

Name _____

Exploring the Exquisite Flavors of Indian Cuisine

Short Answer Key

1. Cumin and turmeric.
2. Tandoori cooking involves marinating meats, poultry, or vegetables in yogurt and spices, then cooking them in a clay oven called a tandoor. This method imparts a smoky and charred flavor to the dishes, making them distinctive in Indian cuisine.
3. Indian street food is an integral part of the culinary culture, offering a wide range of affordable and delicious treats. It reflects the vibrant street culture and diverse flavors of India.
4. To make Indian cuisine nutritious, it's important to incorporate lean proteins like chicken, fish, and lentils, along with an array of vegetables and legumes. The use of spices like turmeric and ginger can provide potential health benefits. However, portion control is essential, as some Indian dishes may be high in calories due to the use of ghee and cream.
5. Examples of Indian desserts include gulab jamun, jalebi, and kulfi. These sweets are typically enjoyed on special occasions, festivals, and as a treat after a meal.

