

# INDIA

and the

# Silk Road

What INDIA gave:



Indian Buddha



Chinese Buddha



The WESTERN Silk Road  
 connected **KASHGAR**  
 to **ROME** and  
**EGYPT** through  
 the **PAMIR MOUNTAINS**.

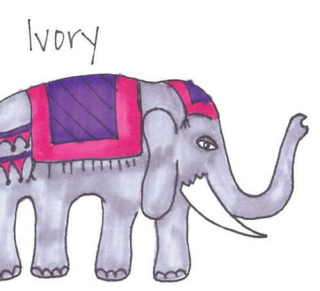
Merchants  
 traveled  
 via **YAK**  
 and once they reached  
 the **MEDITERRANEAN SEA**  
 they traveled to **ROME**  
 via **SHIP**

The **EASTERN** Silk Road  
 connected **KASHGAR** to  
**LUOYANG** (China's capital)  
 Merchants traveled through  
 the **TAKLIMAKAN DESERT**  
 via **CAMEL**  
 Merchants carts  
 were searched on the  
 way out of **CHINA** to prevent  
**SILK WORM**  
**SMUGGLING**

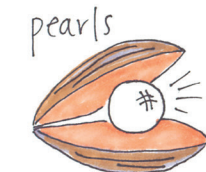
IDEAS  
GOODS  
FOODS



Cotton



Ivory



pearls



cucumber



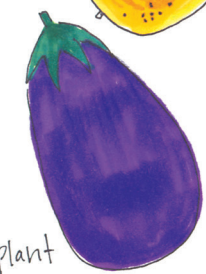
mango



Spices



ginger



eggplant



# INDIA and the Silk Road

An Edible Schoolyard Lesson

## INDIAN VEGETABLE CURRY

### For the Vegetable Curry

2 tablespoons olive oil  
1 onion, peeled and diced  
2 tablespoons curry spice mix  
4 carrots, peeled and sliced  
6 potatoes, diced  
1 cup cooked garbanzo beans  
2 cups coconut milk  
4 cups vegetable stock  
1 bunch of greens  
(chard, kale, collards)  
Salt and pepper to taste

### For the Curry Spice Mix

½ tablespoon coriander seeds  
2 cardamom pods  
½ tablespoon mustard seeds  
⅛ teaspoon black peppercorns  
½ tablespoon cumin seeds  
¼ teaspoon chili flakes  
½ tablespoon ground turmeric

### Other Ingredients

Brown basmati Rice

### Directions

In a dry skillet over medium high heat, lightly toast the coriander, cardamom, mustard seeds, and cumin until fragrant (about 30 seconds).

Combine the toasted spices in a mortar and pestle. Add the chili flakes, peppercorns, and turmeric. Grind to a powder. Set aside.

Heat the olive oil in a large pot and add the diced onions and curry spice mix. Sauté over medium heat for 3-5 minutes.

Add the carrots, potatoes, garbanzo beans, and coconut milk. Bring to a simmer and add the vegetable stock. Simmer until the potatoes are tender.

Add the greens, let them wilt, and season with salt and freshly ground pepper. Serve over brown basmati rice.

Serves 10 students as a tasting portion.

Traveling along the Silk Road, students stop in Kashgar to make a Vegetable Curry and discover the ideas, good, and foods that people there shared with other regions along the major trans-Eurasian trade route.

## WHAT ARE STUDENTS LEARNING?

### Communication

With a focus on spices, students discuss their own preferences and negotiate with others to determine the best curry mix for the group.

### Sustainability

With a focus on climate and geography, students explore which particular crops can be grown in different regions.

### Cooking Skills

Students learn to toast and grind fresh spices to produce more intense flavors, and that cooking spices in oil can help extract and further intensify those flavors.

### Nourishment

Students devour a flavorful, satisfying, healthful, and organic vegetable curry prepared with freshly toasted and ground spices served with steamed brown rice.

### Academics

Students study the significance of the trans-Eurasian “silk roads” in the period of the Han Dynasty and Roman Empire.

*This fulfills: History & Social Science content standards; Common Core State Standards (ELA) for integrating information presented in different formats, following a multistep procedure, integrating quantitative or technical information, collaborative discussion, speaking and listening, and language.*



To download printable copies of this placemat and full lesson plan, visit [edibleschoolyard.org/curry](http://edibleschoolyard.org/curry)