



Wondrous Watermelon Curry + Indian Watermelon Lassi

By Erin Fletter

Prep Time 25 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

- ☐ FRESH
- ☐ 1 watermelon (for at least 6 C watermelon cubes)
- ☐ 1 garlic clove
- ☐ 1 lime
- ☐ fresh mint, optional
- ☐ DAIRY
- ☐ 1 to 2 C plain yogurt ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 1 1/2 C white rice
- ☐ 1 1/2 tsp paprika ****(see allergy subs below)****
- ☐ 1 pinch turmeric powder
- ☐ 1/2 tsp ground coriander
- ☐ 1 tsp salt + more to taste
- ☐ 2 T vegetable oil ******
- ☐ 1/4 tsp cumin seeds OR 1 big pinch ground cumin
- ☐ 1/2 C granulated sugar + more to taste
- ☐ 1/2 C canned black beans ****(see allergy subs below)****
- ☐ HAVE ON HAND

☐ 3 1/2 C water

☐ ice

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

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

cube: to cut into square-shaped, bite-sized pieces with an equal 1/3 to 1/2-inch length on all sides, slightly larger than diced.

purée: to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

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

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

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

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

purée: to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

Equipment

☐ Medium pot + lid (or rice steamer)

☐ Large and deep skillet

☐ Blender or food processor (or large bowl + immersion blender)

☐ Liquid measuring cup

☐ Dry measuring cups

☐ Wooden spoon

☐ Cutting board

☐ Large kitchen knife

☐ Kid-safe knife

☐ Measuring spoons

☐ Citrus squeezer (optional)

☐ Can opener

☐ Blender (or pitcher + immersion blender)

Ingredients

Wondrous Watermelon Curry

☐ 3 C water

☐ 1 1/2 C white rice

☐ 1/4 watermelon

☐ 1 garlic clove

☐ 1 1/2 tsp paprika ****(Omit for NIGHTSHADE ALLERGY)****

☐ 1 pinch turmeric powder

☐ 1/2 tsp ground coriander

☐ 1 tsp salt + more to taste

☐ 2 T vegetable oil ******

☐ 1/4 tsp cumin seeds OR 1 big pinch ground cumin

☐ 1/2 lime

☐ few pinches granulated sugar, to taste

☐ 1/2 C canned black beans ****(for LEGUME ALLERGY sub 1/2 C chopped firm tofu, if no soy allergy present)****

☐ fresh mint, optional

Indian Watermelon Lassi

☐ 4 C cubed seeded watermelon

☐ 1/2 C water

☐ 1/2 C granulated sugar, or to taste

☐ 1/2 lime

☐ 1 to 2 C plain yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****

☐ ice

☐ fresh mint, optional

Food Allergen Substitutions

Wondrous Watermelon Curry

Nightshade: Omit paprika.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Legume: For 1/2 C canned black beans, substitute 1/2 C chopped firm tofu, if no soy allergy is present.

Indian Watermelon Lassi

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

Instructions

Wondrous Watermelon Curry

boil + simmer

Bring **3 cups of water** to a boil in a medium pot and add **1 1/2 cups of white rice**. Simmer on low heat for about 20 minutes.

slice + cube + purée

Adults cut **1/4 watermelon** into slices and let kids cut them into cubes, removing any seeds. (I'm sure they'll eat plenty as they cut the melon up!) Measure out **1 cup of watermelon cubes** and purée them in a blender or food processor (or in a large bowl using an immersion blender). Reserve the remaining watermelon cubes.

mince + measure + add

Mince **1 garlic clove** and add it with **1 1/2 teaspoons paprika**, **1 pinch of turmeric**, **1/2 teaspoon ground coriander**, and **1 teaspoon salt** to the watermelon purée.

slice + juice

Squeeze the juice from **1/2 lime** into a small bowl or measuring cup.

heat + toast + simmer

Heat **2 tablespoons of vegetable oil** in a large, deep skillet on your stovetop over medium heat. Add **1/4 teaspoon of cumin seeds** or **1 big pinch of ground cumin** and toast, stirring, for 5 to 20 seconds. Add **3 teaspoons of lime juice** and the spiced watermelon purée to the skillet and lower the heat. Simmer for 5 minutes or until the liquid has reduced by about one third.

cook + coat + sprinkle

Add the remaining watermelon cubes and **1/2 cup of canned black beans** and cook over low heat for 3

to 4 minutes, gently turning the melon and beans to coat with the spices. Sprinkle with a **few pinches of sugar** to taste, serve over the rice, and tear some **fresh mint** on top if using. "Yah swadisht hai" (Yah swah-disht hay) or "This is delicious" in Hindi!

