

Celebrating the



A Key Stage 2 Lesson Plan

The Magic of Dal

In March 2018 we will be celebrating the first British Dal Festival.

The perfect opportunity to run a cooking workshop and cross curriculum lesson focusing on one of the world's most economical, simple, nutritious and DELICIOUS dishes.

This lesson is designed to run in a standard class room with just 2 hobs if a kitchen is not available.

The lesson plan includes:

Setting up the cooking class

An Equipment List

The Recipe

A Risk Assessment Form

An introduction to the topic - What is Dal?

Plenty of background information to select from, making the cooking session as informative as possible. This could be run as a separate lesson to provide background for the dal lesson or simply be used during the cooking session in order to bring the dish alive.

What is a pulse? What is dal?

Geography/Context

History

Healthy Eating

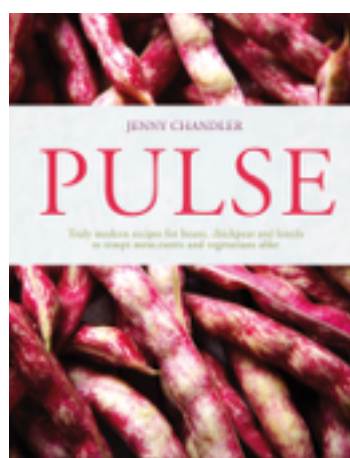
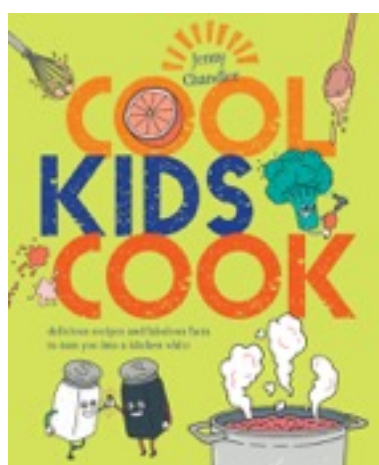
Sustainability

A Challenge

We would love pupils to write up an A4 page about their dal experience.

The work could focus on the cooking session, including illustrations or a photograph of the cooked dal itself. Alternatively the piece could concentrate on the health benefits of eating pulses or any other aspect of the class that has inspired them.

We will be awarding 2 book prizes: a copy of *Cool Kids Cook* to the pupil who writes the most inspiring piece and a copy of *Pulse* to their teacher.



Setting up the Cooking Class

Equipment List for 30 Children

Here is a comprehensive equipment list for those cooking in a class room, school kitchens will most likely have all this equipment.

One of the advantages of a dal class is that you only require one hot cooking station in the kitchen, or class room, that an adult can be in control of.

Pupils can have the sensory experience of touching the dried pulses, preparing spices, citrus and herbs without requiring much cooking equipment.

Disposable cups and plates will save a lot of time and washing up if this an issue, otherwise do go ahead with school crockery and cutlery.

Set up the classroom before children come in to wash hands and put on aprons. Divide the children's equipment between the tables and pour a few whole lentils and a few red lentils onto a paper plate at each table for the pupils to look at. (See "What is a dal?" p8)

If your school does not have a cooking risk assessment form available it is vital to check through the form provided in order to minimise any risk. All cleaning, washing of hands, attire etc are covered in this form. Ensure that all surfaces have been thoroughly cleaned with antibacterial spray.

Demonstration Table

- 1 hob (portable camping gas hobs can work well. If using a portable electric hob be sure to place it next to a plug, dangling leads are a tripping hazard)
- 1 heat proof pan stand/trivet
- 1 pair of oven gloves
- 1 sieve
- 1 medium bowl
- 1 large saucepan
- 1 frying pan
- 2 wooden spoons (the square-ended variety are best for stopping any dal sticking to the bottom of the pan as it cooks)
- 1 ladle
- 1 water jug or bowl
- 1 chopping board
- 1 knife
- 1 large bowl or platter for displaying ingredients
- 6 small bowls or disposable cups (recyclable) for collecting spices and extra ingredients

Children's Tables

 It is a good idea to divide the pupils into 6 groups

- 18 paper plates (recyclable)
- 6 small chopping boards
- 6 teaspoons
- 6 graters (box graters would be fine)
- 6 citrus squeezers
- 6 pairs kitchen scissors
- 1 - 6 pestle and mortars (a rolling pin and heavy duty plastic bag can be used instead)
- 6 small containers for food waste
- 6 sheets of paper
- 6 pencils

Serving

- 6 soup bowls or tiffin tins
- 6 dessert spoons
- 30 disposable cups (recyclable)
- 30 disposable forks (recyclable)

Clearing up

- 1 roll kitchen towel
- 1 bin liner
- 1 container for recyclable food waste.

