Foods 9-10(A) **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BLK:\_\_\_\_\_**

Vint 2017

 **COUNTRY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **POPULATION -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **ETHNIC GROUPS -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **LANGUAGES -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **RELIGIONS -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **CHIEF CROPS -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **ARABLE LAND -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **MEAT PRODUCTION -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **FISH/SEAFOOD CATCH -** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**AN INDIAN MENU**

Below is a list of Indian Foods from which typical daily menus can be made. The Hindi names of the dishes are also given, along with a guide on how to pronounce them.

**ENGLISH HINDI PRONUNCIATION GUIDE**

*Spices Masala* muh-SAH-lah

Mixed Spices Garam Masala GAR-um muh-SAH-lah

*Meat and Fish Dishes Amish Bhojan* ah-MISH BO-jun

Deep-Fried Stuffed Savory Pastries Samosas sah-MO-sahz

Spiced Ground Meat Kheema KEE-muh

Ground Lamb Kebabs Kabab Masala kuh-BAHB muh-SAH-lah

Yogurt Chicken Murg Dahi MURG DAH-hee

Spicy Fried Fish Muchli Masala MUCH-lee muh-SAH-lah

*Vegetarian Dishes Niramish Bhojan* NEER-ah-mish BO-jun

Spiced Rice Pulao puh-LAO

Carrots with Grated Coconut Gajar Nariyal GUH-juhr NUHR-ee-yuhl

Potatoes and Peas Aloo Mattar AH-loo MUH-tahr

Pumpkin “Curry” Sambar SAHM-bar

*Pulses Dal* dahl

Lentils with Garlic and Onion Masoor Dal muh-SOOR dahl

Curried Chickpeas Channa Dal CHUHN-uh dahl

*Yogurt Condiments Raita* RI-tah

Yogurt and Bananas Kela ka Raita KEE-lah kah RI-tah

Yogurt with Cucumber and Mint Kheera ka Raita KEER-ah kah RI-tah

Yogurt with Cucumber and Tomato Kheera-Tamater Raita KEER-ah tuh-MAH-tur RI-tah

*Chutney Chatni* CHUT-nee

Fresh Coriander Chutney Dhanya Chatni DAH-nee-yah CHUT-nee

Apple Chutney Sheb ke Chatni SHEB kee CHUT-nee

*Bread Roti* ROE-tee

Unleavened Whole wheat Bread Chapatis chuh-PAH-tees

Deep-Fried Whole Wheat Bread Puris POO-rees

*Beverages Pinay ke Liye* PIH-nay kay LEE-ay

Spiced Tea Masala Chai muh-SAH-lah CHI

![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ECPS6YOS\purpleonion[1].jpg]()Salty Yogurt Drink Lassi LUH-see

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**INTRODUCTION TO INDIAN CUISINE**

The way of life in the Indian subcontinent is rich and varied, encompassing the widest range of climates, religions, wealth, language and above all, cooking styles to be found in any country.

As in any of the great gastronomic cultures, such as those of France and China, there is no single Indian cuisine. There are roughly twenty states and territories, each with its own culture and culinary traditions.

In the different regions of this large country, what people eat depends on many different factors.

* crops raised in the area
* ethnic and religious traditions of the inhabitants
* simplicity or sophistication of their life styles

**GEOGRAPHY AND CLIMATE**

The variations of geography and climate in India have an important influence on Indian foods.

Northern India, with its wide plains and generally dry climate, produces large quantities of wheat. Wheat is the predominant source of carbohydrate and the cooking of northern India abounds with a variety of breads, leavened and unleavened, griddle cooked and fried. The simplest **roti** (bread) would be **chapatti**, made from whole wheat and rolled out into pancake-like rounds, then cooked on a griddle. Other breads are **puri** (like a chapatti, but deep-fried) and **naan**, a leavened flatbread traditionally cooked in a tandoori oven. In the temperate north, in the foothills of the Himalayas, there is an abundance of good meat and dairy products such as milk and yogurt.

Southern India, by contrast, is much hotter and more humid, and wheat is replaced by rice. Seafood, too, is typical of the south, with its miles of coastline, as well as tropical fruits like bananas and coconuts.

**ETHNIC AND RELIGIOUS TRADITIONS**

Other differences in eating habits are related to the different ethnic and religious traditions of India’s people. Northern India has many Muslim inhabitants, whereas the people of the south are primarily Hindu. The difference in religious heritage affects the foods eaten in these areas. Muslims are forbidden by their religion to eat any pork or pork product, but they are allowed to have beef and other kinds of meat. More than 80 percent of the people in India are Hindu and eat no beef. Hindus never eat beef because the cow is considered a sacred animal in their faith. Many devout Hindus eat no meat at all; they are strict vegetarians, avoiding even seafood and eggs. In fact, a majority of Indians are vegetarian, either through religious conviction or economic necessity, since meat can be expensive.

