

The Veggie Kitchen

COURSE MENU 2016					
Class	Course 1	Course 2	Course 3	Course 4	Course 5
	£220	£220	£220	£220	£220
1	Everyday Meals 1. Introduction to Spices and Pulses 2. Stuffed Aubergine & Potato Curry 3. Bhindi (Okra) Curry 4. Chapatti	Chinese Starters 1. Spring Rolls 2. Chilli Paneer 3. Manchurian 4. Chinese Salad	Mughlai Menu 1. Malai Paneer Kofta Curry 2. Masala Kulcha 3. Vegetable Biryani 4. Spinach Raita	English warmers 1. Morocco Soup 2. Bread Rolls 3. Roasted squash with Morocco spices 4. Filo mushroom spinach rolls 5. Vegetable Puff Pastry Pies	Veggie Canapes 1. Masala Bites 2. Aubergine Feta Rolls 3. Gazpachio Cucumber Slices 4. Cheesy Potato Balls 5. Strawberry Tofu Fingers
2	Rices and accompaniments 1. Tuber Daal 2. Khadhi 3. Plain Rice 4. Corn Pilau	Lebanese Menu 1. Falafel 2. Tabouleh Salad 3. Hummus & Tahini Paste 4. Garlic Green Chutney 5. Cigar Baklava 6. Lebanese Pilaf (Recipe Only)	South Indian Menu 1. Masala Dosa 2. Coconut Chutney 3. Idli 4. Sambhar 5. Potato Curry	Indian 1. Mung Dhal/peas kachori 2. Chori /Green Beans gughara 3. Paneer Tikka Kathi roll 4. Corn meal Kebabs	Cookies 1. Almond Crisps 2. Cinnamon Pinwheels 3. Pecan Biscuits 4. Peanut Butter Crinkles
3	Appetisers 1. Khandvi 2. Instant Dhokra 3. Red & Green Chutney 4. Carrot and Tindora Pickle 5. Fresh Green Chilli Pickle. 6. Thepla	Punjabi Menu 1. Punjabi Samosa 2. Layered Paratha 3. Black Dal 4. Gajjar Halwa	Veggie Canapes 1. Stuffed Mushrooms 2. Rolled Aubergine Feta Rolls 3. Oyster Mushrooms on puff pastry cushions 4. Masala bites	Italian II 1. Fresh basil pesto salad 2. Aubergine Puff pastry cart wheel 3. Courgette Barley Bake 4. Roasted Veggie couscous salad	Chinese 1. Stir fried veggies in potato basket 2. Deep fried Aubergine with peppercorn salt 3. Garlic Green Beans 4. Crispy Asparagus 5. Chinese Fruit Salada
4	Full Menu I 1. Colourful Pulse Curry with Potato Kofta 2. Bhatara 3. Chocolate Barfi 4. Healthy Salad Chat	Italian Menu 1. Spinach Paneer Pasta 2. Cannelloni 3. Tiramisu	Mexican Cuisine 1. Bean and Tortilla Soup 2. Bean Roll 3. Potato Skins	Curries Only 1. Fried Sambariya 2. Dhan Shak 3. Paneer bhurji 4. Mughlai Aloo	Savoury Nasto 1. Chakri 2. Gram flour Thick Sev 3. Masala Crescent 4. Plain/Farsi Puri
5	Starters 1. Daal Bhajia with Coconut Chutney 2. Crispy Potato (Maru) Bhajia with Veggie Chutney 3. Samosa	One-Meal Dishes 1. Paneer Chapatti 2. Langosh/Spicy Chutney/Salad 3. Bisi Bela Hulliana	Chinese Menu 1. Chinese Bhel 2. Chinese Fried Rice 3. Schezuan Vegetable Fingers & Sauce	Thai II 1. Papaya salad 2. Thai Mango Salsa 3. Green Curry 4. Sticky Mango rice 5. Sweet Corn fritters	Desi Mithai 1. Mohanthal 2. Kesarmani 3. Kaju Katri 4. Kesar Penda
6	Light Meals 1. Handvo 2. Pav Bhaji 3. Vegetable Chataks	Thai Menu 1. Lettuce Roll 2. Hot & Sour Soup (Tom Yum) 3. Jungle Curry (Red Paste) 4. Phad Thai 5. Coconut Rice	Sweets II 1. Choco Crunch 2. White Choco Mint Triangle 3. Dry Fruit Orange Balls	Pulses accompaniment 1. Masoor biryani 2. Mishar 3. Wheat wonder 4. Mint sprouted green beans rice	Authentic Curries 1. Undhyo 2. Sliced Aubergine Spinach Curry 3. Channa Masala
7	Full Menu II 1. Methi Mutter Malai 2. Burmese Rice 3. Naan 4. Green Cabage Salad	Sweets I 1. Ras Malai 2. Gulab Jamboo 3. Mint Triangle	Starters 1. Methi Kebab with Date & Mint Chutney 2. Mini Parcels 3. Paneer Kebab with Onion Chutney	Greek Cuisine 1. Stuff vine leaves 2. Spinach pasta 3. Feta Cheese and spinach swirls 4. Titzaki 5. Greek Salad	Healthy One Meal Dish 1. Bisi Bela Rice 2. Pulse Idli with Corn Ragda 3. Veggie Poodla 4. Fada Khichdi
8	Snacks 1. Masala Mogo 2. Papdi Lot 3. Stuffed Paratha 4. Date & Coconut Triangle	Barbeque 1. Fresh Lemonade 2. Paneer Tikka 3. BBQ Tawa 4. Barbequed Stuffed Courgettes parcels 5. Fruit Compote	Chhats 1. Pani Puri/Dhahi Puri 2. Corn Papadi 3. Potato Tikki 4. Peas Ragda	Individual Dessert 1. Almond pastry tarts 2. Cheese Chocolate Mint Triangle 3. Cherry lemon possett	Chilled Desserts 1. Kulfi 2. Cheese Cake 3. Coconut Raspberry and Lime Semifreddo 4. Spiced Panna Cotta
		Day 1: 10.30am – 1.30pm	Day 2: 10.30am – 1.30pm	Day 3: 10.30am – 1.30pm	
C1	Childrens Course 1 £65 for 3 day course. Kitchen Safety & Food Hygiene on day one	1. Spices Introduction 2. Okra Curry & Chapatti 3. Chocolate Barfi	1. Morocco Soup 2. Bread Rolls 3. Veggie Samosa	1. Mushroom Filo Rolls 2. Chocolate Chip Cookies 3. Cup cakes	
C2	Childrens Course 2 £65 for 3 day course Kitchen Safety & Food Hygiene on day one	1. Mixed Pulse Daal 2. Paratha 3. Spring Rolls	1. Stir-Fry Rice 2. Cheese Macaroni 3. Mexican Lasagne	1. Pizza 2. Ruffelos 3. Oatie Truffles	
C3	Childrens Course 3 £65 for 3 day course Kitchen Safety & Food Hygiene on day one	1. Chilli Paneer 2. Pau Bhaji 3. Kesar Penda	1. Veggie Lasagne 2. Vegetable Puff Pastry 3. Carrot Bread Rolls	1. Chilli Corn Frizoles. 2. Spinach Drammond 3. Baklava	
U1	University Students £70 for 3 day course Kitchen Safety & Food Hygiene on day one	1. Curry Sauce & Spices 2. Plain Rice 3. Stir Fry rice 4. Chinese Salad	1. Cheese Macaroni (white sauce) 2. Morocco Soup 3. Veggie Lasagne 4. Hummus/Salsa	1. Chilli Paneer 2. Pau Bhaji 3. Kidney Bean Roll (red sauce)	