



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?



HISTORY

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.

CULTURAL STUDIES

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?



LEAH CHASE'S GUMBO



A hearty seafood stew that helped feed the Civil Rights Movement of the 1960s.

Known as the Queen of Creole Cooking, Leah Chase created a gathering place for the civil rights movement of the 1960s. In a segregated New Orleans, Chase's restaurant allowed people to strategize for voter registration and bus boycotts in a safe environment. And one of the most popular dishes for these discussions was Leah Chase's Gumbo!

Did you know... Leah Chase was the inspiration for Tiana in Disney's *The Princess and the Frog*!

TASTING

PRE-K TO 2ND GRADE

One of the best ways to learn how to cook is to taste your ingredients. Pick 2-3 veggies to taste before you add them to the dish. After you try them, add a different taste (ex. honey, lemon juice, or soy sauce). How did the flavor change?

COOKING

3RD TO 5TH GRADE

Practice chopping the ingredients into bite-sized pieces and sautéing the chorizo until browned. Let your kid take the lead on both of these tasks, but supervise any work with sharp knives or on the stovetop.

CURRENT EVENTS

6TH TO 8TH GRADE

Talk about recent/current rights movements in the United States while you cook. For example, talk about Black Lives Matter, climate change, or union and labor movements. What do you know and what questions do you have? What do you think about the movement and why? What are the different perspectives on the topic and how can you learn more about those perspectives? While the gumbo is cooking, research any questions and challenging ideas that come up.





JOYCE CHEN'S POTSTICKERS

Originally marketed as "Peking Ravioli," these crispy pork dumplings helped to popularize Chinese cuisine in the U.S.

Joyce Chen is largely credited with making Chinese food popular in the United States. While cooking for her kids' bake sale, Joyce Chen quickly learned that her food was in high demand. She catapulted to fame when she published a cookbook making Chinese cuisine more familiar and accessible to American audiences. Her cookbook launched a restaurant chain, TV show, and sauce company.



CULTURE

PRE-K TO 2ND GRADE

Let's talk about dumplings! Dumplings are a type of food that appear in every culture (ex. ravioli, samosas, pierogi)! How many different dumplings can you name? Bring food and culture to your reading time with these books: [Dumpling Day](#) and [Our World of Dumplings](#).

KITCHEN SKILLS

3RD TO 5TH GRADE

Get creative and try different techniques to [shape dumplings](#) (We recommend trying #1, 4, and 8 in this video).

FAMILY HISTORY



6TH TO 8TH GRADE

What dumplings connect to your heritage? Do you have any family recipes or traditions? This could be a good way to bring in other family members to discuss memories, flavors, and family!