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**HISTORICAL BACKGROUND**

Fascinating variations in diet also stem from the historical backgrounds of northern and southern India. Over the long years of Indian history, the northern part of the country has been invaded many times by people of central Asia. These invaders brought with them not only their Muslim faith, but also a distinctive style of cooking. Today, northern Indians still cook in this style, preparing many delicious dishes containing lamb, yogurt and other ingredients commonly used in the Muslim countries of the Middle East.

Because invaders seldom made it as far as southern India, the people of the South preserved more of their early culture than their northern neighbours. The food of this region, with its emphasis on fresh-cooked vegetables and strong spices, represents classic Indian cooking at its finest.

**INDIAN MEALS**

Considering the great variety of Indian food and styles of eating, it is not surprising that there is no one pattern for daily meals in India. What people eat at different times of the day depends on where they live, on the religious laws they observe, and on whether they are poor or rich. In general, however, most Indians have one main meal a day, usually between 12 noon and 2:00 p.m., and several smaller meals. Breakfast may consist of lentils and bread or yogurt, always accompanied by tea. Afternoon tea is a custom in many parts of India, and most Indians also enjoy snacking on salty, highly seasoned treats sold by street vendors. The day ends with a light evening meal of simple dishes – for example, rice and lentils – usually eaten after 8:00 p.m.

For most Indians, the big meal of the day consists of small portions of many dishes instead of one main dish. This is particularly true for vegetarians, who only eat vegetables fixed in various delicious ways, usually accompanied by rice. Non-vegetarians may have one meat dish (if they can afford it) along with vegetables, lentils (dal), a salad-like raita, and bread or rice. Desserts are not usually included in daily meals, but on special occasions, Indians enjoy eating candy – such as sweets made from milk.

If you would like to eat your Indian meal in the Indian style, give each person a tray with small dishes containing individual portions of the various foods. Indians usually don’t use forks and spoons; they eat with their fingers, using pieces of bread to scoop up food with sauces or mixing them with rice. It takes practice to eat neatly with your fingers, but Indians say that food tastes much better this way.

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***INDIAN COOKING – GLOSSARY***

**CHATNI / CHUTNEY:**  Highly seasoned side dish made from raw, cooked or pickled fruits or vegetables.

**DAL (DAHL):** Pulses /Legumes … dried beans, split peas, and lentils … are a staple food in India and help provide a large measure of the daily protein for families who eat meat rarely or who are vegetarian. However, pulses alone contain incomplete protein and need to be complemented with a grain (preferably whole grain) such as rice or bread and a dairy product, such as yogurt or cheese.

 Some of the many types of pulses include:

* **Masoor dal:** Small salmon-coloured lentil with a brown seed coat. They turn a pale yellow during cooking and have a pleasant, mild flavour.
* **Moong dal:** This is the skinned and split version of the same mung bean used to grow bean sprouts. It is the most popular North Indian dal.
* **Chana dal:** Large, heart-shaped, beige-coloured pea. Also known as chickpeas or garbanzos in Spain. Available dried or canned.

**MASALA CHAI:** Spiced tea, flavoured with cinnamon, cardamom and cloves. May be served at tea time or at the end of a meal.

**PAKORA:** Deep-fried, savoury dish made from any of various kinds of vegetables, such as eggplant or cauliflower.

**RAITA:** Salad-like combination of yogurt and various types of raw or cooked vegetables, flavoured with herbs and spices.

**RICE, BASMATI:** Long-white rice of high quality, grown in various parts of India and distinguished by its faintly nut-like flavour and aroma.

**ROTI (BREADS):** There are many kinds of breads in India, most of them unleavened, eaten in the North at every meal.

* **Chapatis:** Pancake-like whole wheat bread cooked on a tava or other iron griddle.
* **Puris:** Deep-fried bread that puffs up like a balloon on cooking.
* **Naan:** Leavened flatbread, traditionally baked in a tandoor oven.

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**SAMOSA:** Deep-fried pastries filled with mixtures of meats or vegetables.

**TANDOOR:** Cylindrical clay oven used to cook chicken and meat, and also naan.

**THALI:** An individual serving plate or tray.

**TIKKA:** Boned chicken or meat rubbed or mixed with masala and then grilled.

**YARK:** Very thin sheets of real silver tissue, used for garnishing sweets.

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***SPICES: SWEET, HOT, SAVOURY***

Although there are many variations in Indian cooking, there are also some things that most Indian dishes have in common. One of the most important is the use of an exciting and unique assortment of spices. The spices of India have been famous for centuries. When Europeans first ventured into this part of the world, they came seeking the fabulous spices of the Indies: pepper, cinnamon, saffron, ginger and cloves. Today, many of these spices and others equally exotic are used almost daily by every Indian household, no matter how poor.

Because spices are so important to Indian cooking, they are treated in a very special way. Most Indian cooks do not use already-ground spices, as cooks in Western countries do. Instead, the spices are bought whole from the spice market and ground by hand in small amounts for daily use.

Among people in Western countries, Indian spices have the reputation of being hot. Actually, most of the seasoning used in Indian cooking is not hot. Spices like cumin, coriander and turmeric have a rich, mellow taste with only a mild “bite” to them.

