

Investigating and Researching

There are many different types of Indian food, make a brainstorm below to show the variety.

Indian Food

Health and Hygiene

When we work with food we need to follow some rules to make sure we are being safe. Make a note here of the things you need to remember to do when working with food.



Dal

Straight from the streets of India, it's now famous all over the world. We are talking about the favourite street food of India – dal. It is believed that dal was born in the royal kitchen of emperor Shah Jehan. According to legend, when the Mughal emperor fell ill, he was instructed by his Hakim to consume foods that were light on his stomach but high on spices so as to strengthen his immunity. Hence, dal was discovered.

Interestingly, as the country underwent foreign influences, new flavours were added on to the local fare. Dal was modified many times over, travelling from the North to Gujarat, where it took an entirely different form and taste. It then went on to become a Pan Indian-Subcontinental food phenomenon.

All popular Indian street foods from Raj Kachori, Paani puri, papdi, chaat and sev puri influence the ever so versatile chaat. Of course, every nook and corner has its own creative spin on it.

Different Types of Dal

Paapri Dal

Nothing like the crunch of freshly made papdis topped with yoghurt, coriander and tamarind chutney.



Corn and Pomegranate Dal

A low-fat alternative for all those health conscious people. The fresh flavours of the lentils, corn, pomegranate, orange, mint, coriander and tamarind will get you hooked.



Chaana Dal

This healthy and hearty serving is just what you need after a long day's work! A lovely mix of lentils, chickpeas, green peas, potatoes, pomegranate and tomatoes, finished with mint.



Three Bean Dal

A vibrant mix of lentils, green beans, pomegranate, cucumbers, potatoes, herbs and spices.



Making your own Dal

If you could adapt the basic dal recipe to suit your own taste what would you add to the recipe to improve the flavour and personalise your dal.

What are you going to add to the dal?

	Ingredients	Picture
Basic Dal		
1.		
2.		
3.		



The Basic Dal Recipe

What you will need:

Ingredients:

Instructions:



Flow chart of instructions for your dal recipe



Evaluation

Well done, you made your dal. Now you are going to taste and comment on it.

Description of my dal

Picture of my dal

My opinion

Reflection

You have spent time researching and developing your dal. Now you need to decide if you have achieved the things you needed to.

What were the challenges when making your dal?

What worked well?

What would you change next time?

Picture of the final dal

Creating a healthy Indian meal



Name: _____