

Recipe for a Vegan Cross-Cultural Fusion Meal

Introduction

Exploring different cuisines and combining flavors from various cultures can lead to exciting culinary adventures. This resource will guide you through creating a vegan cross-cultural fusion meal that blends elements from different culinary traditions. This recipe is designed to be accessible for 10th-grade students while introducing them to diverse flavors and cooking techniques.

Main Dish: Moroccan-Inspired Chickpea and Sweet Potato Curry with Thai Basil



Ingredients:

- 2 cans chickpeas, drained and rinsed
- 2 medium sweet potatoes, peeled and cubed
- 1 onion, diced
- 3 cloves garlic, minced
- 1 can coconut milk
- 2 tablespoons tomato paste
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cinnamon
- Salt and pepper to taste
- Fresh Thai basil leaves for garnish

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onions and garlic, sauté until softened.
2. Add curry powder, cumin, coriander, and cinnamon. Stir for 1 minute to release the flavors.
3. Add sweet potatoes, chickpeas, tomato paste, and coconut milk. Stir well.
4. Bring to a simmer and cook for 20-25 minutes until sweet potatoes are tender.
5. Season with salt and pepper to taste.
6. Serve garnished with fresh Thai basil leaves.