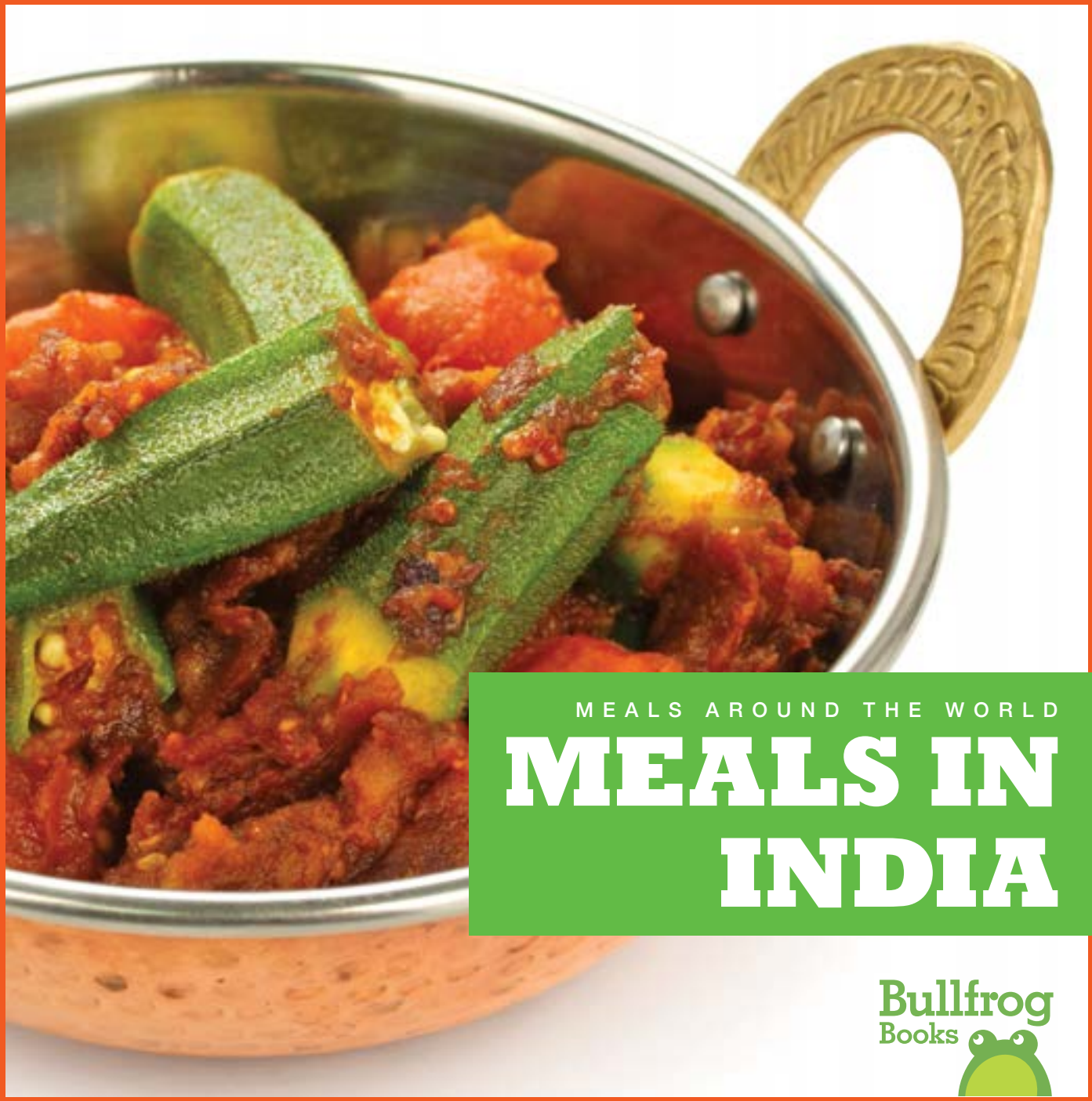


MEALS AROUND THE WORLD

MEALS IN INDIA

Bullfrog Books

Table of Contents

A Tray of Food 4

Make Kheer! 22

Picture Glossary 23

Index 24

To Learn More 24

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A Tray of Food



It is morning in India.
Time for breakfast!

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Raj has a thali.
It holds all his food.

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There is chutney.

