



Incredible Indian Chickpea "Korma" Stew + Corn-Peach "Chaat" Salad + Peach "Lassi"

By Dylan Sabuco

Prep Time 25 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH

1 medium yellow onion

6 garlic cloves

1 1/2 inch piece ginger OR 3/4 tsp ground ginger

2 small tomatoes **** (see allergy subs below) ****

3 peaches OR 1 C frozen sliced peaches

1 corn cob for 1/3 C fresh kernels OR 1/3 C frozen corn kernels

DAIRY

2 C plain whole-milk yogurt **** (see allergy subs below) ****

PANTRY

1 15-oz can chickpeas **** (see allergy subs below) ****

1/3 C vegetable oil **** + extra for the Chaat Salad**

1 T curry powder + extra for the Chaat salad

1 1/2 tsp salt

1/2 tsp ground black pepper

1/3 C granulated sugar + extra for the Chaat Salad

1 small pkg pita bread, optional **** (see allergy subs below) ****

HAVE ON HAND

1 1/2 C water

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

chop: to cut something into small, rough pieces using a blade.

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

Equipment

Blender (or pitcher + immersion blender)

Cutting board + kid-safe knife

Liquid measuring cup

Dry measuring cups

Measuring spoons

Large pot + lid

Wooden spoon

Can opener

Ladle

Medium mixing bowl

Ingredients

Incredible Indian Chickpea "Korma" Stew

- 2/3 can chickpeas ******(for LEGUME ALLERGY sub 1 medium diced zucchini or 1 C diced mushrooms—button mushrooms work great)******
- 1/3 cup vegetable oil ******
- 1 medium onion
- 6 garlic cloves
- 1-inch piece ginger or 1/2 tsp ground ginger
- 2 small tomatoes ******(for NIGHTSHADE/TOMATO ALLERGY sub 1 C diced small radishes)******
- 3/4 C plain whole-milk yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 T curry powder
- 1 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/2 C water
- 1 small pkg pita bread, optional ******(Omit for GLUTEN ALLERGY or sub gluten-free/nut-free pita bread)******

Colorful Corn-Peach "Chaat" Salad

- 1 peach (pitted) OR 1/3 C frozen sliced peaches
- 1 corn cob for 1/3 C fresh kernels OR 1/3 C frozen corn kernels
- 1/3 can chickpeas ******(for LEGUME ALLERGY sub 1 small diced zucchini)******
- 1 pinch curry powder
- 1 pinch granulated sugar
- 1 tsp vegetable oil
- 2 T plain whole-milk yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******

Juicy Peach "Lassi"

- 2 peaches (pitted) OR 2/3 C frozen sliced peaches
- 1 C plain whole-milk yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 C water
- 1/3 C granulated sugar

□ 1/2-inch piece ginger OR 1/4 tsp ground ginger

Food Allergen Substitutions

Incredible Indian Chickpea "Korma" Stew

Legume: For 2/3 of a 15-oz can of chickpeas, substitute 1 medium diced zucchini or 1 C diced mushrooms (button mushrooms work great).

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

Nightshade/Tomato: For 2 small tomatoes, substitute 1 C diced small radishes.

Dairy: Substitute dairy-free/nut-free plain yogurt.

Gluten/Wheat: Omit optional pita bread or substitute gluten-free/nut-free pita bread.

Colorful Corn-Peach "Chaat" Salad

Legume: For 1/3 can chickpeas, substitute 1 small diced zucchini.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

Dairy: Substitute dairy-free/nut-free plain yogurt.

Juicy Peach "Lassi"

Dairy: Substitute dairy-free/nut-free plain yogurt.

Instructions

Incredible Indian Chickpea "Korma" Stew

intro

Namaste (NAH-ma-stay)! (A greeting from India.) Today, we will be making Incredible Indian Chickpea "Korma" Stew. "Korma" refers to braising meats or vegetables in a mixture of yogurt and spices. This Sticky Fingers Cooking version will feature chickpeas as the surprise ingredient and keep all the other ingredients close to the traditional recipe. Get ready for mouthwatering aromas to fill your kitchen (maybe even your entire home)! Enjoy!

dice + sauté + count

Get started by dicing **1 medium yellow onion**, **2 small tomatoes**, **6 garlic cloves**, and **1 inch long piece of ginger**. Place the chopped onions into a large pot with **1/3 cup vegetable oil** over medium low

heat. Sauté the onions for about 4 to 5 minutes or until translucent and have your kids count to 5 in Hindi with you: 1 एक (ek), 2 दो (do), 3 तीन (teen), 4 चार (chaar), 5 पांच (paanch).

add + cook

Then, add the diced tomatoes, ginger, and garlic. Continue cooking for another 5 minutes while you measure the spices and chickpeas.

drain + pour + measure

Carefully open your can of chickpeas and drain all the liquid. Pour **2/3 of the drained chickpeas** into the pot (reserve the rest for the "Chaat" Salad if making) along with **1 tablespoon curry powder, 1 1/2 teaspoons salt, 1/2 teaspoon black pepper**, and, if you are using garlic powder and ground ginger instead of whole, **1 1/2 teaspoons garlic powder** and **1/2 teaspoon ground ginger**.

