

Virtual Welcoming Table June 2022

Thank you so much for participating in our virtual Welcoming Table! We are hoping to resume in-person gatherings later this year, but until then we are excited to share this Welcoming Table kit with you.



Our kit this month highlights the cuisine and culture of India. The country occupies the greater part of South Asia and its capital is New Delhi. It is the world's seventh largest country by land mass, consisting of 28 states and eight Union territories. With roughly one-sixth of the world's total population, India is the second most populous country after China.

Throughout history, the region has been occupied by various groups, including Arabs, Turkish and Perisans. In the 1400's Europeans started coming to India and the region was colonized by the British in 1856. In 1947 India gained their independence. Today, its government is a constitutional republic that represents a highly diverse population of thousands of ethnic groups and hundreds of languages.

India is a large and diverse nation whose tempo of life varies from region to region and from community to community. It also has a wide diversity of landscapes, including snowcapped mountains, deserts, plains, hills, and plateaus. The majority of India is a peninsula into the Indian Ocean. India is home to the worlds largest mountain range, the Himalaya. The Ganges Plain covers a large portion of the north, and this fertile area was created from soil that was from the rivers that run down the Himalaya.

Our meal this month is Aloo Gobi, a savory dish with potatoes and cauliflower, and dessert is Peda, a creamy and sweet milk fudge. Most of the ingredients for the meal are included, you will just need oil and water. Our activity this month is Moksha Patam, a board game known in the United States as Snakes and Ladders. This game originated in ancient India and was brought to the UK in the 1890s. The object of the game is to navigate your game piece from the start to the finish. Players take turns moving up the board, helped by ladders they can climb to move up the board or hindered by snakes, which they must fall down to a lower place on the board.

We hope you enjoy your Welcoming Table kit and would love to see photos or videos of your experience. We'd love to hear from you, email us at info@projectfine.org or text to 507-459-1190. Enjoy!



ALOO GOBI

Aloo gobi is a vegetarian Indian food recipe consisting of potatoes and cauliflower cooked in a host of flavorful Indian spices. Although it's been around for years, aloo gobi recently achieved world-wide fame through the popular British football (soccer, if you're American!) film "Bend it Like Beckham."

INGREDIENTS

3 medium potatoes, diced into 1 inch cubes
3 tablespoons olive oil
1 teaspoon coriander
1 teaspoon cumin
1/2 teaspoon turmeric
1/4 teaspoon ground cloves
1/4 teaspoon ginger
2 leaf bay leaves
1/2 medium onion, sliced thinly
1 medium head cauliflower, cut into small florets
1 tablespoon lemon juice
1/3 cup water

DIRECTIONS

Heat a large pot of water on high heat. Once boiling, add the potatoes and cook 10-15 minutes, or until just barely tender. Remove from heat and drain well.

In a large skillet, add the olive oil over medium heat. When the oil is hot, add the spices and cook for about 30 seconds.

Add the onion, cauliflower, and potatoes, stirring well.

Stir and cook the vegetables 3-5 minutes, then add lemon juice and water.

Reduce heat to medium-low, cover and cook 8-10 minutes or until cauliflower is tender.

Serve your vegetarian aloo gobi with hot steamed basmati rice or another grain, if desired.



PEDA

This instant peda is the quick and easy version of Indian Milk Fudge Dessert. Pedha is super popular Indian sweet. It is a creamy milk fudge shaped in flat round balls.

Serving pedha resonates with celebrating most special occasions, including weddings, festivals, birthdays and new births. During festivals, these sweets are sold by vendors called “Halwai “. Buying and gifting them is a tradition for holidays.

INGREDIENTS

2 cups Milk Powder Non fat dry
1 can - 14 oz Condensed milk
2 Tablespoon Unsalted Butter
2 Tablespoons Gulkand - Rose Petal Sugar jam

DIRECTIONS

Take a big microwave safe bowl, add butter, condensed milk and milk powder. Mix well.

Microwave for 1 minute, then remove from microwave and mix it well.

Microwave for another minute, then remove and stir.

Add Gulkand. Mix well so that there are no lumps in the batter.

Put it back in the Microwave and cook again for one minute. The mixture will be non sticky and look runny.

Let it cool it for 5-10 minutes or until the mixture is able to handle. Grease your hands with some melted butter.

Divide the mixture into equal sized balls. With greased hands, roll them nicely in your palms so they become smooth without any cracks. You can use cookie press to give the desired shape or prints on top if desired.

Cool the pedhas and enjoy.



