

Let's Cook

An Indian Flare

Description

This is a class designed to be an after school class. It requires a full kitchen.

The class will prepare a basic onion sauce with Indian curry spices as a foundation to a ground turkey lentil stew. It will be served over brown rice. By eliminating the turkey this recipe becomes a vegetarian/vegan dish.

Menu

Basic Onion Sauce for Indian Curries

Turkey Lentils with Indian spices

Basic Brown Rice

Game plan

- 1) Prepare all vegetables
- 2) Measure out spices and herbs
- 3) Prepare onion sauce
- 4) Follow Turkey – Lentil recipe
- 5) Prepare brown rice
- 6) Enjoy meal
- 7) Cleanup

Recipe: Basic Onion Sauce

Serves 8

Ingredients

- 2 Tbsp vegetable oil
- 2 cloves
- ½ tsp red chili flakes
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp sesame seeds
- ½ lb onions, sliced (about 1 large onion)
- 2-3 cloves garlic, minced
- ½ inch cube fresh ginger, minced
- 2 Tbsp fresh cilantro, chopped
- 1 Tbsp curry powder
- 1 tsp chili powder
- ½ tsp star anise powder
- ½ tsp turmeric
- 4 Tbsp tomato paste
- 1 Cup hot water

Directions

1. Heat oil on high in a large deep skillet (with a lid) until it is about to smoke.
2. Add the chili flakes, cloves, mustard seeds. (Place lid on and wait for mustard seeds to pop)
3. Remove lid and add cumin and sesame seeds; sauté a few seconds and add the onions
4. Reduce the heat to medium and sauté until golden brown, 15 minutes
5. Add garlic, ginger, and cilantro. Sauté 4-5 minutes more; add a little water if mixture starts to burn (reduce heat lower if needed)
6. Add remaining spices; curry, chili powder, star anise, and turmeric; stir for a minute.
7. Mix tomato paste with 1 cup of water and add to mixture.
8. Reduce heat to low, cover and simmer for 10 minutes
9. Use as a base for Indian curry recipes; such as Turkey Lentil with Indian Spices

Turkey Lentils with Indian Spices:

Serves 8

Ingredients

- 1 lb ground turkey
- 1 recipe Basic Onion Sauce
- 2 medium zucchini sliced
- 1 red or orange bell pepper, sliced
- 1 jalapeño pepper, minced (optional)
- 2 cups of lentils
- 2 cup of water

Directions

1. Add ground turkey to prepared onion sauce.
2. Increase heat to medium and sauté until turkey is cooked
3. Add zucchini, bell peppers, jalapeno (if using)
4. Add lentils and water.
5. Cover and reduce heat to low, simmer for 20-30 minutes until lentils are tender.
6. Serve over brown rice

Basic Brown Rice:

Serves 8

Ingredients

- 2 cups brown rice
- 4 cups water

Directions

1. Bring water to boil on high heat in medium-sized sauce pot with cover.
2. Add brown rice, reduce heat.
3. Place cover on pot and simmer 25 minutes until tender.