



## Everything You Need to Know!

### Chana Masala – May 2018

Thank you for helping out with a True Food Taste Test! Three times each school year we conduct taste tests of fresh, healthy, flavorful recipes at over 40 MPS elementary and middle schools. More than 18,000 students get to taste each time!

**GOALS:** The goals of the taste test are to get kids excited to try something new and encourage them to think critically about the texture, flavor and composition of a dish (instead of just “LIKE” vs. “DISLIKE”). The taste tests are also an opportunity to expose students to new recipes before we add them to our regular menu so that they are familiar with the item when they see it in the lunchroom next!

**CHANA MASALA INGREDIENTS:** Garbanzo beans, tomatoes, onion, garlic, ginger, water, oil, garam masala, cayenne pepper, cumin, coriander, turmeric, cumin seed, salt. *This dish contains no major allergens.*

**ABOUT:** Chana Masala is a common Indian and Pakistani dish that originated in the northern region of India. The dish features chickpeas (or *chana*) cooked with tomatoes, onions and a blend of savory spices. This dish has a warm, mild spice to it—perfect even for those students who are a little wary of spice!

#### PREPARATION:

1. Introduce yourself to the lunchroom manager and everyone else involved in the taste test! The lunchroom manager will give you the food, supplies, trays & containers and show you a clean space for setup.
2. Figure out the details – when will students arrive? How much time will you have between lunch periods to prepare? How many students will there be per lunch period? How much chana masala is there to use?
3. Everyone must wash hands and put on gloves and a hairnet.
4. **Chana masala will be served warm.** The lunchroom manager will have it warming when you arrive. Depending on your site, you will receive the warm chana masala in hotel pans or in small, sealed trays (which you can serve from directly or combine into a larger serving bowl or container).
5. Fill the 1oz sample cups two-thirds or three-quarters full and place on trays. You should get approximately 160 servings per bulk bag (heated in a hotel pan) or 8 servings per small, sealed tray.
6. Place one foldable spoon in each sample. If you run out of spoons, encourage students to use utensils from lunch.

**Please be respectful of the lunchroom manager’s time. They’ve got a lot of work to do, and are counting on you to handle the taste tests!**



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#### **HANDING OUT SAMPLES:**

1. Hand out samples (everyone's welcome to try!) from a table or by bringing trays around to tables after students are seated.
2. Thank tasters and hand out stickers to those who try samples.
3. **Count how many samples you serve** (for example, by seeing how many cups you start with and how many are left). You will be asked to report sample numbers on the survey emailed afterwards.

**\*\*Before the start of the taste test, consider quieting the lunchroom and announcing the taste test to get students excited.** Ask staff if there is a microphone available. Sample announcements are in the taste test materials.

**ENGAGE STUDENTS:** Praise students for being adventurous tasters, regardless of whether or not they liked it. Get students thinking deeper than just LIKE vs. DISLIKE... What colors do you see in the sample? What flavors did you taste? Sweet? Tangy? Earthy? Spicy? What was the texture like? Mushy? Chewy? Grainy? Smooth? Could you taste the chili? Or the ginger? Have you tasted those flavors before? Be fun and enthusiastic – it's contagious! If you can, gather any feedback students have and jot it down.

**NEW NAME CONTEST:** Students can brainstorm a new name for the dish. We'll use the winning name when we menu the item next! Record the names on the sheet provided. Email New Name Contest ideas to [kate.seybold@mpls.k12.mn.us](mailto:kate.seybold@mpls.k12.mn.us) or send via inter-office mail to Kate Seybold (Culinary Center).

**AFTER THE TASTE TEST:** Give all materials and any leftover chana masala back to the lunchroom manager. Clean up the area well; ask the lunchroom manager for sani-wipes or cleaning materials if needed. Watch for an online survey that we will email to you afterwards!

#### **FUN FACTS:**

- Chana Masala is a dish that originates from the northern region of India. With more 1.3 billion people, India is the second most populated country in the world.
- *Chana* means chickpea, and *masala* refers to a blend of spices (such cinnamon, fennel, cloves and cardamom).
- Did you know that chickpeas come in a variety of different types and colors? They can be black, green, red and brown.
- Chana masala, when served at home or in a restaurant, is commonly eaten with basmati rice or with *naan* (a variety of flat bread).

**CONTACT:** Kate Seybold, [kate.seybold@mpls.k12.mn.us](mailto:kate.seybold@mpls.k12.mn.us), 612-517-5522 (cell)

For more resources, visit <http://nutritionservices.mpls.k12.mn.us/tftt>

**Thank you for your help! Have fun!**



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