

Module 5 — Culture on the Plate

Ingredient Order Form

One lab dish: a toasted, blended curry sauce thickened with a chickpea-flour slurry. Quantities are for the full class of 24, in four groups of six.

STUDENTS	GROUPS	RECIPES	PREPARED BY
24	4 groups of 6	1	Isaac Floyd · FG Kids · 407-813-4080

RECIPE 6 · LAB · ×8 — PROTEIN AND PRODUCE

CURRY CHICKEN AND PEPPERS

Chicken breast, sliced thin	8 lb
Bell peppers, multiple colors	16
Onion	4
Garlic cloves	32-48 (4 heads)
Jalapeños, seeded	8
Brown rice, cooked	½ cup per serving

×8 — SAUCE AND PANTRY

CURRY CHICKEN AND PEPPERS

Curry powder	¼ cup
Unsweetened plant-based milk	12 cups (¾ gallon)
Coconut cream	2 cups
Soy sauce	½ cup
Chickpea flour, for the slurry	⅓ cup
Allspice	8 tsp
Ground ginger	8 tsp
Black pepper	8 tsp

Use multiple colors of pepper. One serving of bell pepper carries more vitamin C than an orange, and mixing colors widens the phytonutrient range.

Soy sauce carries sodium and wheat. A tamari or coconut aminos swap keeps the dish gluten-free and lets the class control the sodium, which ties back to Module 3.

Before you order: No classroom recipe is set for this session yet. If one is added, this form needs a second block.