



Blissful Broccoli Indian "Korma" Stew + Second to Naan Quick Bread

By Dylan Sabuco

Prep Time 20 / Cook Time 20 / Serves 4 - 6

Shopping List

- FRESH OR FROZEN
- 1 fresh broccoli head OR 2 C frozen broccoli
- DAIRY
- 6 T butter ****(see allergy subs below)****
- PANTRY
- 1 14-oz can coconut milk
- 1 or 2 tsp garlic powder (or 2 garlic cloves)
- 1 or 2 tsp onion powder
- 1 tsp ground ginger
- 1 large Roma tomato ****(see allergy subs below)****
- 2 tsp curry powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp granulated sugar
- 1 pkg (or 2 1/4 tsp) active dry yeast or instant yeast
- 2 C all-purpose flour ****(see allergy subs below)****
- HAVE ON HAND

- 1/2 C water
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime
- 1 lemon
- 1 orange
- 1 mint sprig

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

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

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

fry: to fry in a pan in a small amount of fat.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Skillet
- Mixing bowls
- Measuring cups
- Measuring spoons
- Wooden spoon
- Heat resistant spatula or tongs
- Medium saucepan
- Cutting board
- Kid-safe knife
- Can opener
- Pitcher

Ingredients

Blissful Broccoli Indian "Korma" Stew

- 1 fresh broccoli head OR 2 C frozen broccoli, thawed
- 1 14-oz can coconut milk
- 1 tsp garlic powder OR 2 garlic cloves, minced
- 1 tsp onion powder
- 1 tsp ground ginger
- 1 large Roma tomato **** (for NIGHTSHADE ALLERGY sub 1 C frozen butternut squash or zucchini)****
- 2 tsp curry powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 T butter **** (for DAIRY ALLERGY sub 1 T vegetable or other nut-free oil)****
- 1 pinch granulated sugar

Second to Naan Quick Bread

- 1/2 C water

- 1 pkg (or 2 1/4 tsp) active dry yeast or instant yeast
- 2 C all-purpose flour ******(for GLUTEN ALLERGY sub 1 3/4 C gluten-free/nut-free all-purpose flour + 1/4 C cornstarch)******
- 1/2 stick butter, melted ******(for DAIRY ALLERGY sub 1/4 C vegetable or other nut-free oil)******
- 1 tsp garlic powder or onion powder
- 1 big pinch granulated sugar
- butter OR nut-free oil to lightly grease skillet

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
- 1 cucumber
- 1 lime
- 1 lemon
- 1 orange
- 1 mint sprig

Food Allergen Substitutions

Blissful Broccoli Indian "Korma" Stew

Nightshade: For 1 large Roma tomato, substitute 1 C frozen butternut squash or zucchini.

Dairy: Dairy: For 1 T butter, substitute 1 T vegetable or other nut-free oil

Second to Naan Quick Bread

Gluten/Wheat: For 2 C all-purpose flour, substitute 1 3/4 C gluten-free/nut-free all-purpose flour + 1/4 C cornstarch.

Dairy: For 1/2 stick butter, substitute 1/4 C vegetable or other nut-free oil.

"Water You Cooking Up?" Flavored Water

Instructions

Blissful Broccoli Indian "Korma" Stew

intro

Namaste (NAH-ma-stay)! (A greeting from India.) Today, we will be making Blissful Broccoli Indian "Korma" Stew. "Korma" refers to braising meats or vegetables in a mixture of cream and spices. This Sticky Fingers Cooking version will feature broccoli as the surprise ingredient and keep all the other ingredients close to the traditional recipe. Get ready for mouthwatering aromas to fill your kitchen (maybe even your entire home)! Enjoy!

chop + measure

Start by roughly chopping **1 broccoli head** and **1 large Roma tomato**. Don't worry about the size of the broccoli or tomato. Just make sure to chop them into pieces that will fit onto a spoon or fork for eating. Place the chopped broccoli and tomato into a large bowl.

measure + stir

Then measure **1 can coconut milk**, **1 teaspoon garlic powder**, **1 teaspoon onion powder**, **1 teaspoon ground ginger**, **2 teaspoons curry powder**, **1 pinch of sugar**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** and add that to the large bowl as well. Stir all the ingredients a few times to combine the spices.

pour + stir

Pour the mixture into a medium saucepan and turn the heat to medium. Bring the stew to a simmer and cook for at least 20 minutes. Turn the heat down to low in the last few minutes of cooking.

simmer + serve

While the stew simmers on low, measure **1 tablespoon of butter** and add it to the stew. Slowly stir the butter into the stew. This will melt the butter and give the stew a lovely richness. Serve alongside **Second to Naan Quick Bread** and enjoy every delicious bite of this Blissful Broccoli Indian "Korma" Stew!

Second to Naan Quick Bread

intro

Naan is a type of flatbread common across India. Naan is often used to scoop up whatever stews, sauces, or salads are served alongside it. What sets naan apart from the rest of the flatbreads out there is that the recipe calls for a healthy amount of butter and seasoning.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you would come across in the world. The type we are using today is called active dry yeast. It

means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the naan dough you are creating in this recipe, which is super important for making a light, fluffy texture.

measure + stir

Start off by measuring **1/2 cup lukewarm water**, ****1** teaspoon garlic powder (or onion powder), 1 big pinch of granulated sugar, **and** 1 package of active dry yeast or instant yeast** in a large bowl. Stir a couple of times—too many stirs, and the sleepy yeast will not be happy. Meanwhile, in a skillet, melt **1/2 stick of butter**.

measure + stir

In the large bowl of bubbling yeast, dump in **2 cups of flour** and the melted butter. Stir and stir and stir until a glossy ball of dough forms. Then, divide the dough into at least 12 pieces. Flatten the dough until it is as thin as possible. Pinching and rotating the dough while you hold it over a cutting board is the quickest and easiest method. While pinching and turning the dough, hold it up towards a light source. If you can see light faintly through the dough, then that is the perfect thickness.

shape + fry

Place the shaped naan into a lightly-buttered skillet over medium-high heat. Each naan bread will take about 2 minutes on each side. Cook until lightly golden brown.

scoop + eat

Use this delicious bread to scoop up hearty bites of stew, like **Blissful Broccoli Indian "Korma" Stew**. Serve each student a piece of naan alongside the broccoli korma.

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.

