

Lesson 7 – Sustainable Nutrition

Recipe: Vegetarian Thali (Indian Vegetable Platter)

Teaching notes:

Individual centres to decide if students work individually, in pairs or in 4s, depending on students ability and levels. i.e. potential strategies for differentiation/ stretch & challenge.

Recipes:

- 1. Basmati and wild rice pilaf
- 2. Katachi Amti (tangy lentil stew)
- 3. Dalimbichi Usal (fava bean and yellow pea curry) - locally sourced beans
- 4. Sambar- a South Indian delicately spiced vegetable stew- any firm seasonal vegetables can be used or replaced
- 5. Leek and Cabbage Bhajias with mint, coriander and yoghurt dip (Indian chickpea & rice flour and vegetables fritter)

Equipment for all recipes

| Equipment | Quantities |
|--------------------|------------|
| Sauce pan | 4 |
| Frying pan | 2 |
| Spoons | 2 |
| Wooden spoons | 4 |
| Ladle | 1 |
| Strainer/ Colander | 1 |
| Fork | 1 |
| Bowls | 1 |
| Trays | 1 |
| Fryer | 1 |

Standard recipe portions: 1
Number of students in class: 50

| Ingredients | Quantity (Units: in g, ml or each) | Food order minimum quantity estimate for the class (Units: in kg, l or each) |
|-------------------------------------|---------------------------------------|--|
| 1. Basmati & wild rice pilaf | | |
| Basmati & wild rice | 50 | 2.5 |
| Butter | 40 | 2 |
| Leek shredded | 30 | 1.5 |
| Onion chopped(g) | 50 | 2.5 |
| Ground turmeric | 2 | 0.1 |
| Cardamom | 5 | 0.25 |
| Water-about 75 ml | | |
| Curry leaves | 0.1 | 5 |
| Miscellaneous(salt , pepper etc..) | | |

Method – Basmati and wild rice pilaf

- 1. Fry onions, curry leaves and leeks in butter, add rice and spices.
- 2. Add water and braise until the rice is fully cooked.



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| 2. Katachi Amti (tangy lentil stew) | | |
| Puy lentils (British) | 30 | 1.5 |
| Black mustard seeds | 2 | 0.1 |
| Cumin seeds | 4 | 0.2 |
| Curry leaves | 5 | 0.25 |
| Turmeric | 2 | 0.1 |
| Chilli powder | 1 | 0.05 |
| Coriander powder | 3 | 0.15 |
| Cinnamon | 2 | 0.1 |
| Coconut- grated | 20 | 1 |
| Tamrind pulp | 5 | 0.25 |
| Palm sugar | 3 | 0.15 |
| Curry leaves (each) | 0.1 | 5 |
| Miscellaneous(salt , pepper etc..) | | |

Method – Katachi Amti (tangy lentil stew)

1. Boil Puy lentils until al dente
2. In separate pan heat oil
3. Temper mustard seeds, curry leaves and cumin seeds in hot oil
4. Add all powdered spices and coconut
5. Cook for 1 minute
6. Drain and add puy lentils into the above pan
7. Simmer for 30 minutes, topping up with water if it gets dry
8. Finish with tamarind, palm sugar and salt to taste



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| 3. Dalimbichi Usal (fava bean and yellow pea curry) - locally sourced beans | | |
| Malvani masala | | |
| Coriander Seeds | 20 | 1 |
| Cumin Seeds | 20 | 1 |
| Fennel Seeds | 5 | 0.25 |
| Cinnamon | 5 | 0.25 |
| Cloves | 2 | 0.1 |
| Bay Leaf | 2 | 0.1 |
| Nutmeg | 1 | 0.05 |
| Peppercorns | 5 | 0.25 |
| Red Birdseye Chilli (Dried) | 3 | 0.15 |
| Dalimbichi Usal | | |
| Fava Beans (British grown) | 15 | 0.75 |
| Yellow Peas (British grown) | 15 | 0.75 |
| Onion | 10 | 0.5 |
| Garlic | 10 | 0.5 |
| Mustard Seeds | 2 | 0.1 |
| Cumin Seeds | 2 | 0.1 |
| Green Chilli | 10 | 0.5 |
| Fresh Coconut | 15 | 0.75 |
| Tomatoes | 50 | 2.5 |
| Coriander Leaves(each) | 0.1 | 5 |
| Curry leaves (each) | 0.1 | 5 |
| Miscellaneous(salt , pepper etc..) | | |

