



THE VEGGIE KITCHEN

vegetarian cookery classes inspired by Jyoti Shah

INTERMEDIATE GROUP COURSE MENU

Chinese Starters (Class 1)

Spring Rolls
Chilli Paneer
Manchurian
Chinese Salad

One-Meal Dishes (Class 5)

Paneer Chapatti
Langosh/Spicy Chutney/Salad
Bisi Bele Huliya

Lebanese Menu (Class 2)

Falafel
Tabbouleh Salad
Hummus & Tahini Paste
Garlic Green Chutney
Cigar Baklava
Lebanese Pilaf (Recipe Only)

Thai Menu (Class 6)

Lettuce Roll
Hot & Sour Soup (Tom Yum)
Jungle Curry (Red Paste)
Phad Thai
Coconut Rice

Punjabi Menu (Class 3)

Punjabi Samosa
Layered Paratha
Black Dal
Gajjar Ka Halwa
Masala Papad (*recipe only*)
Jeera Rice (*recipe only*)

Sweets I (Class 7)

Ras Malai
Gulab Jambo
Mint Triangle

Italian Menu (Class 4)

Spinach Paneer Pasta
Cannelloni
Tiramisu

Barbeque (Class 8)

Fresh Lemonade
Paneer Tikka
BBQ Tawa
Barbequed Stuffed Courgettes Parcels
Fruit Compote