

26. Be a Chef!

Delight your family with these tasty and nourishing dishes.

1. A 'C' Salad.

What goes in the Salad :

1 medium sized carrot, 1 medium sized cucumber, cabbage, coriander, peanut crush (2 heaped spoonfuls), salt according to taste, pepper (a large pinch), sugar (a quarter spoon), lemon juice (1 teaspoon), ginger (a small piece).



How to make the salad :

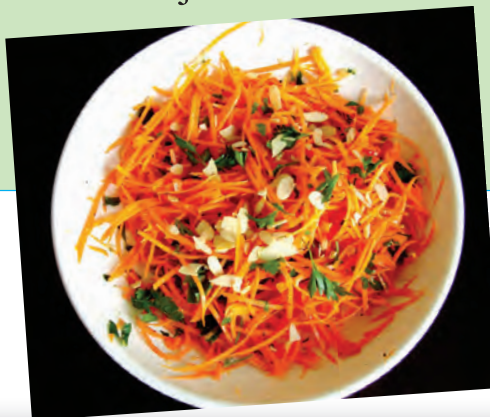
- * Clean and wash the vegetables well.
- * Pat them dry with a clean napkin or towel.
- * Grate the carrot and the cucumber. You may peel the cucumber before grating it.

Before you use the cucumber, cut off both its ends. Then cut off thin slices from both ends. Taste the slices to make sure that the cucumber is not bitter to taste.

- * Grate the cabbage till you have 2 tablespoons of grated cabbage.
- * Now mix the grated carrot, cabbage and cucumber.
- * Sprinkle a little salt and pepper on the mixture and add a quarter spoon of sugar.
- * Grate the ginger using a small grater. Add the grated ginger to the mixture.
- * Add the juice of half a lemon.



- * Add the crushed peanut. Mix the salad well. If you like, you may add pieces of a small chilli to the salad.
- * Put the salad in a clean bowl.
- * Wash the coriander. Cut it and garnish the salad with it.
- * Let someone taste the salad. Ask if you need to add more salt, or sugar or lemon juice to the salad and adjust the taste.



- Discuss why the salad is called a 'C' salad. Suggest other names for the salad.

2. For your Sweet Tooth

Materials : Roasted peanuts - 2 small bowls, jaggery - half a bowl, 1-2 teaspoons of ghee.

Steps

- Peel and crush the peanuts.
- Crush or slice the jaggery lumps.
- Knead and mix the peanuts and the jaggery well, adding a little ghee, if necessary. When you knead it well, the mixture will look like a lump of dough.
- Taking a small portion of the mixture at a time, shape it into a ball.



Your peanut *laddoos* are ready !