Method – Dalimbichi Usal

1. Roast Spices for Malvani Masala, blend and set aside.
2. Chop tomatoes.
3. In a blender, make a paste from garlic, coconut, coriander and green chilli
4. Cook Fava beans and yellow pea(soaked overnight, preferably), reserving yellow pea cooking stock.
5. Heat oil and crackle mustard seeds and cumin seeds.
6. Add onion and curry leaves and sauté until onion is soft.
7. Add garlic, coconut and chili paste and sauté well.
8. Add whole spices and sauté, add Mailvani masala and stir.
9. Add chopped tomato.
10. Add beans and yellow peas, plus yellow pea stock to cover.
11. Season and cook for about 15 mins on a simmer.
12. Taste for seasoning, add fresh coriander. Serve.



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| 4. Sambar- a South Indian delicately spiced vegetable stew- any firm seasonal vegetables can be used or replaced | | |
| Red lentil | 20 | 1 |
| Onion | 30 | 1.5 |
| Green chili / red chili | 10 | 0.5 |
| Swede | 40 | 2 |
| Carrot | 30 | 1.5 |
| Butternut Squash | 40 | 2 |
| Turnip | 40 | 2 |
| Mushroom | 50 | 2.5 |
| Tomato | 50 | 2.5 |
| Leek | 30 | 1.5 |
| Fenugreek | 3 | 0.15 |
| Turmeric | 3 | 0.15 |
| Coriander powder | 3 | 0.15 |
| Cardamom pods | 2 | 0.1 |
| Cumin Seeds | 2 | 0.1 |
| Fennel Seeds | 2 | 0.1 |
| Mustard Seeds | 2 | 0.1 |
| Chili Powder | 5 | 0.25 |
| Coriander (each) | 0.1 | 5 |
| Miscellaneous(salt , pepper etc..) | | |

Method – Sambar

1. Dice all vegetables.
2. Add hard vegetables and spices along with red lentils. Add water to cover.
3. Bring to the boil and simmer until the vegetables are semi-soft.
4. Add the soft vegetables (tomatoes, leeks, mushrooms) and cook until all vegetables are just cooked.
5. Finish with chopped coriander and fried mustard seeds (optional) before serving.



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| 5. Leek and Cabbage Bhajias with mint, coriander and yoghurt dip (Indian chickpea & rice flour and vegetables fritter) | | |
| Leek | 40 | 2 |
| Cabbage(outer leaves) | 40 | 2 |
| Onion shredded | 20 | 1 |
| Cumin seeds | 5 | 0.25 |
| Fennel seeds | 5 | 0.25 |
| Chilli powder | 2 | 0.1 |
| Baking powder | 2 | 0.1 |
| Rice Flour | 15 | 0.75 |
| Gram Flour | 30 | 1.5 |
| Miscellaneous(salt , pepper etc..) | | |

Method – Leek and cabbage bhajias with mint, coriander and yoghurt dip

1. De-stem the centre of the cabbage leaves
2. Shred the cabbage into thin stripes
3. Wash the leek
4. Remove the root, then cut thinly into slices
5. Place all vegetables into a bowl, add salt
6. Set aside for 1 hour
7. Squeeze the liquid out of the vegetables
8. Add the spices and baking powder
9. Add flours progressively and mix until a semi firm consistency
10. Fry at 170c until golden brown