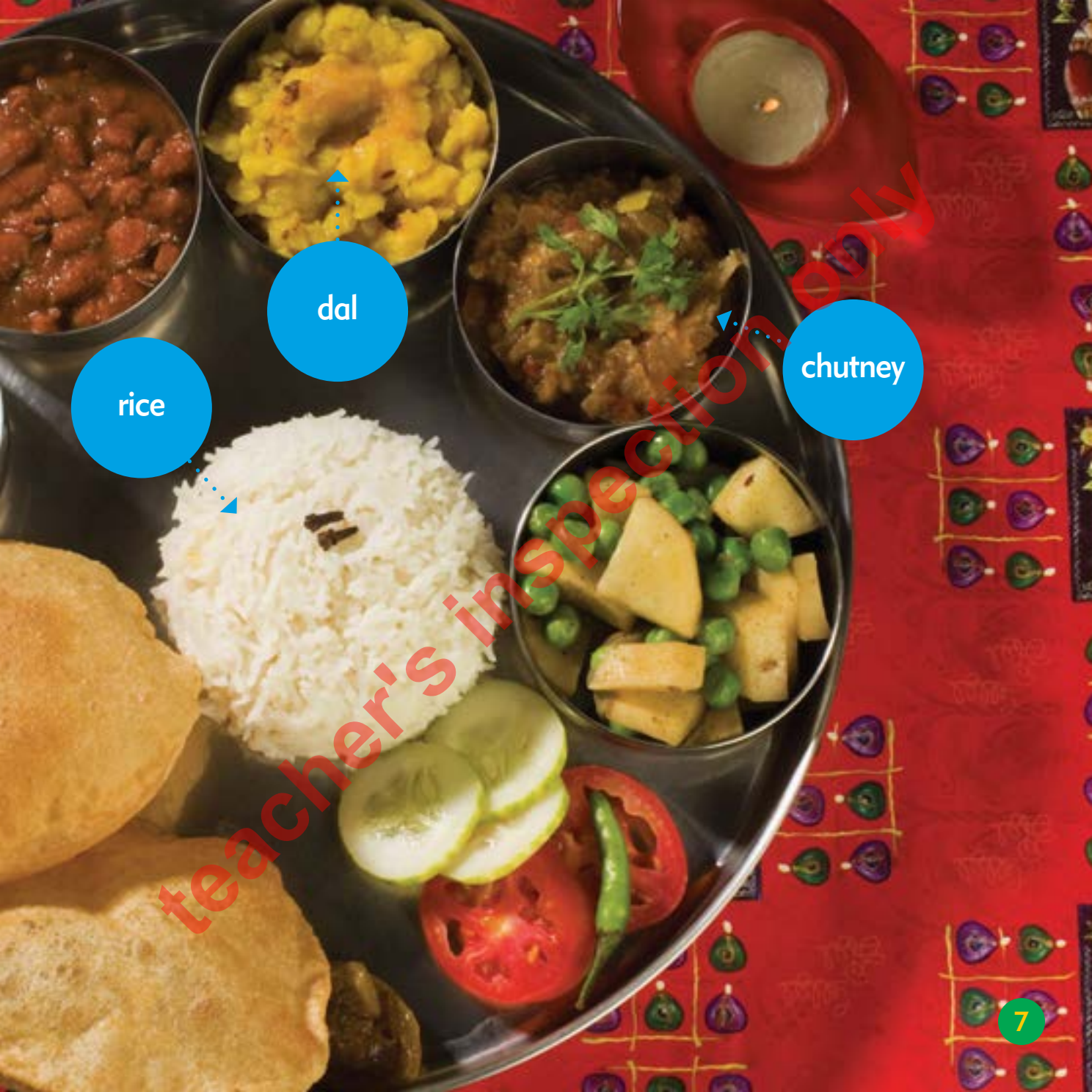
It is a dip.

There is rice.

There is dal.



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Raj takes roti.

It is bread.



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He scoops the food.

It is spicy. It is good.

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Make Kheer!

Make this tasty dessert from India!
Be sure to get an adult to help.



Ingredients:

- 2 cups coconut milk
- 2 cups milk
- 3 tablespoons white sugar
- ½ cup Basmati rice
- ½ teaspoon ground cardamom
- ¼ cup toasted, sliced almonds
- ¼ cup chopped pistachio nuts

Directions:

1. Put coconut milk, milk, and sugar in a large saucepan.
2. Bring it to a boil.
3. Add rice and simmer over low heat until rice is tender, about 20 minutes.
4. Stir in the cardamom and cook for three more minutes.
5. Pour into a bowl.
6. Sprinkle almonds and pistachios on top.
7. Enjoy!

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Picture Glossary



chutney
A chunky sauce, usually made with both sweet and sour ingredients.



roti
A flatbread made of whole grain wheat.



curry
A combination of many spices that is used to flavor food.



saag
A dish made of cooked greens, often spinach, and spices.



dal
A stew made from lentils.



thali
A big platter that holds little dishes of food.

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