

GARDEN TO TABLE

RECIPE: RADISH RAITA - Charishma Ramchandani

VOLUNTEER NOTES - Check children understand the difference between t and T as units of measurement.

What to collect	Ingredients
2 bowls Measuring cups and spoons Mortar and pestle Chopping board knives	1 $\frac{1}{2}$ C grated radishes 1C yoghurt 2 small green chillies finely chopped 1T coriander leaves finely sliced Salt Pepper 1/4 t cumin seeds Red chili powder - to taste 1/2t sugar (optional) Coriander leaves to garnish 1 radish to garnish
1. Grate the radish and put into a bowl 2. Sprinkle some salt over the radish and leave for 20 minutes 3. Slice and chop the coriander and chilli 4. Grind the cumin seeds in a mortar and pestle to a fine powder 5. Squeeze out the excess water from the radish 6. In a medium size bowl, combine the yoghurt and radish with the remaining ingredients. 7. Mix well. 8. Refrigerate until time to serve	

9. Garnish with coriander leaves and thinly sliced radishes (matchstick size pieces)