

# Indian Vegetarian Cooking

Simple Healthy and Delicious with a TOUCH of Spices

**Saturday February 2, 11am-1:30pm**

**Saturday April 6, 11am-1:30pm**

*COST: 20 dollars per person (includes class, meal and handouts)*

**Questions about class or Menu? Call 624-6587**

*Indian Cooking class is a sensory and educational experience that involves all of our five senses: Touch, Taste, Smell, Sight and Hearing and takes into consideration that food should be GOOD and Tasty as well as cooking should be a great experience. Vegetarian food comes to life with wonderful flavors produced by the Indian spices. Learn how to use them to make **WHOLESOME AND HEALTHY** vegetarian meal.*

*So whether you are an enthusiastic beginner or a confident cook looking to advance your Indian Cooking skills, this class will demystify the art of Indian food. Come join us for an Exclusive Indian Culinary Experience and learn easy delicious recipes.*

## **Theme for our February cooking class is “Exotic South Indian Cuisine”**

***Idli*** (steamed rice and lentil patties) ***Sāmbhar*** (Lentil soup with veggies) ***Coconut Chutney*** and ***Halwa*** (cream of wheat, raisins and nuts dessert)

## **Theme for our April cooking class is “Ask and it shall be cooked”\***

**Suggestions: Chana masala, Palak Paneer, Eggplant curry, Kheer (dessert –rice pudding), Matar Paneer (peas-paneer)**

*\*If there is a certain Indian dish you would like for us to cook at this class simply email us at [kdhamusa@gmail.com](mailto:kdhamusa@gmail.com) / [carpotts@gmail.com](mailto:carpotts@gmail.com). We will be accepting requests starting March 1 & draw March 20. If there are not enough requests by draw date we will decide a menu & send you emails.*

*Classes will be taught by Vartika Dubey. Most classes will be held at India Cultural Centre 1595 NYS Route 26 Vestal NY 13850. Sign up by calling Vartika at 624.6587 OR Carol Potts 761-2158 email [kdhamusa@gmail.com](mailto:kdhamusa@gmail.com). Class size is limited to 12 please sign up to reserve your space. Payment required when registering. Minimum six enrollments required.*

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*'Jaisa khaye ann vaisa bane man.'*

*'The nature of your mind depends on the nature of your food.'*

*Popular Indian proverb*