

Spiced Indian Flatbread



GRADE 3

LESSON 3

SEASON: FALL

FOCUS: ENGLISH LANGUAGE ARTS

Students will learn how wheat grows and how it is processed into different types of flour while making a spiced flatbread with herb butter.

OBJECTIVES

- Learn how wheat grows and learn about some of the properties of different types of wheat flour.
- Learn that a spice blend is not necessarily “spicy,” but flavorful.



Photo: Mariannanobre.com

TIMING



Wash hands (5 minutes)



Introduce the lesson (10 minutes)



Make the Spiced Indian Flatbread (30 minutes)



Eat and discuss (10 minutes)



Clean up (5 minutes)



Academic Standard: ELA RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
Charlie Cart Project Standards: Cooking Skills 3.CS.5 Balance flavors. 3.CS.6 Follow recipe with guidance.
Food Systems 2.FS.3 Processed and preserved foods.



Spiced Indian Flatbread

GET READY

Preparation time will vary.

- Read through the full recipe and lesson plan several days in advance.
- Plan to shop one day ahead.
- Allow 1½ hours to prep for the lesson, including moving desks to make three tables, and preparing produce and other ingredients.
- Make copies of the recipe—two per table for the lesson and one for each student to take home.
- Schedule volunteers/assistants, if needed.



SHOPPING LIST

Note: Shopping list amounts are for a class of 30. The recipe serves 10 (1 table group) and functions as the activity guide for each group.

This lesson requires 3 different types of flour. The ratio and variety of flours is critical to the success of the dish.

Use organics whenever possible.

- 1½ cups all-purpose flour, plus more for dusting
- 1½ cups whole wheat flour
- ¾ teaspoon ground turmeric
- ¾ teaspoon ground cumin
- ¾ teaspoon paprika (or substitute ground ancho chile powder)
- 1 bunch cilantro
- 1 bunch flat-leaf parsley
- 9 tablespoons (1 stick plus 1 tablespoon) unsalted butter
- Kosher salt
- Compostable plates

PREPARING IN ADVANCE

Note: Always clean griddle before use. High heat may cause griddle to smoke. Please take necessary precaution when cooking at high heat, such as cooking near an open window or using a fan.

Flatbread is cooked in 3 batches. It is best eaten warm, so students will eat with their table group rather than as a whole class.

- On the board, draw a stalk of wheat, with the parts labeled. (See example on page 5.)
- Set up the griddle. Set out a spatula, baking sheet, small measuring cup, 3 pinch bowls, and a dish towel at the cart.
- Bring butter to room temperature. Wash herbs and pat dry.
- You will need an adult to melt butter during lesson. If one is not available, melt butter just before class.

ASSEMBLE TOOLS AND INGREDIENTS FOR EACH TABLE

- ½ cup all-purpose flour, plus more for dusting
- ½ cup whole wheat flour
- ½ teaspoon salt
- 1¼ teaspoons turmeric
- ¼ teaspoon each, cumin and paprika
- 2 tablespoons unsalted butter
- ½ bunch each, cilantro and parsley
- Mix of tot knives and scrapers, 1 tool per student
- 3 rolling pins, 1 whisk, and 1 dish towel
- 1 medium mixing bowl and 1 bowl for compost
- 1 wooden mixing spoon
- 1 set of measuring spoons and of measuring cups
- Cutting mats, 1 per student
- Compostable plates, 1 per student
- 2 copies of recipe

Spiced Indian Flatbread



GUIDING QUESTIONS

How is wheat turned into flour? Why would we use several different types of flour in one recipe?

1. WASH HANDS (5 minutes)

Ask students to wash hands. Divide students into three groups and assign each group to a table. Reiterate the safety rules for using the Charlie Cart.



2. INTRODUCE THE LESSON (10 minutes)

Today we will make flatbread with herbs and spices. This recipe calls for two different types of flour. [Show flours.] Both of these flours start out from a grain of wheat.

