





**Menu Created By:** Antrim Caskey, Emma Cheslik, Haley Jenkins FCS 385 Course, Coordinated Program in Dietetics

University of Idaho School of Family & Consumer Sciences

# Appetizers =

#### Masala Vada

A popular crispy, flavorful South Indian street food made using masala and ground chana dal.

#### Turmeric Lemon Drop

This slightly sweet lemonade mock-tail blends fresh lemon and orange juices with ginger and turmeric notes to create a tasty antioxidant, immunity-boosting beverage.

#### Starters

#### **Chilled Tomato Soup**

This chilled soup combines red and orange heirloom tomatoes with coconut milk, bell pepper, and cumin lending a superb taste and creamy texture.

#### Kachumber Salad

A simple, yet refreshing, chopped salad using cucumbers, onions, tomatoes, and lemon dressing adds crunchy, fresh, and cooling tones.

### Naan & Raita

Baked flatbread served with chilled crème fraîche, cucumber, and cilantro mix gives the palate a chance to cleanse and reset.

## = Main Entrées =

## South Indian Chicken Curry

Good curries start out with a solid base of spices and this dish is no exception. This chicken curry is a juicy, flavorful, and well-spiced dish.

### South Indian Vegetable Curry

Carrots, courgettes, green beans, and potatoes mixed with a spiced coconut curry sauce.

### = Sides =

#### Steamed Basmati Rice

Basmati rice steamed and laced with strands of saffron

#### Roasted Cauliflower with Indian Spice

This golden cauliflower roasted with fragrant spices has a rich aroma that is the perfect accompaniment to the entrée.

### Saag Aloo

This traditional Indian dish combines spinach, potatoes, and spices to make a delectable nutritious side.

#### Dessert =

## Gajar Halva Carrot Pudding

A sweet, carrot-based pudding with coconut milk, spices, and sugar garnished with dried fruit.

### Coffee and Tea Service

Decaffeinated available including sugar and cream.