



Let's Learn About Mango Lassi!

Teachers, please review this insightful background info on Mango Lassi, and share with your students in an age-appropriate way before eating the snack. Use the guiding questions to inspire discussion while your students enjoy the snack.

What is Nepalese New Year? The Nepalese New Year, known as “Nepali New Year” or “Navanarsha in Nepal, is usually held in the second week of April which is the first day of Baisakh on the Bikram Sambat calendar, based on the traditional Hindu calendar system. This year, Nepalese New Year is celebrated on Sunday, April 14th. Celebrations for Nepalese New Year include parties, family gatherings, cultural processions and public events. People also take this time to reflect on the past year and make resolutions. It is a national holiday in Nepal and the day is filled with music, dance, traditional foods, and religious ceremonies. People visit temples, exchange greetings and wishes for the new year and enjoy the day with friends and family.



Food Memories: This delightful recipe has been shared with us by Chef Yam, the owner of Momos at the Market, a restaurant in London serving traditional Nepalese cuisine. With over 20 years of experience cooking Nepali, Western, and International dishes, Chef Yam prioritizes fresh, home-style cooking using natural ingredients. Inspired by Nepal's vibrant culture, Momos at the Market aims to spread blessings through its delicious and healthy food. Momos, handcrafted dumplings filled with chicken, pork, or veggies, are the restaurant's specialty, served with Chef Yam's signature sauce. Another highlight is Sukuti, a dried meat dish popular in Nepal, India, and Tibet. Through Momos at the Market, Chef Yam shares the essence of Nepalese cuisine, inviting individuals on a culinary journey to experience the rich flavors and traditions of Nepal.

Mango Lassi Popsicles: Mango lassi popsicles offer a delightful twist on a beloved South Asian classic. Lassi is a traditional yogurt-based drink originating from the Indian subcontinent, known for its creamy texture and refreshing taste. To create mango lassi, ripe mangoes are blended with yogurt, milk, sweetener, and sometimes a hint of cardamom or saffron for added flavor. This blend results in a smooth, tangy-sweet concoction bursting with the tropical essence of ripe mangoes. When transformed into popsicles, mango lassi becomes a perfect cool, creamy and delicious treat!

We hope you enjoy this popsicle as much as Chef Yam and we do!



Guiding Questions

Junior/Intermediate/Senior:

1. Have you tasted Mango Lassi before? How was it different? (if no one has, skip this question)
2. Have you tasted any foods that originate from Nepalese cultures? Discuss the flavours and the ingredients.

Examples: Momos, Sukuti, Samosas

3. Does your family have any special new year's traditions? What are they?
4. Do you have any special meals or foods that bring back good food memories when you smell or eat them? Share your food memories!

Primary:

Sensory exploration encourages the use of descriptive language instead of just saying “yum” or “yuck”.

1. What are our five senses?
2. How does it smell?
3. How does it look?
4. How does it feel? Is it cold, smooth, creamy etc.?
5. Take a bite and focus on the taste. How would you describe the flavour?
6. Is anyone nervous to try new foods? Explain that’s okay. Why is it good to try new foods? Discuss the benefits.
7. Do you have any special meals or foods that bring back good food memories when you smell or eat them? Share your food memories!



Mango Lassi Popsicles

“A lassi is a traditional yogurt drink that is very cooling and refreshing. There are many versions that combine yogurt and spices such as cardamom, mint or cumin, and some that use fruit to sweeten it such as mango. Our favourite version is made with Mango, and we have adapted that into a very delicious iced popsicle. Dhua is a type of yogurt made in Nepal that is very thick and creamy; Greek yogurt is a good substitution for it. This recipe can also be made into a drink, by thinning it down with a bit of milk.”

Yield: makes 12

Difficulty: Easy

INGREDIENTS

- 1 ½ cups Greek yogurt
- 2 cups mango pulp or 3 ripe mangoes
- 2 tablespoons honey
- ¼ teaspoon cardamom
- ¼ teaspoon salt

EQUIPMENT

Bowls of various sizes
Spatula
Blender
Cutting board
Chef's knife
Measuring cups
Measuring spoons
Silicone popsicle mold
Tasting spoons
Dish towel

DIRECTIONS

Get Organized!

Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

- If using fresh ripe mango, peel and cut the mango off around the core, and dice into cubes.
- Measure out the greek yogurt, salt, honey, and cardamom into a bowl.

Get Cooking!

1. Transfer the diced mango to the blender and add the rest of the ingredients. Blend until you achieve a smooth texture. If you are using mango pulp, add the mango pulp, yogurt, cardamom, honey and salt directly to a bowl and mix together well.
2. Pour the mixture into the popsicle mold, leaving about 1 centimetre of space at the top of each mold. Place the lid on the mold and place in wooden popsicle sticks.
3. Let freeze for 8 hours or overnight.
4. To remove the popsicles, run the mold quickly under warm water to loosen the popsicles. Pop them out of the mold and serve. If you are saving them for later, wrap them in parchment paper and place them in a sealed container in the freezer for later consumption.