece of parchment paper, so that the paper can be folded over the dough.
8. Lightly press with the palm of your hand, until the tortilla is about 2 inches in diameter, and 1/8 inch thick. Peel away parchment paper and stack tortillas on a plate to be cooked. If tortilla sticks to the paper, reform a ball and add some masa flour to it to prevent it from sticking.
9. To cook tortillas: heat electric griddle to 350 degrees F. Cook tortillas for about 3 minutes on each side, until a few golden spots appear.

To make guacamole, wash cilantro and cut into small pieces, juice the limes, slice avocados and mash. Add cilantro, lime juice, and salt and pepper to taste to the avocados. Mix well, and enjoy!

HAND-PRESSED TORTILLAS WITH GUACAMOLE

TAKE HOME RECIPE

INGREDIENTS

DIRECTIONS

2 limes
1 cup masa harina
1/2 teaspoon salt
1/2 cup water
1/3 bunch cilantro
1 avocado

MAKES 15 MINI-TORTILLAS
TOTAL TIME: 40 MIN

1. Juice the limes and set aside
2. In a large bowl, mix masa harina and 1/2 teaspoon salt until well combined
3. Combine water and 2 tablespoons of lime juice in a small bowl, then add to masa mixture. Gently mix until all the liquid is absorbed and the dough forms.
4. Knead dough for 2 minutes.
5. Let dough rest for 10 minutes (or longer if possible- up to an hour) and make guacamole.
6. After dough has rested, press the tortillas: Take about a tablespoon of dough and roll into a ball. Place on a piece of parchment paper, so that the paper can be folded over the dough.
7. Lightly press with the palm of your hand, until the tortilla is about 2 inches in diameter, and 1/8 inch thick. Peel away parchment paper and stack tortillas on a plate to be cooked. If tortilla sticks to the paper, reform a ball and add some masa flour to it to prevent it from sticking.
8. To cook tortillas: warm a heavy-bottomed pan over medium heat, or heat an electric griddle to 350 degrees F. To test if pan is hot enough, drop some water on it, and if it sizzles and evaporates immediately it's ready. Cook tortillas for about 3 minutes on each side, until a few golden spots appear.
9. To make guacamole, combine remaining lime juice with the mashed avocado and chopped cilantro, add salt to taste, and enjoy with tortillas.

HAND-PRESSED TORTILLAS WITH GUACAMOLE

TAKE HOME RECIPE

INGREDIENTS

DIRECTIONS

2 limes
1 cup masa harina
1/2 teaspoon salt
1/2 cup water
1/3 bunch cilantro
1 avocado

MAKES 15 MINI-TORTILLAS
TOTAL TIME: 40 MIN

1. Juice the limes and set aside
2. In a large bowl, mix masa harina and 1/2 teaspoon salt until well combined
3. Combine water and 2 tablespoons of lime juice in a small bowl, then add to masa mixture. Gently mix until all the liquid is absorbed and the dough forms.
4. Knead dough for 2 minutes.
5. Let dough rest for 10 minutes (or longer if possible- up to an hour) and make guacamole.
6. After dough has rested, press the tortillas: Take about a tablespoon of dough and roll into a ball. Place on a piece of parchment paper, so that the paper can be folded over the dough.
7. Lightly press with the palm of your hand, until the tortilla is about 2 inches in diameter, and 1/8 inch thick. Peel away parchment paper and stack tortillas on a plate to be cooked. If tortilla sticks to the paper, reform a ball and add some masa flour to it to prevent it from sticking.
8. To cook tortillas: warm a heavy-bottomed pan over medium heat, or heat an electric griddle to 350 degrees F. To test if pan is hot enough, drop some water on it, and if it sizzles and evaporates immediately it's ready. Cook tortillas for about 3 minutes on each side, until a few golden spots appear.
9. To make guacamole, combine remaining lime juice with the mashed avocado and chopped cilantro, add salt to taste, and enjoy with tortillas.

NEPAL



DAL BHAT

NEPALI LENTILS AND RICE

CULTURAL SIGNIFICANCE



While people in the U.S. may not get excited about lentils, Nepali lentil soup and rice is a daily staple in the Nepali diet. The term "Dal" translates to "Lentil Soup" and "Bhat" means "Boiled Rice".