[Show and name wheat plant parts: roots, stalk, leaves, wheat berry (kernel), endosperm, bran, and germ.] *To make flour, a grain of wheat is dried, and the wheat berry is ground up. The stalk is saved for straw, which is used to make bedding for farm animals. Whole wheat flour is made from the entire wheat berry, so it is the most nutritious. White, or all-purpose, flour is made from just the endosperm [point to endosperm], so it gives us less of the nutrients we need to grow healthy bodies, but it adds a lighter texture to bread and cake.*

To make the flatbread, you will make the dough, knead it, and fold in the herbs and spices. You'll each get a piece to roll into a ball and press into flatbread. I will cook the flatbread at the cart. The griddle is hot, so please stay away from the cart unless you have permission from an adult in the room.

3. MAKE SPICED INDIAN FLATBREAD

(30 minutes)

Ask students to read the recipe silently to themselves, then read aloud as a class. Using the recipe, assign tasks for measuring ingredients.

TEAR HERBS

- *Which part of the herbs do we normally eat? (The leaves.) With cilantro, we break our rule about eating only the leaves!*
- **[Pass around cilantro and ask each student to try a small piece of the stem closest to the leaves.]** *Try a leaf. How does it compare to the stem?*
- Students coarsely chop or tear cilantro leaves and tops of stems. Tear parsley leaves and coarsely chop or tear. Discard parsley stems.

DEMONSTRATE MEASURING

- Using a dry measuring cup or spoon, fill measuring cup to heaping, then with the blade edge of a tot knife, scrape the top level into a small bowl or back into container.
- Demonstrate liquid measure: Fill liquid measuring cup with $\frac{1}{4}$ cup water and hold cup steady at eye level to check that the liquid is at the right mark.

MIX THE DRY INGREDIENTS

- Ask an adult volunteer to melt 3 tablespoons of the butter and divide evenly among three pinchbowls; distribute one per table.
- Using the recipe, work together to make the dough.
- Measure the two flours, $\frac{1}{2}$ teaspoon salt, and 1 teaspoon of the turmeric into a medium mixing bowl. Whisk until thoroughly combined. Add the chopped herbs and mix well.
- Make a well in the middle of the flour mixture with a wooden spoon.

FORM THE DOUGH

- Measure the water and pour it into the well. Add the melted butter.
- Take turns mixing with the wooden spoon until a smooth dough has formed—but do not mix for more than 1 minute.

- Sprinkle $\frac{1}{2}$ teaspoon all-purpose flour onto a cutting mat.
- Use the scraper to gather dough, scraping down the sides of the bowl toward the middle.
- With clean hands, form the dough into a ball. Transfer the dough to the lightly floured cutting mat. The ball of dough should be round and smooth; the texture should be very slightly sticky.
- Divide the dough in half.
- Divide each table group into two. Give each group one half of the divided dough and assign the following tasks.
- Take turns kneading the dough for 8 to 10 minutes total. Place dough back in the bowl, cover with a clean dish towel, and let rest for 10 minutes.

MAKE SPICE BUTTER

- **[Point out and name each spice.]** Do not touch your eyes after handling spices.
- *Spices have strong flavors, but they are not necessarily spicy hot. We can mix all kinds of spices together to create a blend, which is a mix of spices that balance one another and give new flavor to our foods.*
- Ask students to describe the smells and colors of each spice.
- Work together: Measure and combine $\frac{1}{4}$ teaspoon turmeric, $\frac{1}{4}$ teaspoon cumin, $\frac{1}{4}$ teaspoon paprika, and $\frac{1}{4}$ teaspoon salt in a small mixing bowl.
- Mix well with a fork until the salt is thoroughly combined with the other spices.
- *Notice how you can see the salt in the mixture. This is a good indicator of whether or not the mixture is well blended. Is it well blended? Or does it need to be mixed some more?*
- Take turns adding spices to the butter. Assign one student to mix the spices into the butter with a tot knife. Set the butter aside.

ROLL THE DOUGH

- Shape the dough into a log. Cut the log into 5 equal pieces using the scraper.
- Roll 1 piece into a ball using two hands.
- Press the dough flat with the palm of your hand to make a thin, round disk, about ½ inch thick or less.
- Lift the dough off the cutting mat and gently pull the edges to stretch, like pizza dough, to about 3 inches across. For reference, it should be the size of the bottom of the colorful plastic prep bowls in the cart.
- Use the rolling pin to roll out the dough to a ¼-inch thickness. Take turns with the rolling pins. If the dough sticks to the rolling pin, dust the rolling pin very lightly with flour—just a sprinkle.