The Recipe

Basic Dal

Make 1 large pot of dal at the front of the class.

There will be plenty of time whilst it is cooking to prepare the ingredients for the tarka, giving all the children a chance to handle some ingredients.

600 g red lentils
1 knob of ginger about 5cm, chopped
4 cloves garlic, finely chopped
1 heaped teaspoon dried turmeric
1 teaspoon salt

1. Rinse the red lentils in the sieve until the water runs clear and then place in the bowl (a good stage to get to before you begin the class if you are working in a class room rather than kitchen).
2. Place the lentils in the large saucepan with 1.5 litres of cold water. Bring them up to the boil and skim away any frothy scum.
3. Throw in the ginger, garlic and turmeric and simmer until the lentils have collapsed and become soft and creamy. Ideally you cook the lentils for at least an hour on a low heat in order to get the perfect consistency, however if pressed for time they will have softened in about 40 minutes and be edible. You will need to give the pan a stir from time to time and add more water if the dal is getting very thick. Dal can be served loose and soupy but a porridge-like consistency is also delicious and easier for the pupils to eat
4. Season the dal with salt to taste.

**Prepare the tarka
whilst the dal is
cooking.**

The Tarka

Dal comes to life when you add the mixture of spices and flavourings often known as the tarka, these are fried up and added to the dal just before serving.

You can make a class tarka using a selection of all the ingredients or you can get the children to design their own group tarkas at their tables which encourages discussion and a more adventurous approach to unfamiliar ingredients.

2 tablespoons cumin seeds
2 tablespoons coriander seeds

6 x 5 cm pieces of ginger
6 cloves of garlic
2 x bunches of spring onions

1 large bunch mint
1 large bunch coriander

3 lemons
3 limes

Optional, delicious extras
2 tablespoons fennel seeds
2 tablespoons black mustard seeds
1 sprig of fresh curry leaves
4- 6 very mild fresh chillis, chopped at the demo' table

Vegetable oil or ghee for frying

Jobs can be divided between the tables keeping as many children busy as possible. Pupils should be encouraged to smell all the ingredients but not to taste as this will lead to licking of fingers and require constant hand washing.

As each ingredient is prepared a pupil can go around the class with a plate or bowl to collect and bring it back to the demo table at the front.

1. Heat up the frying pan and toast the cumin seeds until fragrant. Distribute between the pestle and mortars. Do the pupils recognise the spice ? Ask the children to pound the spices, passing the mortar around so that they can inhale the aroma as they work.
2. Tip the ground spices into a bowl or cup and bring back to the demo table. Continue with each remaining spice.
3. Show the pupils how to peel ginger with a teaspoon, once peeled they need to grate the ginger. Remind pupils that a grater is sharp, they will have to keep finger tips well away.
4. The whole cloves of garlic can be grated, skin and all.
5. Spring onions can be prepared using the scissors - roots chopped off, outer layer removed and then snipped finely.
6. Mint and coriander leaves can be removed from stalks and ripped into small pieces.
7. Pupils can press and roll the citrus fruit in order to loosen the flesh ready for squeezing. Fruit can be brought to the front and sliced in half using the "bridge" technique. Citrus fruit can be squeezed and then collected into a cup of lemon and a cup of lime.

The pupils can list all the ingredients and come up with their own tarka combination per table.

Once the dal is ready it's time to fry the tarkas

Any staff or visitors can help each group gather the chosen ingredients for their tarka on a paper plate apart from their chosen citrus juice which they can add at the last minute.

About half teaspoon of each spice will be enough for each of the six groups plus a selection of the other ingredients.

The dal can be divided into a bowl per table (there will probably be a little left for the staff room!).

The teacher at the demo table will place 1 tablespoon of oil or ghee in the frying pan and fry off the first tarka for about 1 minute until fabulously aromatic, tip this onto the bowl of dal and the first table can add a splash of their chosen citrus juice and serve themselves a cup of dal to taste.

The teacher should then carefully wipe the hot pan out with paper towel and then repeat the frying of the tarka until every table is served.