Typically served on a large tin tray, all different inputs to the dish are kept separate in mounds and bowls. Traditionally a massive helping of white rice is surrounded by a bowl of vegetable curry (tarkari), spicy chili sauce or pickles (achaar), and a bowl of lentil-based soup. Fresh vegetables also accompany these, however vary by region and what's accessible.

This dish is typically eaten without utensils. Locals eat the dish with their right hand (left hand is considered unsanitary), pouring the Dal over the rice, then mixing different ingredients with the Bhat mush before scooping it into their mouths.

DID YOU KNOW...

- Lentils don't just taste great — they've been enjoyed by our ancestors all the way back to Neolithic times.
- There are a huge variety of different types, including: brown, yellow, black, orange, red and green.
- Lentils are an ancient food. Originally, they came from Asia and the Middle East. They are part of the legume family and they're related to beans.
- Lentils are loaded with protein, fiber, folate, and iron.

LEARNING ACTIVITIES

K- 2nd grade: Read [Chandra's Magic Light: A Story in Nepal](#)— by Theresa Heine, Illustrations by Judith Gueyfier. Ages 6-10.

3rd Grade: Take a [Virtual Trek](#) along the trails of the Khumbu region of Nepal through google maps.

4th-5th Grade: Explore [National Geographic's Facts on Nepal](#). Students can also test their knowledge on how much they know about Nepal with this [Online Quiz](#).

DAL BHAT

NEPALI LENTILS AND RICE

INGREDIENTS

SERVES: 6 TOTAL TIME: 45 MIN

For the Dal:	For the Masala Powder:
1/2 cup red lentils/ Masoor Dal	1 dry red chili (optional)
2 tsp oil	1/4 tsp pepper
1 small onion, finely chopped	1/4 tsp cinnamon
1/4 tsp turmeric	1/8 tsp cloves
2 tbsp cilantro (optional)	1/4 tsp cardamom
Salt to taste	1 1/4 tsp cumin
	2 1/2 tsp coriander
	Cooked Rice
	Seasonal Vegetables (cucumbers, carrots)



DIRECTIONS

1. Cook lentils on the stove top until cooked through and mushy. Have one group of students chop up onion as well as seasonal vegetables to accompany the dish (items that can be eaten raw such as carrots or cucumber are good). Another group can measure out the masala ingredients.
2. While lentils cook, heat oil in a different saucepan, add the chopped onions and cook until they are golden brown. Add 1 tbsp masala powder, mix well and cook for 1~2 minutes.
3. Stir in the cooked dal, turmeric and salt. Add water if the dal looks too thick. Simmer on medium flame for 6~8 minutes.
4. Serve with rice and seasonal vegetables. Optionally you can sprinkle chopped cilantro on top for garnish.

Original recipe can be found [HERE](#).

DAL BHAT TAKE HOME RECIPE

INGREDIENTS

For the Dal:	For the Masala Powder:
1/2 cup red lentils/ Masoor Dal	1 dry red chili (optional)
2 tsp oil	1/4 tsp pepper
1 small onion, finely chopped	1/4 tsp cinnamon
1/4 tsp turmeric	1/8 tsp cloves
2 tbsp cilantro (optional)	1/4 tsp cardamom
Salt to taste	1 1/4 tsp cumin
	2 1/2 tsp coriander
	Cooked Rice
	Seasonal Vegetables (cucumbers, carrots)

SERVES: 6

TOTAL TIME: 45 MIN

DIRECTIONS

1. Cook lentils on the stove top until cooked through and mushy. Chop up onion as well as seasonal vegetables to accompany the dish (items that can be eaten raw such as carrots or cucumber are good, another idea is sauteed leafy greens). Another group can measure out the masala ingredients.
2. While lentils cook, heat oil in a different saucepan, add the chopped onions and cook until they are golden brown. Add 1 tbsp masala powder, mix well and cook for 1~2 minutes.
3. Stir in the cooked dal, turmeric and salt. Add water if the dal looks too thick. Simmer on medium flame for 6~8 minutes.
4. Serve with rice and seasonal vegetables. Optionally you can sprinkle chopped cilantro on top for garnish.

