



CLASSES & MENU

Class 1: Introduction to Indian Cooking

- Spice Introductions
- Sauteeing Spices
- Making of the Daal - South Indian Lentil Curry - GF+V
- Making of Aloo Gobi - North Indian Potato and Cauliflower Curry - GF+V

Class 2: South Indian - Introduction to Dosa & Chutneys

- Introduction to South Indian Food and Culture
- Tomato Chutney - GF+V
- Sambar - Lentil Soup - GF+V
- Dosa Making - GF+V

Class 3: North Indian Cooking

- Introduction to North Indian Food and Culture
- Potato Curry - North Indian Potato Curry - GF+V
- Kadai Vegetables - North Indian Mixed Vegetable Dish - GF+V
- Roti Making - The basic Indian Bread Making - V

Class 4: South Indian Breakfast

- South Indian Breakfast Introductions
- Poori and Potatos - South Indian Puffed Bread with Potato Curry - GF+V
- Upma - Cream of Wheat South Indian Dish - GF+V
- Kesari - South Indian Sweet Dessert - V

Class 5: Healthy Indian Snacks - GF+V + Sugar Free

- Introduction to Indian Snacks
 - Mixed Veg Pakodas
 - Onion Bajji
 - Tapioca Dry Roast
 - Coconut Chutney
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