scrumptious science fact

Fragrance and food go hand-in-hand. Your nose is a well-oiled machine that does most of the work in processing your olfactory sense (sense of smell). The olfactory sense refers to all the parts of your body that process smells. Your brain and nose do a lot of the work. When you smell something, your nose will communicate with the olfactory bulb, which is the part of your brain that processes smells. This process happens in a split second, making you feel an emotion or transporting you into a memory. This unique bodily function is why foods and their smells can make people feel happy, sad, or any range of emotions. My favorite is smelling cinnamon and being transported to baking pies with my aunts.

mix + smell + stir

Mix all the spices together with the chopped vegetables and be sure to take a second to stop and appreciate the amazing smells that are filling your kitchen. Stir the spices and vegetables on medium low heat for 5 minutes.

simmer + cover

Add **1/2 cup of water** and pour that into the pot. Bring the mixture to a simmer and cover for 10 minutes. If the water in the pot evaporates too quickly, you may need to add an extra splash of water. This will ensure that this curry has a thick but liquid consistency.

measure + stir

After the curry mixture has simmered for 10 minutes (or more), uncover and add **3/4 cup of plain yogurt** into the pot. Reduce the heat to the lowest setting and stir until all the yogurt disappears into the curry mixture. At this point the stew should be creamy and ready to serve. Just give it a quick taste to check for flavor.

serve + devour

Serve this irresistible Indian stew alongside sliced pita or over rice! Either way, you are sure to love this belly-warming Incredible Indian Chickpea "Korma" Stew!

Colorful Corn-Peach "Chaat" Salad

chop + measure + mix

Start off by roughly chopping **1 fresh peach** (pitted) or **1/3 cup frozen sliced peaches** and placing them into a medium mixing bowl. Then, measure **1/3 can chickpeas** (drained) and **1/3 cup corn kernels** (cut the kernels off **1 corn cob** or use frozen) and add the corn to the bowl of peaches. Stir a few times to get all the ingredients mixed together.

measure + season

In a small bowl, measure **1 pinch of curry powder**, **1 pinch of sugar**, **1 teaspoon vegetable oil**, and **2 tablespoons plain yogurt**. Pour the mixture over the chopped peaches, corn, and chickpeas. Stir until everything is well coated in the seasoned mixture.

serve

This Colorful Corn-Peach "Chaat" Salad pairs perfectly with Incredible Indian Chickpea "Korma" Stew and Juicy Peach "Lassi" (see recipes)! If you want to chill the salad overnight, the flavors will become even better. Enjoy!

Juicy Peach "Lassi"

measure + pour

Start by chopping **2 peaches** (pitted), or measuring **2/3 cup frozen sliced peaches**, and placing them in the bottom of a blender or pitcher (if using an immersion blender). Then, pour in **1 cup plain yogurt**, **1 cup water**, **1/3 cup sugar**, and **1/2 inch piece of ginger** (whole pieces are fine) or **1/4 teaspoon ground ginger**.

blend + enjoy

Blend until extra smooth and creamy. This juicy Indian smoothie is the perfect way to wash down your Incredible Indian Chickpea "Korma" Stew (see recipe).

Featured Ingredient: Chickpeas!

Hi! I'm Chickpea!

"Hmmm, I think I would like you to call me a Chickpea, not a garbanzo bean. Aren't little chicks so cute! You're probably familiar with me if you've ever eaten hummus. It's made with chickpeas! I'm a cute little seed that, when you combine a bunch of us, we can provide an excellent source of protein in your diet!"

History & Etymology

Chickpeas are a high-protein legume and the main ingredient in many Middle Eastern and Mediterranean

dishes. They may also be called garbanzo beans.

Evidence of domesticated chickpeas from about 9,500 years ago has been found in Turkey and the Levant (an area bordering the Mediterranean in Western Asia).

The word "chickpeas" comes from the early 18th century, and earlier was "chiche-pease," which came from late Middle English "chiche," from the Middle French "pois chiche," from the Latin "cicer."

The word "garbanzo" is Spanish for "chickpea," and the word "hummus" is Arabic for "chickpea."

Anatomy

A chickpea is a round, yellow-tan seed that grows in pods on a legume plant that can grow from 8 to 20 inches high. One pod holds two to three seeds.

Chickpeas are grown around the world, and there are dozens of varieties, including a black one from southern Italy called "ceci neri."

How to Pick, Buy, & Eat

Chickpeas taste like a bean, but they also have a nutty flavor, and their texture, when cooked, is described as soft and creamy or buttery. For Middle Eastern dishes, dried chickpeas are often boiled and mashed to make hummus, or they are soaked and then ground into flour to make falafels.

You can add cooked or canned chickpeas to salads, roasted veggies, soups, stews, pasta, or rice dishes. You can also roast chickpeas and eat them as a snack. In the Middle East, roasted chickpeas are called "leblebi."

Nutrition

Chickpeas provide almost 9 grams of protein in a 3.5-ounce serving. They are available either dried or canned. Because they are high in protein, chickpeas are often added to animal and bird feed.

Chickpeas have loads of dietary fiber! So what is fiber good for? Smooth digestion! It helps the body absorb the vitamins and nutrients it needs to be strong and healthy.

Chickpeas are also good sources of folate (vitamin B9), manganese, phosphorus, and iron.