DAL BHAT TAKE HOME RECIPE

INGREDIENTS

For the Dal:	For the Masala Powder:
1/2 cup red lentils/ Masoor Dal	1 dry red chili (optional)
2 tsp oil	1/4 tsp pepper
1 small onion, finely chopped	1/4 tsp cinnamon
1/4 tsp turmeric	1/8 tsp cloves
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Salt to taste	1 1/4 tsp cumin
	2 1/2 tsp coriander
	Cooked Rice
	Seasonal Vegetables (cucumbers, carrots)

SERVES: 6

TOTAL TIME: 45 MIN

DIRECTIONS

1. Cook lentils on the stove top until cooked through and mushy. Chop up onion as well as seasonal vegetables to accompany the dish (items that can be eaten raw such as carrots or cucumber are good, another idea is sauteed leafy greens). Another group can measure out the masala ingredients.
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3. Stir in the cooked dal, turmeric and salt. Add water if the dal looks too thick. Simmer on medium flame for 6~8 minutes.
4. Serve with rice and seasonal vegetables. Optionally you can sprinkle chopped cilantro on top for garnish.

PERU



ALFAJORES

PERUVIAN COOKIE WITH MANJAR BLANCO

INGREDIENTS

SERVES: 10 TOTAL TIME: 50 MIN

- 1 cup of self-rising flour
- 1 cup of cornstarch
- 2 cups of unsalted butter
- 6 tbsp powdered sugar
- 6 ounces of *manjar blanco*
- 1/2 tsp fresh aniseed
- 1 tbsp cold water
- 1/2 tsp vanilla extract



DIRECTIONS

1. Place the flour and cornstarch together in a mixing bowl. Add butter, salt, aniseed, and water. Knead until the dough has a uniformed texture.
2. Shape dough into a ball and let rest for 10 minutes.
3. Sprinkle flour on the clean counter surface. Use a bread roller to roll out the dough until it's about 1/2 inch thick. There should be enough dough to bake around 10-15 cookies.
4. Using a cookie cutter or class cut circles of dough about 3 inches wide.
5. Place cookies on a baking sheet with or glass dish, sprinkle with flour a couple inches apart. Make a few holes with a fork in the center of each cookie to avoid the dough to break or rise too much.
6. Bake in a pre-heated oven at 350 F for 20 minutes.
7. Let cookies sit until cool. Once cool, top half with *manjar blanco* and make a sandwich with the cookies. Sprinkle them off with powdered sugar before eating.

Original recipe can be found [HERE](#).

ALFAJORES

INGREDIENTS

1 cup of self-rising flour
1 cup of cornstarch
2 cups of unsalted butter
6 tbsp powdered sugar
6 ounces of manjar blanco
1/2 tsp fresh aniseed
1 tbsp cold water
1/2 tsp vanilla extract

SERVES: 10

TOTAL TIME: 50 MIN

DIRECTIONS

1. Place the flour and cornstarch together in a mixing bowl. Add butter, salt, aniseed, and water. Knead until the dough has a uniformed texture.
2. Shape dough into a ball and let rest for 10 minutes.
3. Sprinkle flour on the clean counter surface. Use a bread roller to roll out the dough until it's about 1/2 inch thick. There should be enough dough to bake around 10-15 cookies.
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6. Bake in a pre-heated oven at 350 F for 20 minutes.
7. Let cookies sit until cool. Once cool, top half with manjar blanco and make a sandwich with the cookies. Sprinkle them off with powdered sugar before eating.

ALFAJORES

INGREDIENTS

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1 cup of cornstarch
2 cups of unsalted butter
6 tbsp powdered sugar
6 ounces of manjar blanco
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SERVES: 10

TOTAL TIME: 50 MIN

DIRECTIONS

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6. Bake in a pre-heated oven at 350 F for 20 minutes.
7. Let cookies sit until cool. Once cool, top half with manjar blanco and make a sandwich with the cookies. Sprinkle them off with powdered sugar before eating.