COOK THE FLATBREAD

- Heat the griddle to 400°F. It takes just 2 minutes to reach full heat. Do not grease the griddle.
- Cook the flatbreads in three batches, one table at a time, up to 10 breads each time.
- Cook for 2 minutes on one side, or until a few brown spots appear and bread begins to puff up. Flip with a spatula and cook for 2 minutes longer. Stack breads as they come off the griddle so they stay soft and warm.

WHILE BREAD IS COOKING

Read the story “The Little Red Hen,” attached.

4. EAT AND DISCUSS (10 minutes)

Clean up and set tables to eat. Show students how to spread a small dab of butter over their warm bread, and garnish it with remaining chopped herbs and a sprinkle of salt. Show them how to eat it flat, with their hands.

DISCUSSION QUESTIONS

After reading the story “The Little Red Hen,” ask students to recall the steps to make bread from fresh wheat.

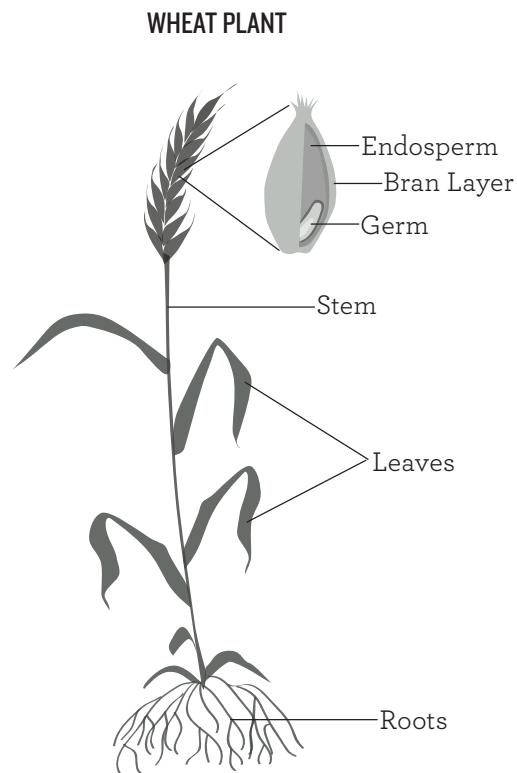
What was the first thing the Little Red Hen did to make bread? (She cut the ripe wheat.)

What did she do next? (She threshed the wheat; then took it to the mill to be ground. Then she made it into flour.)

What steps did we do in class today that the Little Red Hen also did in the story? (We made dough.)

Why didn't she share her delicious freshly baked bread with the rest of the barnyard animals?

5. CLEAN UP (5 minutes)



Spiced Indian Flatbread



THE LITTLE RED HEN (10 minutes)

A Little Red Hen lived in a barnyard. She spent almost all of her time walking about the barnyard in her picketty-pecketty fashion, scratching everywhere for worms.

She dearly loved fat, delicious worms and felt they were absolutely necessary to the health of her children. As often as she found a worm, she would call “Chuck-chuck-chuck!” to her chickies.

When they were gathered about her, she would distribute choice morsels of her tidbit. A busy little body was she!

A cat usually napped lazily in the barn door, not even bothering herself to scare the rat who ran here and there as he pleased. And as for the pig who lived in the sty—he did not care what happened so long as he could eat and grow fat.

One day the Little Red Hen found a Seed. It was a Wheat Seed, but the Little Red Hen was so accustomed to bugs and worms that she supposed this to be some new and perhaps very delicious kind of meat. She bit it gently and found that it resembled a worm in no way whatsoever as to taste, although, because it was long and slender, a Little Red Hen might easily be fooled by its appearance.

Carrying it about, she made many inquiries as to what it might be. She found it was a Wheat Seed and that, if planted, it would grow up and when ripe it could be made into flour and then into bread. When she discovered that, she knew it ought to be planted. She was so busy hunting food for herself and her family that, naturally, she thought she ought not to take time to plant it.

