



## 4-Course Indian Dinner

### Dinner in India

To a westerner, the experience of eating an authentic Indian meal may be at once familiar and different.

For instance, dinner in India, as in the west, is usually the biggest meal of the day (followed by the mid-day meal), and is most often eaten with family.

However, the concept of “courses” is not so relevant, as all food is put on the table at once. Further, these meals are often not eaten with cutlery; naan (bread) is used to pick up food and sop up sauce.

Meals may also be eaten at a table, or otherwise on mats wearing comfortable clothes.

Enjoy, and learn more in our [Fact Sheet on India!](#)

### Where can I learn more?

See our [Fact Sheets](#) and [Resources](#) to learn more about food and meals in India! And, if you make this meal, please share the story with us [here!](#)

### First Course:

#### Dal Rasam

*Made with cooked dal (pigeon peas) and tomato, this spicy dish features lentils, red chillies, and a spice blend of fenugreek, pepper, cumin, coriander, and curry leaves.*

<https://ourrecipeforunity.org/recipes/dal-rasam/>



### Second Course:

#### Lamb Meatballs

*These warm lamb and spinach meatballs feature the warm flavors of ginger, garam masala, cumin, and coriander.*

<https://ourrecipeforunity.org/recipes/spiced-lamb-meatballs/>



### Third Course:

#### Chicken Curry

*This hearty curry features more warm spices, tomatoes, cilantro, and chicken breast.*

<https://ourrecipeforunity.org/recipes/chicken-curry/>



### Dessert:

#### Gulab Jamun

*Made of powdered milk, flour, and ghee, these are soaked in a syrup of rose water and cardamom before serving.*

<https://ourrecipeforunity.org/recipes/gulab-jamun/>