SOMALIA



SOMALI TEFF PANCAKES

WITH CUCUMBER YOGURT DIP



CULTURAL SIGNIFICANCE

Teff is an ancient grain that is actually from Ethiopia, a neighboring country to Somalia. This grain has high nutritional value and can grow in dry conditions, making it an important crop for the region. The climatic conditions in Somalia make it difficult to produce a lot of their own agriculture. Many Somalis are nomadic, meaning they move from place to place while caring for livestock.

DID YOU KNOW...

- Somalia is one of the hottest countries in the world, with temperatures getting as hot as 113 degrees Fahrenheit!
- Somalia has diverse wildlife, as well as having the world's largest population of camels!

LEARNING ACTIVITIES

K- 1st grade: Read the book:

I'm New here by Anne Sibley O'Brien

2nd- 4th grade:

Read: *The Colour of Home* by Mary Hoffman

5th - 6th grade:

Read: *Through My Eyes*, by Tammy Wilson

SOMALI TEFF PANCAKES WITH CUCUMBER YOGURT DIP

INGREDIENTS

SERVES: 8

TOTAL TIME: 25 MIN

Pancakes

2 cups teff flour
1/2 tsp salt
1/2 tsp. nutmeg
2 cups milk
4 egg
4 tablespoon butter, melted
3/4 cup of light ricotta
400g spinach

Cucumber Yogurt Dip

2 cups of plain, non fat yogurt
2 large cucumbers, peeled,
seeded and grated
1 tablespoon of lemon juice
1 tablespoon of fresh dill
1 garlic clove, minced
salt and pepper to taste



DIRECTIONS

For the pancakes:

1. Combine the milk, egg, ricotta and melted butter. Add the dry ingredients and whisk until smooth.
2. Spray a pan with oil and heat. Add about a tablespoon of batter and tilt in a circular motion to create a small pancake.
3. Cook for 45 seconds or until the surface of the pancake is set. Turn with a spatula and cook for an additional 30 seconds.

For the yogurt dip:

1. Peel, seed and grate the cucumbers
2. Mix all ingredients together, add salt and pepper to taste
4. Serve with pancakes

Recipes from:

<http://www.somalikitchen.com/teff-crepes-with-ricotta-and-spinach.html/>

<https://www.mysomalifood.com/cucumber-yogurt-dip/>

TEFF PANCAKES TAKE HOME RECIPE

INGREDIENTS

Pancakes

½ cup teff flour
1/8 tsp salt
1/8 tsp. nutmeg
½ cup milk
1 egg
1 tablespoon butter, melted
9 teaspoons of light ricotta
100g spinach

Cucumber Yogurt Dip

2 cups of plain, non fat yogurt
2 large cucumbers, peeled, seeded and grated
1 tablespoon of lemon juice
1 tablespoon of fresh dill
1 garlic clove, minced
salt and pepper to taste

DIRECTIONS

For the pancakes:

1. Combine the milk, egg, ricotta and melted butter. Add the dry ingredients and whisk until smooth.
2. Spray a pan with oil and heat. Add about a tablespoon of batter and tilt in a circular motion to create a small pancake.
3. Cook for 45 seconds or until the surface of the pancake is set. Turn with a spatula and cook for an additional 30 seconds.

For the yogurt dip:

1. Peel, seed and grate the cucumbers
2. Mix all ingredients together, add salt and pepper to taste
4. Serve with pancakes

TOTAL TIME: 25 MIN SERVES: 2

TEFF PANCAKES TAKE HOME RECIPE

INGREDIENTS

Pancakes

½ cup teff flour
1/8 tsp salt
1/8 tsp. nutmeg
½ cup milk
1 egg
1 tablespoon butter, melted
9 teaspoons of light ricotta
100g spinach

Cucumber Yogurt Dip

2 cups of plain, non fat yogurt
2 large cucumbers, peeled, seeded and grated
1 tablespoon of lemon juice
1 tablespoon of fresh dill
1 garlic clove, minced
salt and pepper to taste

DIRECTIONS

For the pancakes:

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For the yogurt dip:

1. Peel, seed and grate the cucumbers
2. Mix all ingredients together, add salt and pepper to taste
4. Serve with pancakes

