Indian cooking class prep

Kootu: x3
   1 group of 10
Green beans: x2
   1 group of 4
Lemon rice: x4
   1 group of 4
Pacadi, raita: x2
   1 group of 4
Sag Paneer: x3
   1 group of 6

Prepped ahead of time:
- Toor dal cooked ahead of time—1 cup in 4 cups water, 40 minutes.
- Thaw spinach

Demo ahead of cooking:

Knife safety and sanitation (SP)
- Push chairs away—stand up
- Put back hair, put on apron
- Wash hands, don’t touch hair or face
- Cold or cuts—let me know, put on gloves
- Otherwise, gloves only needed if touching food for service—ie raw food that will be served raw, or cooked food that is ready for serving.

NOTE TO STUDENTS: DOUBLE ALL RECIPES

For Kootu, veg stew:
- SP Demo chopping veggies
  - 3-4 carrots (peeled, 1” pieces)
  - 3-4 celery (remove top and bottom, and slice into 1/4 inch pieces)
  - 1 butternut squash (peeled, seeded, 1” cubes)
  - 1 large eggplant (1” cubes), (about 1/2 cup each)

- Jagu demo the dal and the spices—
  - Does dal need soaking here? It’s not in recipe
  - Heating and grinding spices
    - how to check oil heat with mustard seeds (but then don’t add them to spice mix)
    - safety with hot oil
• watch your eyes! How to smell by waving your hand instead of sticking your face in it
  ▪ consistency of paste

For green beans:
  o SP: demo trimming and cutting
  o Show coconut—frozen not shredded and dried

For rice:
  • Consistency of cooked rice important—not too lumpy, not too loose—so that when spices are added, it absorbs, but it’s fluffy. Fork to fluff the rice before the spices. Students will make the rice and we’ll talk them through the fluffing part.
  • Soak the dals ahead of time—show that.

Raita:
  • What is pachadi or raita? What is its function in the meal?
  • Demo peeling and grating cucumber. Adding salt draws out the water. This is so the end product is not watery, but also the water can be used to adjust the consistency of the yogurt.

Sag Paneer:
  • Demo: chop frozen spinach.
  • What is paneer? How to fry it
  • Describe the rest of the recipe—it’s a simple dish.