

ASMA KHAN

Serving Love and Patience



Dream Team, welcome to the Barbie Podcast Activity Guide! This guide is part of the Barbie Dream Gap Project. The Dream Gap is anything that comes between us and our limitless potential. Everybody, even world-class chefs like Asma Khan, can experience fear and self-doubt on their way to success. These Activity Guides remind us that “You can be anything” by practicing our dreaming skills together. Practicing these skills helps us build confidence. Confidence and connection are the fuel that make dreams possible.

By doing this activity together girls and their adults will:

- Deepen their learning from Asma Khan’s story;
- Connect with each other through cooking; and
- Practice making mistakes and letting go of the pressure of being perfect.

CHECK-IN QUESTION

Asma learned the power of food when she smelled the parathas that reminded her of her childhood in Kolkata, India.

If you were to taste a food 20 years from now that made you feel at home, what food would it be? How would it make you feel?

Both adults and young people should share what food they would want to taste, and how it would make them feel. Adults can share food from their adult home, or from their childhood home. This is a chance for adults to share a part of your childhood culture with your young person. Follow-up with questions about the details such as smells, colors and textures of the food as well as the times, places, and people you were with when you ate it, so that you can learn as much as possible about each other.

ACTIVITY

We can’t listen to this episode without trying this recipe! Barbie “Malibu” and Barbie “Brooklyn” loved the taste of parathas, so now it’s your turn to try making these flatbreads.

Check out the recipe on page 3. Before you start, check to make sure that you have all the ingredients. Sometimes you have most, but not all of the ingredients. You can decide if you want to wait until you can get everything you need, or experiment a little with what you have. With cooking, things are sometimes beyond your control, so you might need to try cooking your parathas with salted butter, or leaving an ingredient out of the pea mash. You can even make plain parathas with no mash inside! Whatever happens, you will eat something and learn something.

Get ready to cook. Getting ready to cook means having all your ingredients and cooking tools, plus time to finish this project, including cleaning up! For this meal, you want about an hour of cooking time, and about 2 hours to let your dough rest while you do something else.

Cook it up! Some of you will be, like Asma, cooking a family favorite. For those of you making matar paratha for the first time, know that you might feel like you are messing up at every step. When you mix the dough, it might feel too sticky and get stuck to the countertop. When you flatten out your dough pouch filled with pea mash, some filling will sneak out onto your hand or your pan. That’s okay! What matters is you are making matar paratha and you are doing it together.

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ACTIVITY continued

Practice growth mindset. Cooking something new is a great time to practice growth mindset because almost nobody does it perfectly the first time. Growth mindset is the belief that you improve because of effort and practice, not innate talent. It is a very powerful way of thinking that helps you get better at almost anything, including cooking, sports, school, art, and more. It also helps you focus on enjoying learning instead of just your end result. Adults need a growth mindset just as much as kids.

As you cook together, tell each other how you are feeling. If you hear:

I am bad at this	<i>instead, try</i>	I am new at this
I can't do this	<i>instead, try</i>	I can't do this yet
This is the worst paratha	<i>instead, try</i>	This is my first paratha

Asma Khan said, "Just because something starts as a failure doesn't mean it stays a failure." If we quit when something doesn't go as planned, we don't get to discover that our seventh paratha was better than our second one, or that the third time we tried this recipe was way better than the first time.

CLOSING

Enjoy eating your matar parathas. In some cultures, it is loving and respectful to serve the other person, rather than serving yourself, so try putting a paratha on a plate and giving it to each other. Even the simple tasks of putting food on a plate carefully can communicate that this is more than food, it is an expression of love!

As you eat your parathas, practice gratitude for the food, for the love and patience that went into the food, and anything else that you are grateful for. It is fun to come up with a long and detailed "thank you list," just make sure that you put each other on it.

Congratulations on practicing your growth mindset together. You are both so lucky to have a buddy to flex your cooking muscle with! Tune into the next Barbie podcast episode to learn about other inspirational changemakers, and to have fun learning together.

BONUS CONVERSATION:

No, chef! – In this episode Barbie "Malibu" and Barbie "Brooklyn" say, "Yes, chef," a line from professional cooking cultures where every request from a chef is always met with, "yes, chef." While it is fun to celebrate kitchen culture, it is also important to think about when we would be just as clear and loud about saying "no," or "no, chef,". Pretend to ask each other for "hard no" requests, and see how it feels to say "no, chef!" just as clearly as Barbie "Brooklyn" did in this episode.

RECIPE: MAKING MATAR PARATHA

Indian flatbread stuffed with spiced green pea filling

Tools: An iron tawa, or a frying pan if you don't have a tawa

Time: Three hours, including two hours to let the dough rest while you mash the peas

Make sure you have a grown-up with you!

Ingredients:

- 1 cup of chapati or whole wheat flour
- 1/2 cup of plain flour, plus extra for rolling
- 1 teaspoon of salt
- 1 cup of warm water
- 4 ounces of shelled peas
- 1 finely chopped green chili pepper
- 1 tablespoon of chopped fresh coriander, a.k.a. cilantro
- 3 tablespoons of melted ghee or unsalted butter



Instructions:

1. Mix both flours and 1/2 teaspoon of salt together into a bowl. Slowly add the warm water and knead it until it turns into a soft dough.
2. Put the dough in the bowl, cover it with a damp cloth, and let it sit for at least 2 hours.
3. Boil the peas, then drain the water.
4. Add the coriander, chili, and salt to the peas.
5. Mash the peas, coriander, chili, and salt together.
6. Divide the mashed pea mixture into 8 equal parts.
7. Divide the dough into 8 equal parts.
8. Flatten the dough balls into a 5-inch circle with a rolling pin. Sprinkling the flour on the dough as you roll.
9. Take one portion of the pea filling and put it in the center of the circle.
10. Lift the edges together to form a little sack for the filling. Make sure to seal the edges tightly.
11. Gently roll the stuffed dough ball into a flat circle again. Be careful not to use too much pressure so that the filling stays inside. If some filling escapes, remember that this is about practice (and taste!), not perfection.
12. Cook each paratha for 4 to 5 minutes on each side until they turn golden brown. Put a little ghee or unsalted butter on each side of the paratha as you cook them.

Paratha illustration by Lou Fei, Girls Leadership Youth Research Council member.