Alternatively fry one tarka for the entire class, add it to the pot of dal and serve up into individual cups at the front. This is a simpler approach but the pupils do tend to enjoy designing their own tarka; taking ownership of the dish will help the less adventurous eaters be chivvied along by their class mates to try new ingredients.

You could make a raita too.

Mix half a grated cucumber with a handful of ripped mint leaves, 500 g natural yoghurt, 1 teaspoon grated garlic and a pinch of salt.

Enjoy
your

Dal

& make sure that the pupils assist with clearing up.

Setting the scene before you begin cooking

What is dal?

The word dal can refer to a split pulse OR a soupy or stew-like dish made from pulses.

So what is a pulse?

1. It could be great to have a bowl of mixed whole pulses - lentils, chickpeas, beans, peas for the children to look at and touch, or you could use **Image 1 on accompanying document**.
2. What do all these seeds have in common? They all grow inside a pod. Pulses are dried, edible seeds that grow within a pod.
3. Can anybody name any pulses? Or name the pulses in the bowl? Peas, lentils, chickpeas, beans. If no one can, then refer back to more familiar vegetables grown within a pod? Green peas are the obvious choice or perhaps broad beans. **Image 2** Once these are edible seeds are dried they become known as pulses.
4. What is the most commonly eaten pulse dish in Britain? Baked beans, we eat more of them than any other country in the world.
5. Name another pulse dish that we often have in sandwiches or as a dip. Hummus. What is the main ingredient? Chickpeas.

Now that we know what a pulse is - how about a “dal” or split pulse?

Pass around some whole lentils and some red lentils. The red lentils have had their skin removed and have split in two. You could pass around chickpeas and chana dal, or dried peas and split peas, whole fava and split fava. You may have access to an Asian or ethnic store with dozens of varieties OR you could use **Image 3**.

The other definition of a dal is a stew or soup made with any kind of pulse

Most dal is made with split pulses because, without their protective skin, they fall apart and make a velvety, creamy texture but some dals do also contain whole pulses.

Has anyone ever made, or eaten, dal before?

You can show **Image 4**.

A GOOD MOMENT to go to step 1 of the recipe - getting the lentils cooking. The dal will be edible within 40 minutes but much creamier if you allow it to cook for longer.

Geography/Context

Pulses grow all over the world

1. Which pulses do you think we grow most of in Britain? Peas and Fava beans (dried broad beans)
2. Which pulse dish is probably our best known (other than baked beans that are made mostly with American beans)? What do you sometimes eat with fish and chips? Mushy Peas.
3. Where does dal come from? If we are simply talking about soups and stews made with pulses you could even say that split pea soup, or the old British staple “pease pudding” are dals but the home of the traditional dal we are cooking is South Asia, (also known as the Indian subcontinent). We are talking about India, Bangladesh, Pakistan, Nepal, Bhutan, Sri Lanka and often the Maldives and Afghanistan too. Perhaps you have a globe or a map in the classroom so that you can point out this area.
4. Does anyone have relatives in any of these countries? Do they eat dal at home? Does anyone have a favourite dal? Do they know what goes into it?

Pulses are popular in South Asia because:

1. Dals are part of the cooking culture; recipes have been handed down for thousands of years from generation to generation.
2. Pulses have a fabulous creamy texture and a subtle flavour that works with all the wonderful herbs and spices used in Asian cooking, they make a perfect “blank canvas”.
3. Lots of people are vegetarian, or eat little meat; pulses are a great source of protein.
4. Pulses are easy to grow and relatively cheap to buy.
5. Pulses fill you up so that you’re not longing for a snack and have plenty of energy to work long hours.
6. Pulses are dried, so they are easy to store and don’t go off like fresh vegetables.
7. They grow well in areas susceptible to drought, they can withstand huge temperature differences and can even cope with excess water too.

Dal can be a nutritious, humble meal served with rice or flat bread, or it may be just one of several dishes served as part of a more complex meal. It is found on almost every South Asian table every day, rich or poor, rain or shine.

Just as there are millions of people in South Asia there are millions of recipes for dal too but the most common one, that we’re cooking today, is just a split pulse (ours will be red lentils for speed of cooking), water and turmeric with perhaps some ginger and garlic.

