INDIA and the Silk Road

What INDIA gave:

- Ideas: Indian Buddha, Chinese Buddha
- Goods: Cotton, ivory, pearls
- Foods: cucumber, mango, spices, eggplant

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 LUDYANG (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.
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
¼ tablespoon coriander seeds
2 cardamom pods
¼ tablespoon mustard seeds
⅛ teaspoon black peppercorns
¼ tablespoon cumin seeds
⅛ 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.

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.

Serves 10 students as a tasting portion

To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/curry