



# Y4 We Are Chefs: World Cuisine - Curry—Knowledge Organiser

Key Knowledge	Key Skills	Key Vocabulary Understand these key words																																
<p>Which three ingredients make form the basis of most curries?</p> <p><b>Onion, garlic and ginger.</b> <i>The longer you cook these ingredients the richer and darker the curry will be.</i></p> <p>When do you add the spices?</p> <p><b>Early to cook and soften.</b></p> <p>What can be used as a thickening agent to make the sauce?</p> <p>A variety of the following, some of which are combined: <b>Yogurt, coconut milk, stock, water, pureed or diced tomatoes, chili paste, or spinach.</b></p>	<div><div>INDIAN spices</div><div><div>FENUGREEK</div><div>CORIANDER</div><div>BLACK MUSTARD SEED</div><div>GINGER</div><div>BAY LEAF</div><div>GARAM MASALA</div><div>TURMERIC</div><div>RED CHILI PEPPER</div><div>CUMIN</div><div>SAFFRON</div></div></div> <p><b>New for Year 4: To attain Grade Two Certificate.</b></p> <p>Bridge hold: To chop using the ‘bridge hold’— <u>Using one hand</u>, make a bridge <u>over</u> the vegetable or fruit with <u>fingers on one side and thumb on the other</u>, cut down under the ‘bridge’.</p> <p>To <u>boil</u> rice safely:</p> <ul style="list-style-type: none"><li>• <b>Ratio of rice to water is 1:2</b></li><li>• <b>Pour one cup of rice into a saucepan and then add two cups of <u>cold</u> water.</b></li><li>• <b>Add a pinch of salt and stir. (Brings to a <u>boil</u> faster).</b></li><li>• <b>Leave to boil and then reduce to <u>simmer</u> with lid on.</b></li><li>• <b>Watch carefully but do not stir.</b></li><li>• <b>After around 10-15 minutes (or until all water has evaporated and little pockets have appeared in top of rice) remove the lid and leave to cool for 5 minutes.</b></li><li>• <b>Top tip: When rice is cooling, lay a tea towel over the top to catch the steam and keep the rice warm.</b></li></ul> <p><u>How to fry safely:</u></p> <ul style="list-style-type: none"><li>• Place a frying pan on the hob, turn it on to a medium heat.</li><li>• Pour the given amount of oil into the centre of the pan and wait less than a minute for it to heat—you may hear it start to sizzle.</li><li>• Holding the handle of the pan, allow the oil to spread evenly across the pan by lifting the pan and tilting it from one side to another.</li><li>• Place the raw ingredients into the pan. If the oil is hot it may <b>spit</b> at you—<b>this can cause burns. Avoid this by using a tool to place ingredients in so your hand is at a distance, e.g. tongs or wooden spoon.</b></li><li>• If the food is cooking too quickly, reduce the temperature. You can also move the pan off the hob—slide to side carefully.</li><li>• Stir food until it is cooked thoroughly. If the food begins to stick, you may need to add more oil.</li></ul>	<table><tr><th>Word</th><th>Definition</th></tr><tr><td>Curry</td><td>A dish cooked in an Indian-style sauce of hot-tasting spices and typically served with rice.</td></tr><tr><td>Kari</td><td>Where the word ‘curry’ is derived from. It is Indian for ‘spicy sauce’.</td></tr><tr><td>Spices</td><td>A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavouring or colouring food.</td></tr><tr><td>Ground spices</td><td>Ground spices are whole spices ground up to a powder. 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Use something with fat in it, such as milk.</td></tr><tr><td>Fry</td><td>Cook in hot fat or oil, typically in a shallow pan.</td></tr><tr><td>Chop/slice</td><td>Cut something into pieces with repeated sharp blows of a knife.</td></tr><tr><td>Peel</td><td>To remove the peels from vegetables or fruits.</td></tr><tr><td>Grate</td><td>The process of transforming firm food items into small pieces by rubbing the item against a grater.</td></tr><tr><td>Drain</td><td>Cause the water or other liquid in (something) to run out, leaving it empty or dry.</td></tr><tr><td>Boil</td><td>Cook or be cooked by immersing in boiling water or stock.</td></tr><tr><td>Simmer</td><td>Just below boiling point while bubbling gently.</td></tr><tr><td>Stir</td><td>Move or cause to move from side to side or back and forth.</td></tr><tr><td>Spit (oil)</td><td>Emit small bursts of sparks or hot fat with a series of short, explosive noises.</td></tr><tr><td>Season</td><td>To <b>add flavouring to a food to enhance its taste.</b></td></tr></table>	Word	Definition	Curry	A dish cooked in an Indian-style sauce of hot-tasting spices and typically served with rice.	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<p><b>Recap of skills from Year 3:</b></p> <p>To <b>Chop</b> safely— using the claw - tucking in thumb or fork hold techniques.</p> <p><b>Grate</b></p> <p>How to <b>grate</b> safely using a grater— grate away from self, grater positioned downwards against chopping board.</p> <p>How to <b>peel</b> safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.</p> <p>How to <b>measure</b> accurately using both: <b>Measuring jug</b> (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And <b>electronic scale</b> (g) - Press On/Off/Zero to set the weight to 0g.</p>	<p><b>Fork hold</b></p> <p><b>How to fry safely:</b></p> <ul style="list-style-type: none"><li>• Place a frying pan on the hob, turn it on to a medium heat.</li><li>• Pour the given amount of oil into the centre of the pan and wait less than a minute for it to heat—you may hear it start to sizzle.</li><li>• Holding the handle of the pan, allow the oil to spread evenly across the pan by lifting the pan and tilting it from one side to another.</li><li>• Place the raw ingredients into the pan. If the oil is hot it may <b>spit</b> at you—<b>this can cause burns. Avoid this by using a tool to place ingredients in so your hand is at a distance, e.g. tongs or wooden spoon.</b></li><li>• If the food is cooking too quickly, reduce the temperature. You can also move the pan off the hob—slide to side carefully.</li><li>• Stir food until it is cooked thoroughly. If the food begins to stick, you may need to add more oil.</li></ul>																																	
<p><b>Herbs and spices in Chana Masala recipe:</b></p> <ul style="list-style-type: none"><li>- Ground coriander</li><li>- Ground cumin</li><li>- Chilli powder</li><li>- Turmeric</li><li>- Garam masala</li><li>- Fresh coriander</li></ul>																																		