So she thought of the Pig—upon whom time must hang heavily and of the Cat who had nothing to do, and of the great fat Rat with his idle hours, and she called loudly: “Who will plant the Seed?”

But the Pig said, “Not I,” and the Cat said, “Not I,” and the Rat said, “Not I.”

“Well, then,” said the Little Red Hen, “I will.” And she did.

Then she went on with her daily duties through the long summer days, scratching for worms and feeding her chicks, while the Pig grew fat, and the Cat grew fat, and the Rat grew fat, and the Wheat grew tall and ready for harvest.

So one day the Little Red Hen chanced to notice how large the Wheat was and that the grain was ripe, so she ran about calling briskly: “Who will cut the Wheat?”

Spiced Indian Flatbread



THE LITTLE RED HEN

The Pig said, “Not I,” the Cat said, “Not I,” and the Rat said, “Not I.”

“Well, then,” said the Little Red Hen, “I will.”

And she did.

She got the sickle from among the farmer’s tools in the barn and proceeded to cut off all of the big plant of Wheat.

On the ground lay the nicely cut Wheat, ready to be gathered and threshed, but the newest and yellowest and downiest of Mrs. Hen’s chicks set up a “peep-peep-peeping” in their most vigorous fashion, proclaiming to the world at large, but most particularly to their mother, that she was neglecting them.

Poor Little Red Hen! She felt quite bewildered and hardly knew where to turn.

Her attention was sorely divided between her duty to her children and her duty to the Wheat, for which she felt responsible.

So, again, in a very hopeful tone, she called out, “Who will thresh the Wheat?”

But the Pig, with a grunt, said, “Not I,” and the Cat, with a meow, said, “Not I,” and the Rat, with a squeak, said, “Not I.”

So the Little Red Hen, looking, it must be admitted, rather discouraged, said, “Well, I will, then.”

And she did.

Of course, she had to feed her babies first, though, and when she had gotten them all to sleep for their afternoon nap, she went out and threshed the Wheat. Then she called out: “Who will carry the Wheat to the mill to be ground?”

Turning their backs with snippy glee, that Pig said, “Not I,” and that Cat said, “Not I,” and that Rat said, “Not I.”

So the good Little Red Hen could do nothing but say, “I will then.”

And she did.

Spiced Indian Flatbread



THE LITTLE RED HEN

Carrying the sack of Wheat, she trudged off to the distant mill. There she ordered the Wheat ground into beautiful white flour. When the miller brought her the flour she walked slowly back all the way to her own barnyard in her own picketty-pecketty fashion.

She even managed, in spite of her load, to catch a nice juicy worm now and then and had one left for the babies when she reached them. Those cunning little fluff-balls were so glad to see their mother. For the first time, they really appreciated her.

After this really strenuous day, Mrs. Hen retired to her slumbers earlier than usual—indeed, before the colors came into the sky to herald the setting of the sun, her usual bedtime hour.

She would have liked to sleep late in the morning, but her chicks, joining in the morning chorus of the hen yard, drove away all hopes of such a luxury.

Even as she sleepily half opened one eye, the thought came to her that today that Wheat must, somehow, be made into bread.

She was not in the habit of making bread, although, of course, anyone can make it if he or she follows the recipe with care, and she knew perfectly well that she could do it if necessary.

So after her children were fed and made sweet and fresh for the day, she hunted up the Pig, the Cat and the Rat.

Still confident that they would surely help her some day she sang out, “Who will make the bread?”

Alas for the Little Red Hen! Once more her hopes were dashed! For the Pig said, “Not I,” the Cat said, “Not I,” and the Rat said, “Not I.”

So the Little Red Hen said once more, “I will then,” and she did.

Feeling that she might have known all the time that she would have to do it all herself, she went and put on a fresh apron and spotless cook’s cap. First of all, she set the dough, as was proper. When it was time, she brought out the molding board and the baking tins, molded the bread, divided it into loaves, and put them into the oven to bake. All the while the Cat sat lazily by, giggling and chuckling.