TOTAL TIME: 25 MIN SERVES: 2

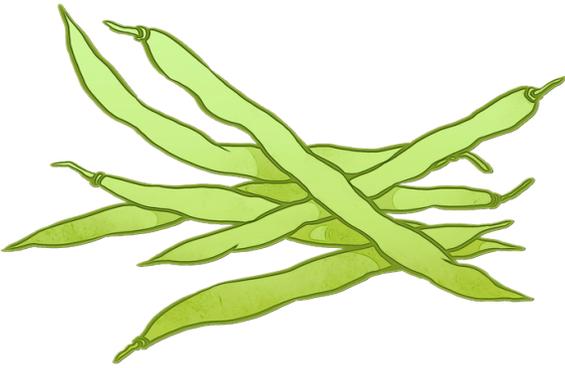
SRI LANKA



BOONCHI CURRY

SRI LANKAN GREEN BEAN CURRY

CULTURAL SIGNIFICANCE



While curries are common in many Asian countries, these can vary by region, city, neighborhood, and even household. There are thousands of curry variations that it's impossible to know every single type out there! Many people eat curries on a regular basis, sometimes even daily.

Sri Lanka is lucky as an island state, as they have a variety of fresh vegetation to pick from for their diets. The Sri Lankan diet integrates a vast array of herbs, spices, fish, vegetables, rices, and fruits. One major difference between Indian curries and Sri Lankan is the use of rampe, also known as pandan in other Southeast Asian countries.

This country was a hub in the historic oceanic silk road, where foreign trade brought new food items and cultural influences, all of which have helped shape Sri Lankan cuisine.

DID YOU KNOW...

- There are two types of green beans. Pole beans grow much like a climbing vine and require a trellis. Bush beans spread up to two feet and do not require structural support. Bean pods can be green, yellow, purple, or even speckled with red!
- Green beans grow super fast. The length of time from planting to harvesting is as short as 45 days but only when it's warm.
- Bean plants have pretty white flowers and deep-green, tear-shaped leaves. The leaves feel a little fuzzy and can make you itch.

LEARNING ACTIVITIES

K- 2nd grade: Have the kids get in the garden and touch and see the plants. Bring pencils and markers for everyone to draw their own green beans.

3rd-4th Grade: Try a seed germination experiment in a jar! Find instructions [Here](#).

5th Grade: Talk about the silk road, trade, and how this has influenced cultures over time. Watch [John Green's Crash Course](#) on the silk road and ancient trade.

BOONCHI CURRY

SRI LANKAN GREEN BEAN CURRY

This can be made as spicy or not spicy as you need, just adjust the amount of chilies by age group

INGREDIENTS

SERVES: 4

COOK TIME: 35 MIN

3 tbsp oil	1 lb green beans
3 chopped garlic cloves	5 tsp curry powder
1 tbsp chopped ginger	1 tsp turmeric powder
1-2 chopped green chilies (optional)	2 rampe/pandan leaf
1 strand curry leaves	Salt to taste
1 thinly sliced onion	1 cup coconut milk
	Cooked Rice



DIRECTIONS

1. Have students prepare the green beans, chop into smaller bite size pieces for younger students. Older classes can chop garlic, ginger and onions. In a skillet, heat oil. Add garlic, ginger and optional chilies for older students. Fry for 30 seconds.
2. Add curry leaves and onion. Saute for 5 minutes, until onions become translucent.
3. Add green beans, curry powder, turmeric and rampe. Stir fry for a few minutes.
4. Add 1/2 cup of water, cover and steam for 10 minutes.
5. Add coconut milk and cook for 5 minutes on high heat. Add salt & stir to combine.
6. Turn off flame, cover and let it rest for 5 minutes.
7. Discard rampe leaves and serve with rice.

Original recipe can be found [HERE](#).

BOONCHI CURRY TAKE HOME RECIPE

INGREDIENTS

3 tbsp oil
3 chopped garlic cloves
1 tbsp chopped ginger
1-2 chopped green
chilies (optional)
1 strand curry leaves
1 thinly sliced onion
1 lb green beans
5 tsp curry powder
1 tsp turmeric powder
2 rampe/pandan leaf
Salt to taste
1 cup coconut milk
Cooked Rice

DIRECTIONS

1. Prepare the green beans, chop into smaller bite size pieces if you so choose. Chop garlic, ginger and onions. In a skillet, heat oil. Add garlic, ginger and optional chilies and fry for 30 seconds.
2. Add curry leaves and onion. Saute for 5 minutes, until onions become translucent.
3. Add green beans, curry powder, turmeric and rampe. Stir fry for a few minutes.
4. Add 1/2 cup of water, cover and steam for 10 minutes.
5. Add coconut milk and cook for 5 minutes on high heat. Add salt & stir to combine.
6. Turn off flame, cover and let it rest for 5 minutes.
7. Discard rampe leaves and serve with rice.