What does give Indian food its heat are chilies – the same fiery red and green peppers that are used in Mexican cooking. Chilies are as popular in Indian kitchens as they are in Latin American ones. Most Indians enjoy the tangy taste that they give to any dish.

When it comes to cooking with spices, the golden rules are freshness and dry, dark storage. In India, cooks purchase their spices at least once a week to ensure freshness. Properly stored, most spices will remain useable for at least a month.

**CARDAMOM, PODS:** Dried fruit of a plant of the ginger family. The pod is about the size of a pea. Pods may be green if dried in the oven or brown if dried in the sun. The outer pod is not used, just the seeds inside.

**CARDAMOM, SEEDS:** Small, aromatic black seeds, found inside the cardamom pods. There are about 15-20 seeds per pod. The pungent lemon-like flavour is strongest in green pods.

**CHILIES:** These come in several forms. Green chilies are the mildest form. When they have ripened to red, they are hotter. Red chilies are dried in the sun and are hotter still. Dried red chilies are ground to a powder to provide the hottest form of the spice.

**CINNAMON:** Dried, reddish-brown bark, peeled from a tree of the evergreen family. Stick cinnamon has a more pronounced and aromatic flavour than ground cinnamon.

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**CLOVES:** These are nearly always used whole in Indian food to provide aromatic flavouring.

**CORIANDER, FRESH:** Aromatic herb of the parsley family. It resembles flat-leaf parsley in appearance, but it has a much more pungent flavour. It is sold in Latin-American stores as cilantro, and in Chinese markets as Chinese parsley.

**CORIANDER, SEED:** White to yellowish-brown, round ridged seed of the herb, coriander. Slightly smaller than a peppercorn. Available whole or ground.

**CUMIN SEED:** Yellowish- seed of a plant of the parsley family. It looks similar to caraway or fennel seeds and is strongly aromatic. Available whole or ground.

**GARAM MASALA:** Literally translated, this means “hot spice.” It is made in a variety of ways but nearly always includes cloves, cardamoms, cumin and coriander. It is used to add a final flavouring toward the end of cooking.

**GARLIC:** This is absolutely essential to Indian cooking. Test for freshness by choosing only firm bulbs with the cloves held tightly together.

**GINGER:** A root spice, best used in root form with the outer, bark-like skin removed and the flesh cut into thin strips. It has a more pronounced, pungent flavour than dried ginger.

**SAFFRON THREADS:** Orange-red dried stigmas of a slower of the crocus family. Used in cooking to colour food a golden yellow.

**TAMARIND:** This is the semi-dried fruit of the tamarind tree. The pulp is valued for its somewhat acidic sweet taste.

**TURMERIC:** Pungent root spice of the ginger family. Used like saffron, to colour food yellow.

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**INDIAN CUISINE**

 **Blk \_\_\_\_\_\_\_**

1. Name three factors that affect what foods the people of India eat:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Complete the following chart comparing Northern and Southern India:

|  |  |  |
| --- | --- | --- |
|  | **Northern India** | **Southern India** |
| **Climate** | **\_****\_** | **\_****\_** |
| **Main Carbohydrate** |  |  |
| **Religious Tradition** |  |  |
| **Meat NOT Eaten** |  |  |

1. Many Indians are vegetarians either through:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **OR**
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Indian meal patterns depend on where people live, the religious laws observed and their economic status (rich or poor). Give examples of the following:

**Breakfast** **Main Meal 12:00 – 2:00 p.m.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How do many Indians eat their meals (instead of using forks and spoons or chopsticks)?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What historical factor has had a major influence on Northern Indian cuisine?

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![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\27PGIIAJ\MC900015923[1].wmf]()**Foods 9-10 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**INDIAN FOODS Blk \_\_\_\_\_**

1. What is dal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give 3 examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What food value (nutrient) is provided by dal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Dal by itself is an incomplete protein food. What should be served with it to complete the

protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What type of rice is typically used in India? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How does it differ from Chinese or Japanese rice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is roti? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give 3 examples: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain the following terms:
	1. Raita: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* 1. ![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AWDAVDX9\MC900364458[1].wmf]()Tandoor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Chapati: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Masala Chai: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name 5 typical spices of India used almost daily in most Indian households.
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_over

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1. What seasoning gives Indian food its “heat?” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What other country uses this seasoning often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The keys to cooking with spices are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ ,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ storage.

1. Identify the following seasonings:
	1. Aromatic herb of parsley family: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Latin American stores

and called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Chinese stores.

Seeds are available \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

* 1. Spice of the ginger family, this colours food a golden colour similar to that of saffron:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

* 1. This spice comes in pod and seed form and may also be ground into powder form and

has a lemon-like flavour: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

* 1. A yellowish-brown seed reminiscent of caraway: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
	2. A stick form is used in masala chai (spiced tea): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
	3. Available in red or green, dried whole or ground: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
1. What does the term garam masala mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What four spices are nearly always included in garam masala?

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_