Spiced Indian Flatbread



THE LITTLE RED HEN

And close at hand the vain Rat powdered his nose and admired himself in a mirror.

In the distance could be heard the long-drawn snores of the dozing Pig.

At last, the great moment arrived. A delicious odor was wafted upon the autumn breeze. Everywhere the barnyard citizens sniffed the air with delight.

The Red Hen ambled in her picketty-pecketty way toward the source of all this excitement.

Although she appeared to be perfectly calm, in reality she could only with difficulty restrain an impulse to dance and sing, for had she not done all the work on this wonderful bread?

Small wonder that she was the most excited person in the barnyard!

She did not know whether the bread would be fit to eat, but—joy of joys!—when the lovely brown loaves came out of the oven, they were done to perfection.

Then, probably because she had acquired the habit, the Red Hen called: “Who will eat the Bread?”

All the animals in the barnyard were watching hungrily and smacking their lips in anticipation, and the Pig said, “I will,” the Cat said, “I will,” the Rat said, “I will.”

But the Little Red Hen said,

“No, you won’t. I will.”

And she did.

—The Little Red Hen: An Old English Folk Tale, retold and illustrated by Florence White Williams
(New York: The Saalfield Publishing Company, 1918).

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ADDITIONAL RESOURCES

Free audiobook:

http://ia802700.us.archive.org/4/items/inthenursery_1210_librivox/inthenursery_016_miller.mp3

For-purchase audio book (higher quality):

www.audible.com/pd/Kids/The-Little-Red-Hen-Audiobook/B002V8N7Y0/ref=a_search_c4_1_1_srImg?qid=1446309260&sr=1-1

Spiced Indian Flatbread



SEASON: **FALL**

MAKES: **10 FLATBREADS**

INGREDIENTS

Note: Use organics whenever possible.

Flatbread

½ cup unbleached all-purpose flour, plus
1 tablespoon for dusting

½ cup whole wheat flour

½ teaspoon kosher salt

1 teaspoon ground turmeric

7 tablespoons water

1 tablespoon butter, melted

⅓ bunch cilantro, coarsely chopped

⅓ bunch flat-leaf parsley, coarsely chopped

Spice Butter

¼ teaspoon ground turmeric

¼ teaspoon ground cumin

¼ teaspoon paprika or chili powder

¼ teaspoon kosher salt

2 tablespoons unsalted butter, at room temperature

PREPARATION

1. For the flatbread, combine the flours, salt, and turmeric in a medium mixing bowl and stir until thoroughly combined.
2. Make a well in the middle of the mixture with a wooden spoon. Pour in the water and melted butter and mix into a smooth dough, but do not mix for more than 1 minute.

3. Add the cilantro and parsley to a bowl and mix to thoroughly combine. Measure ¼ cup of the herbs and add to the dough.
4. Sprinkle ½ teaspoon all-purpose flour onto a work surface.
5. With clean hands, gather up the dough and form a ball. Turn out the dough onto the work surface. The ball of dough should be round and smooth; the texture should be very slightly sticky. Divide the dough in half.
6. Knead each half for 8 minutes. Place dough back in the bowl, cover with a clean dish towel, and let rest for 10 minutes.
7. Meanwhile, make the spice butter: In a small mixing bowl, combine the turmeric, cumin, paprika, and salt. Mix well with a fork until thoroughly combined. Add the butter to the spice mixture and blend together with a knife.
8. After resting, shape each dough half into a log and cut the log into 5 equal pieces. Roll each piece into a ball, using both hands. Place the ball on a work surface and press flat with the palm of your hand into a disk about ⅓ inch thick or less.
9. Lift the dough off the surface and gently pull edges to stretch, like pizza dough, to about 3 inches across. Roll with a rolling pin to a ⅛-inch thickness. If dough sticks, dust the rolling pin very lightly with flour.
10. Heat a griddle to 400°F or a heavy-bottomed skillet over high heat. Do not grease the pan. Cook for 2 minutes per side, or until a few brown spots appear and the bread begins to puff up.

Serve with a dab of spice butter spread over the top, and sprinkle with a pinch of salt. Garnish with remaining chopped herbs. Serve warm.