History

1. How long have pulses and dals been around for? The lentil was one of the first plants ever domesticated about 10,000 years ago in the area known as the “fertile crescent”: Eastern Turkey, Syria and Northern Iraq. Wild lentils were gathered and planted by nomadic people along with grains such as barley and Emmer wheat, they grew and produced a harvest. These first crops shaped the way that mankind settled down.
2. Archeologists have discovered lentils in many of the ancient Egyptian tombs including that of Tutankhamun, apparently the Pharaohs thought that lentils helped carry the soul to heaven.
3. In ancient Greece people sometimes decided who got a job by putting one white and many black beans in a pot. Whoever picked the white bean got the job.
4. In ancient Rome, the four leading families of the city took their names from pulses: Lentulus (lentil), Piso (pea), Cicero (chickpea), and Fabius (fava).
5. An archaeologist working in New Mexico found a clay pot with bean seeds that were 1,500 years old. When the seeds were planted, they grew!
6. Dal has been eaten in India since the Bronze Age.

Some healthy eating facts

When you look at a bag of dried lentils or beans in the kitchen cupboard it's easy to forget that that they are seeds; pot them up with a little soil and water and you have a plant bursting with new life. Each pulse contains a baby plant embryo and an entire store of nutrients to nourish it until it grows its own roots and leaves, so it's hardly surprising that they are filled with good things for us to eat.

5. “Eat more veg” is something we hear again and again. Pulses count as vegetables, if you are counting your five a day, (or even better 10 a day), then dal will count as one of them.
6. Pulses are a great source of **protein**. We all need protein, it's one of the building blocks of the human body in our nerves, tissues and bones. Protein is necessary for growth, repair and even to produce the antibodies that fight off viruses, bacteria and toxins. Pulses can provide the highest levels of protein in the plant world (especially when eaten in a diet including cereals such as wheat, rice or corn).
7. Pulses are a great way to get the **starchy carbohydrates** that we need for energy, unlike sugary carbs that give you a sudden burst of energy and then make you feel low or in need of a snack. Pulses are packed with **fibre** which gives your digestive system a healthy work out and keeps you feeling full and energised for longer.
8. Being **low in fat** means that pulses play a very good role in a balanced diet where we do need some good fat, just not too much of it.
9. Lentils, beans, peas and chickpeas are packed with a wide range of **minerals and vitamins**. They are particularly good sources of Calcium, Magnesium and Phosphorous, all vital in the formation of bones and teeth as you are growing. Pulses are also important sources of B vitamins that help us convert carbohydrates into energy.

Looking after our planet

Eat more plants - meat is a luxury

The world population is currently just over 7.5 billion and is expected to rise to 9.7 billion by 2050. How will we feed all those extra human beings?

We all need protein but animal protein takes a huge amount of valuable resources to produce. If we all eat less meat we can have a big impact. Does your school, or do any of your pupils stick to Meat Free Mondays? Cutting down how much meat and fish we eat is not just about animal welfare but looking after our planet too.

1. Pulses use far less water than livestock to produce an equivalent amount of protein.
2. Pulses require much less land than animals to produce the same amount of protein and can grow in marginal areas where it might be too hot or dry for livestock.
3. We are currently clearing the world's great rain forests in order to grow more and more crops to feed animals, for us to eat as meat. The problem is that it takes a huge amount of feed to produce the meat, it would be much more efficient for us to eat the plant crops ourselves.

Grow more pulses

Pulses make the soil they grow in more fertile - they have some very useful bacteria (called Rhizobium) that feed on their roots, fixing nitrogen from the air into the soil. Nitrogen fixing reduces the farmer's needs for chemical fertilisers.

Less waste

Dried and tinned pulses keep for extended periods of time, unlike fresh vegetables which are more perishable and often end up rotting or being thrown away instead of being eaten. Peas, chickpeas, lentils and beans are great store cupboard basics.



Pulses are.....

edible seeds from a pod
eaten all around the globe
one of the first crops we ever cultivated
perfect for a healthy body and a healthy planet

Dal is.....

a split pulse
a stewy dish made from pulses
a staple dish of South Asia
easy to prepare

DELICIOUS!

Please send PDFs of your Key Stage 2 pupils' wonderful work spilling the beans about

The Magic of Dal

to

hello@britishdalfestival.com

We will select some of the work to put on the **British Dal Festival** website www.britishdalfestival.com

The writer of the most inspiring piece will receive a copy of the children's cook book, **Cool Kids Cook**, whilst the pupil's teacher will receive a copy of **Pulse**.

Please send in your entries by **23rd March 2018**