TOTAL TIME: 35 MIN SERVES: 4

BOONCHI CURRY TAKE HOME RECIPE

INGREDIENTS

3 tbsp oil
3 chopped garlic cloves
1 tbsp chopped ginger
1-2 chopped green
chilies (optional)
1 strand curry leaves
1 thinly sliced onion
1 lb green beans
5 tsp curry powder
1 tsp turmeric powder
2 rampe/pandan leaf
Salt to taste
1 cup coconut milk
Cooked Rice

DIRECTIONS

1. Prepare the green beans, chop into smaller bite size pieces if you so choose. Chop garlic, ginger and onions. In a skillet, heat oil. Add garlic, ginger and optional chilies and fry for 30 seconds.
2. Add curry leaves and onion. Saute for 5 minutes, until onions become translucent.
3. Add green beans, curry powder, turmeric and rampe. Stir fry for a few minutes.
4. Add 1/2 cup of water, cover and steam for 10 minutes.
5. Add coconut milk and cook for 5 minutes on high heat. Add salt & stir to combine.
6. Turn off flame, cover and let it rest for 5 minutes.
7. Discard rampe leaves and serve with rice.

TOTAL TIME: 35 MIN SERVES: 4

VIETNAM



BÚN CHAY

VIETNAMESE VEGETABLE NOODLE DISH

CULTURAL SIGNIFICANCE

Vietnamese cuisine relies on fresh vegetables and fruits, and tends to be one of the healthier cuisines in the world. While they integrate ingredients that pack a punch, such as fish sauce, fresh herbs, spices, chilies, vinegar and limes, these ingredients are healthy and keep the cuisine tasting light and fresh.

Rice noodles, also known as "Bún" are a common staple in addition to rice. These are typically served with meat and vegetables ("chay" stands for vegetarian), with a savory fish sauce on top.

Fish sauce or "Nước mắm" is a staple ingredient in every Vietnamese household. It is put in everything from marinades for meat, to soups, on rice and vegetables.

This savory, salty sauce is a liquid condiment made from fish that have been coated in salt and fermented for up to two years.

LEARNING ACTIVITIES

K- 2nd grade: Read *Vietnamese Children's Favorite Stories* by Phuoc Thi Minh Tran

3rd-4th Grade: Watch [6 Things Vietnamese People Know To Be True](#), an interesting take on cultural identity. You can also watch [Interesting Facts on Vietnam](#) which goes over Vietnam's biggest cities and economy, food, culture and people.

5th Grade: Discuss the French colonization of Vietnam, a lesson plan on this can be found [HERE](#).



DID YOU KNOW...

- There are over 100 species of edible carrots today
- Until 17th century, the only edible types of carrots had black, white, red and purple colors. The iconic orange carrots were created by selective breeding in Netherlands as a tribute to the ruling House of Orange.
- Carrot is one of the most sugary vegetables in the world. Only beet has it more.
- Carrots were domesticated in the ancient empires located in today's Iran and Afghanistan over 5000 years ago. From there, carrots spread across the world.

BÚN CHAY

VIETNAMESE VEGETABLE NOODLE DISH

INGREDIENTS

SERVES: 15-20

TOTAL TIME: 30 MIN

- | | |
|--|--|
| 1 12-16 oz pack of rice vermicelli noodles | Cilantro, chopped (optional) |
| 2-3 shredded carrots | Peanuts, chopped (optional) |
| 2 cucumbers seeded and shredded | Nuoc Mam fish sauce dressing (recipe on separate page) |
| 4 green onions chopped | |
| 1 1/2 cups fresh bean sprouts | |



DIRECTIONS

1. Have students help shred and chop the vegetables (they can use a vegetable peeler to make thin strips instead of knives). If including peanuts, students can roughly chop as well.
2. Soften the rice vermicelli noodles in a large bowl by covering with boiling water and letting soak for 3-4 minutes until tender. Rinse under cold water, drain, and place back into bowl.
3. Add the shredded carrots, cucumber, bean sprouts and green onions to the bowl and stir. Put into individual bowls.
4. Let students add their own amounts of chopped peanuts, chopped cilantro and fish sauce dressing depending on their own preference. Dig in!

