



# PAV BHAJI

पाव भाजी

*A thick and flavorful vegetable curry (bhaji) served with a soft white bun (pav).*

Undoubtedly one of the most popular street foods in India today, pav bhaji is cooked in large batches on a flat pan the size of a table.

This dish was invented by women to feed family members working in textile factories in the 1800s. Leftovers from previous meals were mashed and spiced to create the vegetable curry. Pav bhaji then expanded to food carts outside of the factories and finally became a street food meal that everyone eats.

## LIFE SKILLS

### PRE-K TO 2ND GRADE

Make the grocery list together, identifying needed ingredients, estimating quantities from the recipe, and brainstorming side dishes. Go grocery shopping and discuss how you make decisions. How do you compare prices or similar products?



## CULTURAL STUDIES

### 3RD TO 5TH GRADE

Discuss Indian American history in the United States while you cook. What have you both learned? What questions do you have? What foods do you associate with Indian cultures? While the curry is simmering, research key events of Indian American history in the U.S.

## HISTORY

### 6TH TO 8TH GRADE

Explore Indian street food and street food culture on a virtual trip to India. What are the most popular street foods (or drinks) in each state? Discuss how the dishes compare to street food in the U.S. -- which practices or ingredients are similar and which are different?