

Indian SPICE



ADVENTURE

FACTS ABOUT INDIAN FOOD:

Diverse Cuisine:

India is home to a wide variety of cuisines, with each region having its own specialties based on local ingredients, climate, and cultural traditions. For example, the North is known for rich, creamy dishes like butter chicken, while the South is famous for spicy curries and rice dishes.

Spices Galore:

India is often called the "land of spices." Common spices include turmeric, cumin, coriander, and cardamom. These spices not only add flavor but also have health benefits!

Flatbreads:

Indian meals often include various types of flatbreads, such as naan, roti, and parotta. These breads are typically used to scoop up curries and other dishes. ready to eat?

Chai Time:

Chai (spiced tea) is a beloved beverage in India, often enjoyed with snacks throughout the day. It's made by brewing black tea with milk, sugar, and spices like ginger or cardamom.



Keep an eye on Malayalam.com for more resources to explore



INDIAN FOOD & SPICE ADVENTURE



Can you guess all the spices and become the ultimate Spice Explorer?

"I'm the sunshine in your curry, turning everything golden! Used in many Indian dishes, I'm also known for my healing powers."



1

"My tiny seeds are packed with an earthy, smoky flavor. You'll often find me sizzling in oil to release my aroma at the start of cooking."



2

"I'm a versatile spice! I'm the seeds of a plant whose leaves are loved too. I give your food a citrusy warmth."



3

"I'm small but mighty, found in sweet and savory dishes alike. With my sweet, aromatic flavor, I'm often called the queen of spices!"



4

"My little, nail-shaped pods are powerful. I add a warm, sweet-spicy flavor to rice, curries, and even desserts."



5

"I'm tiny, black, and I bring a burst of heat to your food! You'll often find me on your table, ready to be sprinkled."



6

"I start small but when I hit the oil, I pop! My tiny seeds add a nutty, pungent flavor to chutneys and curries."



7

"I'm a bit of a trickster—I can taste both sweet and bitter. You'll find me in Sambar curries and many pickles."



8

"I'm a secret weapon in Indian cooking. Though I smell strong at first, I add a garlic-like flavor when cooked!"



9

"I'm the most expensive spice in the world, with delicate red threads. I turn everything I touch a rich golden color."



10

"I bring a zesty, spicy kick to curries and chai. You can find me fresh, dried, or powdered in almost every Indian kitchen."



11

"I'm the bark of a tree, but I'm full of warmth and sweetness! My stick or powder is found in both curries and desserts."



12

"I'm fiery and red, the spice that brings heat to your food. Use me carefully, or you'll need a lot of water!"



13

"I'm a leaf, but not one you eat! Instead, I infuse your soups, curries, and rice with a deep, earthy aroma."



14

"I'm not just one spice—I'm a blend of many! I add warmth and complexity to your favorite Indian dishes."



15

S INDIAN FOOD & SPICE ADVENTURE



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Turmeric (Haldi)

1

"My tiny seeds are packed with an earthy, smoky flavor. You'll often find me sizzling in oil to release my aroma at the start of cooking."



Cumin (Jeera)

2

"I'm a versatile spice! I'm the seeds of a plant whose leaves are loved too. I give your food a citrusy warmth."



Coriander (Dhaniya)

3

"I'm small but mighty, found in sweet and savory dishes alike. With my sweet, aromatic flavor, I'm often called the queen of spices!"



Cardamom (Elaichi)

4

"My little, nail-shaped pods are powerful. I add a warm, sweet-spicy flavor to rice, curries, and even desserts."



Cloves (Laung)

5

"I'm tiny, black, and I bring a burst of heat to your food! You'll often find me on your table, ready to be sprinkled."



Black Pepper (Kali Mirch)

6

"I start small but when I hit the oil, I pop! My tiny seeds add a nutty, pungent flavor to chutneys and curries."



Mustard Seeds (Rai)

7

"I'm a bit of a trickster—I can taste both sweet and bitter. You'll find me in dosa batter and many pickles."



Fenugreek (Methi)

8

"I'm a secret weapon in Indian cooking. Though I smell strong at first, I add a garlic-like flavor when cooked!"



Asafoetida (Hing)

9

"I'm the most expensive spice in the world, with delicate red threads. I turn everything I touch a rich golden color."



Saffron (Kesar)

10

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Ginger (Adrak)

11

"I'm the most expensive spice in the world, with delicate red threads. I turn everything I touch a rich golden color."



Cinnamon (Dalchini)

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"I'm fiery and red, the spice that brings heat to your food. Use me carefully, or you'll need a lot of water!"



Red Chili Powder (Lal Mirch)

13

"I'm a leaf, but not one you eat! Instead, I infuse your soups, curries, and rice with a deep, earthy aroma."



Bay Leaf (Tej Patta)

14

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Garam Masala

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