Original recipe can be found [HERE](#).

NƯỚC MẮM

VIETNAMESE FISH SAUCE DRESSING

INGREDIENTS

TOTAL TIME: 10-15 MIN

4 parts water
2 parts fish sauce
2 parts sugar
1 part white vinegar
1/2-1 lime, juiced
Minced garlic, 2 cloves
per cup of dressing
approximately
1/3 -1 Thai chili
chopped (optional)

Make as much as you need to top your rice or rice noodles. For very young children, use only 1/3 a thai chili at most or omit. Packages of thai chilies can be frozen until use.



DIRECTIONS

1. Have students help mince garlic and juice the lime. Chili can be handled with gloves (teacher can handle this part for younger children).
2. Mix together water, fish sauce, sugar, vinegar, garlic and optional chilies until sugar is mostly dissolved.
3. Add lime juice to taste and adjust according to personal preference.
4. Let sit for a few minutes for the flavors to combine before serving.

Recipe from Morgan Doherty

BÚN CHAY TAKE HOME RECIPE

Vietnamese Vegetable Noodle Dish

INGREDIENTS

1 12-16 oz pack of rice vermicelli noodles
2-3 shredded carrots
2 cucumbers seeded and shredded
4 green onions chopped
1 1/2 cups fresh bean sprouts

Cilantro, chopped (optional)
Peanuts, chopped (optional)
Nuoc Mam fish sauce dressing (recipe below)

SERVES: 10 ADULTS
TOTAL TIME: 30 MIN

DIRECTIONS

1. Shred and chop the vegetables (you can use a vegetable peeler to make thin strips instead of knives). If including peanuts, roughly chop as well.
2. Soften the rice vermicelli noodles in a large bowl by covering with boiling water and letting soak for 3-4 minutes until tender. Rinse under cold water, drain, and place back into bowl.
3. Add the shredded carrots, cucumber, bean sprouts and green onions to the bowl and stir.
4. Add fish sauce to mixture and stir to combine. Include chopped peanuts and cilantro on top and dig in!

NƯỚC MẮM TAKE HOME RECIPE

Vietnamese Fish Sauce

INGREDIENTS

4 parts water
2 parts fish sauce
2 parts sugar
1 part white vinegar
1/2-1 lime, juiced
Minced garlic, 2 cloves per cup of dressing approximately
1/3 -1 1/2 Thai chili chopped (optional)

TOTAL TIME: 15 MIN

DIRECTIONS

1. Mince garlic and juice the lime. Chop up thai chili finely, be careful when handling. If you want a milder sauce, only add 1/3. If you want medium, add 1 chili. 1 1/2 chilies makes it a spicy sauce. The chili will infuse the sauce the longer it sits.
2. Mix together water, fish sauce, sugar, vinegar, garlic and optional chilies until sugar is mostly dissolved.
3. Add lime juice to taste and adjust according to personal preference.
4. Let sit for a few minutes for the flavors to combine before serving.

VIETNAMESE RICE PAPER ROLLS

GỎI CUỐN OR "SPRING ROLLS"



DID YOU KNOW...

This dish actually originated from China, but was modified to fit Vietnamese tastes. It was named the "spring roll" because they were originally filled with spring vegetables. In Vietnam, it is called Gỏi cuốn.

CULTURAL SIGNIFICANCE

This dish consists of rice paper softened in water, which is rolled and filled with rice vermicelli (thin rice noodles), raw vegetables, fresh herbs, and sometimes meat. Then it is served with a dipping sauce. Freshness is a key factor and represents Vietnamese culture because many people in Vietnam still go to the market every day to buy fresh vegetables that were harvested the night before.

