

Dance of Spices – Indian Cuisine

"Indian food is a dance of spices!"

Indian cuisine is famous for its rich flavors and the wide variety of spices used. The use of spices is the key factor in Indian (1)____, since the flavor of a dish often comes more from the spices than the actual meat or vegetables. Common spices include cumin, turmeric, coriander, and (2)____. These spices are often combined in complex spice blends called *masalas*, which give Indian food its deep and bold taste.

Indian food is also unique because it is mainly (3)____. Many dishes are made with vegetables, lentils, and rice, but grains, nuts, pulses and seeds also play an important role. Beef is not used for religious reasons.

Indian cooking uses different methods, such as slow-cooking, frying, and grilling, to bring out the full flavor of the spices. Regional variation is another key feature of Indian cuisine. In the north, people often eat dishes made with flatbreads like *naan*, while in the south, rice is more common. Spices and cooking styles (4)____ greatly across different regions.

Some of the most popular Indian dishes include *curry*, a dish made with a (5)____ sauce, usually served with rice or bread. *Biryani* is a flavorful rice dish mixed with meat or vegetables. *Tandoori* chicken is marinated in yogurt and spices, then cooked in a special oven called a *tandoor*.

For dessert, people often enjoy *gulab jamun*, sweet fried dough balls soaked in syrup. A (6)____ hot drink in India is *masala chai*, a spiced tea made with milk. Many Indians also enjoy drinking (7)____, a traditional alcoholic drink made from palm or coconut sap.

In conclusion, Indian cuisine is known for its bold flavors, rich use of spices, and great variety. Its (8)____ ingredients and special cooking techniques continue to (9)____ people all over the (10)____.



Word Bank

common, chili, impress, vegetarian, spiced, toddy, vary, cooking, world, rich, unique