Indian Watermelon Lassi

combine + purée

Combine **4 cups of cubed seeded watermelon** with **1/2 cup of water** in your blender or food processor and purée until smooth.

blend + juice

Add **1 to 2 cups plain yogurt**, **1 to 2 cups ice**, and **1/2 cup sugar** to taste. Blend until smooth. Cut **1/2 lime** into 4 wedges and have kids squeeze the juice (no seeds!) from their wedges into the blender.

tear + blend + serve

Tear some **fresh mint** on top if using. Blend a bit more and serve. Cheers!

Featured Ingredient: Watermelon!

Hi! I'm Watermelon!

"Don't you love Watermelon!? Then you must love me—I'm a watermelon! I might seem hard to get to know, but if you cut or break me open, you'll see I'm really sweet inside. I can add so much joy and refreshment to everything, too, like summer picnics and yummy recipes like this one!"

History

Food historians think watermelon originated in the Kalahari Desert of Africa. However, the first recorded watermelon harvest was about 5,000 years ago in Egypt, illustrated on ancient walls in Egyptian hieroglyphics. From there, watermelon spread throughout countries along the Mediterranean Sea by way of merchant ships.

Watermelons were one of the items put in the tombs of kings to provide for them in the afterlife.

Watermelon was grown in India in the 7th century and by the 10th century had made its way to China, now the world's number one producer of watermelons.

In the 13th century, watermelon spread through the rest of Europe via the Moors.

Southern food historian, John Egerton, believes watermelon made its way to the United States with enslaved Africans, and now Americans eat more watermelon than cantaloupe and honeydew.

About 300 watermelon varieties are grown in the US and Mexico. They are of various weights, shapes, sizes, and colors like red, orange, yellow, and white.

The world's heaviest watermelon, at 350.5 pounds, was grown by Chris Kent in Tennessee in 2013.

Anatomy

Watermelon is a fruit because it grows from a seed, has a sweet, refreshing flavor, and is loosely considered a type of melon (although it is actually a type of berry called a pepo).

It can also be called a vegetable because it is a member of the same family as the cucumber, pumpkin, and squash. It is harvested and cleared from fields like other vine-growing vegetables.

A watermelon contains about 6 percent sugar and 92 percent water by weight.

Japanese scientists developed a seedless variety in 1939. However, seedless watermelons initially did not resist disease sufficiently, so they did not become widely available and popular until the 21st century.

How to Pick, Buy & Eat

When choosing a watermelon, look for one that is firm, symmetrical, and free from bruises, cuts, or dents. When you lift the watermelon, it should be very heavy for its size, as most of a watermelon's weight is water—the heavier, the juicier. Finally, the watermelon should have a yellow spot on it, where it sat on the ground and ripened in the sun.

Farmers in Japan grow watermelons in glass boxes so they develop into a cube shape. The farmers initially did this so the watermelons would be stackable and easier to store. However, they eventually became a popular novelty at twice the price.

In China and Japan, watermelon is a popular gift to bring to a host of a party or gathering.

In Israel and Egypt, the sweet taste of watermelon is often paired with the salty taste of feta cheese.

Watermelon rinds are edible but do not taste good unless pickled or cooked. The seeds are also edible.

Don't worry, though—you won't grow a watermelon in your stomach if you eat the seeds with the flesh!

However, if you remove the seeds, you can dry them out and roast them. You can also grind them into flour after roasting using a coffee grinder.

You can eat watermelon alone or put chunks in fruit or green salads. You can also purée it to add to salsas, syrups, desserts (like popsicles and sorbets), and drinks (like smoothies and lemonade). Finally, you might try adding some to your BBQ sauce or even grill watermelon slices!

Nutrition

A watermelon's high water and electrolyte content make it ideal as a refreshing and hydrating summer thirst quencher that is good for our skin and helps clear toxins from our kidneys.

Watermelons contain high levels of vitamin C, which boosts immunity and healing power, and vitamin A, which is good for eyesight.

Watermelon is also high in lycopene, a carotenoid that makes some fruits and vegetables red or pink.

Tomatoes are most often connected to lycopene, but watermelon has more than raw tomatoes. However, products made from cooked tomatoes have a higher concentration. Study results vary on lycopene's health

benefits, particularly cardiovascular health.

Drinking watermelon juice may relieve your muscle soreness due to l-citrulline, an amino acid that protects against muscle pain. The rinds also have l-citrulline, and they are high in fiber. Watermelon seeds contain iron, zinc, protein, and fiber.

Eating watermelon helps stop inflammation in your body that contributes to conditions like asthma, atherosclerosis, diabetes, some cancers, and arthritis.