Rice is a key ingredient and it is the unofficial symbol of Vietnamese culture. Vietnam produces and exports rice, but rice is also used for worshiping because it is an essential grain and viewed as a "gift from God".

LEARNING ACTIVITIES

K- 3rd grade: Color your own spring roll! Link to template can be found [HERE](#). What are your favorite meats and vegetables that you would want in your spring roll?

4th-5th Grade: Watch [video](#) about how rice paper is made in Vietnam. This video was filmed in a small village in Vietnam. It covers how rice paper is made, it introduces the different types of rice paper, and it also shows how to roll the papers into spring rolls.

VIETNAMESE RICE PAPER ROLLS

GỎI CUỐN OR "SPRING ROLLS"

INGREDIENTS

SERVES: 8+

TOTAL TIME: 30 MIN

- | | |
|---|--|
| 1 packet rice paper | Dipping Sauce |
| 150g rice vermicelli noodles | 6 tbsp fish sauce (or light soy sauce) |
| 1 bunch coriander | 4 tbsp sugar |
| 1 bunch Thai basil | 6-7 tbsp lemon/lime juice |
| 1 bunch mint | 6-7 tbsp water |
| 1 bunch garlic chives | 1 small clove garlic |
| 1/4 iceberg lettuce (finely shredded) | 1-3 chilies <u>optional</u> |
| 1 carrot (cut into short, thin strips) | |
| 2 cucumbers (cut into batons) | |
| 3-4 tbsp coconut milk | |
| Roasted peanuts (crushed) <u>optional</u> | |
| Fried tofu <u>optional</u> | |



DIRECTIONS

1. Place noodles in boiling water for about 3 mins. Loosen up noodles with tongs. Drain well and set aside.
2. Place warm water in a large bowl and stir through the coconut milk. Dip the rice paper in warm water and remove immediately. Place rice paper on a clean chopping board or plate.
3. Layer the tofu or meat, lettuce, cucumber, herbs, carrot, cucumber and vermicelli at the end of the rice paper closest to you, bring the end of rice paper over ingredients, then fold the two sides of the rice paper into the middle to enclose the fillings and roll up the rice paper roll tightly.
4. To make the sauce, place garlic, chilies and sugar in a mortar. Pound mixture into a paste. Add fish sauce, lemon/lime juice and water. Mix until the sugar is dissolved. Taste and adjust seasoning to your preference.
5. Serve rice paper rolls with dipping sauce and crushed peanuts.

Original recipe can be found [HERE](#).

GỎI CUỐN TAKE HOME RECIPE

Vietnamese Rice Paper Rolls

INGREDIENTS

1 packet rice paper
150g rice vermicelli noodles
1 bunch coriander
1 bunch Thai basil
1 bunch mint
1 bunch garlic chives
1/4 iceberg lettuce (finely shredded)
1 carrot (cut into short, thin strips)
2 cucumbers (cut into batons)
3-4 tbsp coconut milk
Roasted peanuts (crushed)
optional
Fried tofu optional

SERVES: 8+ ADULTS
TOTAL TIME: 30 MIN

Dipping Sauce

6 tbsp fish sauce
(or light soy sauce)
4 tbsp sugar
6-7 tbsp lemon/lime juice
6-7 tbsp water
1 small clove garlic
1-3 chilies optional

DIRECTIONS

1. Place noodles in boiling water for about 3 mins. Loosen up noodles with tongs. Drain well and set aside.
2. Place warm water in a large bowl and stir through the coconut milk. Dip the rice paper in warm water and remove immediately. Place rice paper on a clean chopping board or plate.
3. Layer the tofu or meat, lettuce, cucumber, herbs, carrot, cucumber and vermicelli at the end of the rice paper closest to you, bring the end of rice paper over ingredients, then fold the two sides of the rice paper into the middle to enclose the fillings and roll up the rice paper roll tightly.
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POST COOKING LESSON QUESTIONNAIRE

Name: _____

Date: _____

1. What country or culture did you focus on today?
2. What's an interesting fact you learned about the vegetable/fruit of the day?
3. What's something new you learned about the culture that we talked about?
4. What were the biggest takeaways you had today?
5. What part of the lesson did you enjoy the most?

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