

# Indian Cooking

## CLASS SCHEDULE 2010

### TRADITIONAL HOME-STYLE INDIAN

Embark on a Traditional Indian culinary journey and learn how to create a magnificent home-style feast. Begin with crunchy *pappadums* and work your way through a wholesome *Dal* - slow cooked lentils seasoned with spicy caramelised onion, followed by colourful vegetables stir-fried with aromatic spices, and of course the dish deemed fit even for kings - *Shahi Paneer*, the original vegetarian "butter chicken". Team these delights with fragrant basmati rice, hot *Roti* bread and fresh yoghurt raita, and you have a mouth-watering banquet. Top this feast off with a steaming pot of aromatic *masala chai*, and your Traditional Home-Style Indian Journey is complete.

### EXOTIC NORTH INDIAN (PUNJABI)

Allow your senses to be tantalized as you learn to master the classic favourites of Northern India. Start with irresistibly crispy battered spinach dumplings and follow this with *Punjabi chole* - butter soft curried chickpeas, spiced pumpkin and the all time favourite *Gobhi aaloo* - potatoes and cauliflower stir-fried with cumin, spices and coriander. Mop up these culinary delights with cumin infused basmati rice, golden puffed *poori* bread and of course - a deliciously tangy mint chutney. After cooking up this exotic feast, enjoy as you cool down with a refreshing cardamom and rose infused sweet *lassi* drink.

### SOUTH INDIAN CUISINE

Immerse yourself in the wonders of Southern India as you learn to cook and savour their delicious and diverse cookery. The journey begins with learning to create perfectly crisp lentil dumplings accompanied by a refreshing coconut chutney. Following these tasty treats master the art of creating sublime lemon rice, creamy coconut mixed vegetables, hot & sour 'Sambar' dal and South India's famous *Dosa* - crispy rice pancakes stuffed with masala potato. At the end of the class, the day's sublime aromas and flavours of curry leaves, spices, fresh coconut and mustard seeds will be beautifully complemented with a sweet coconut burfi.

### MUGHLAI FEAST

Mughlai feasts were originally prepared to cater to the fine palates of the Indian emperors during the Mughal era. In this all time favourite class, along with mastering the skilled art of cooking a magnificent mughlai banquet you will also dine like royalty. Sizzling tandoori vegetable skewers are beautifully complemented with tangy yoghurt mint chutney. Follow this with ricotta cheese cooked through spiced spinach (*palak paneer*), slow-cooked seasoned black lentils, and a royal 'Malai Kofta' - spiced cottage cheese koftas immersed in a rich and creamy tomato and cashew nut sauce. Pair these lavish mains with oven fresh naan bread, fragrant *pulao* rice and pickled spanish onions, and you have a truly mouth-watering feast. Afterwards, sweeten the delicious flavours of the day with a cool *kulfi* - traditional Indian ice-cream infused with saffron and pistachio nuts.

## INDIAN VEGAN WEEKEND WORKSHOP

Our ever popular workshop can be enjoyed by both vegans and vegetarians. Over an intensive two day course, surprise yourself as you discover the endless variety of mouth-watering Vegan Indian cuisine. On the first day you will learn to master and feast on the culinary delights of Northern India. Your palate will be even further tantalized during Day Two of the workshop, in which you will be immersed in the sublime aroma and flavours of Southern Indian.

### CLASS SCHEDULE

Class	Dates		Cost
Traditional Home-Style Cooking	Sundays 11am - 3pm	17th Jan	\$90
		31st Jan	
		11th July	
		25th July	
Exotic North Indian (Punjabi)	Sundays 11am - 3pm	14th Feb	\$90
		28th Feb	
		11th April	
		25th April	
		10th Oct	
		24th Oct	
South Indian Cuisine	Sundays 11am - 3pm	14th March	\$90
		28th March	
		16th May	
		30th May	
		14th Nov	
		28th Nov	
Mughlai Feast	Sundays 11am - 3pm	13th June	\$90
		27th June	
		12th Sept	
		26th Sept	
		12th Dec	
Indian Vegan Weekend Workshop	The workshop will be held over a Saturday & Sunday on the 21st & 22nd of August 11am – 3pm each day		\$180
<b>Special Offer:</b> Package of your favourite three classes: \$250 per person			

### CLASSES INCLUDE

The Traditional Homestyle Indian class and Vegan Workshop come with a spice kit to get you started on your culinary journey right away. All classes include a recipe folder, hands on training, a full scrumptious meal and lots of fun!

### VENUE

Classes are held in the comfort of our home kitchen in Normanhurst, Sydney

### BOOKINGS ARE ESSENTIAL

For further information and reservations contact us:

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