



THE VEGGIE KITCHEN

vegetarian cookery classes inspired by Jyoti Shah

BEGINNERS GROUP COURSE MENU

Everyday Meals (Class 1)

Introduction to Spices and Pulses
Stuffed Aubergine & Potato Curry
Bhindi (Okra) Curry
Chapatti

Starters (Class 5)

Daal Bhajia with Coconut Chutney
Crispy Potato Bhajia with Veggie Chutney
Samosa

Rices and accompaniments (Class 2)

Tuver Daal
Kadhi
Plain Rice
Corn Pilau

Light Meals (Class 6)

Handvo
Pav Bhaji
Vegetable Chataks

Appetisers (Class 3)

Khandvi
Instant Dhokra
Red & Green Chutney
Carrot and Tindora Pickle
Fresh Green Chilli Pickle
Thepla

Full Menu II (Class 7)

Methi Muttar Malai
Burmese Rice
Naan
Green Cabbage Salad

Full Menu I (Class 4)

Colourful Pulse Curry with Potato Kofta
Bhatura
Chocolate Barfi
Healthy Salad Chaat

Snacks (Class 8)

Masala Mogo
Papdi Lot
Stuffed Paratha
Masoor Dhal



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 Huliyaana

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 Jamboe
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



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ADVANCED GROUP COURSE MENU

Mughlai Menu (Class 1)

Malai Paneer Kofta Curry
Masala Kulcha
Vegetable Biryani
Spinach Raita

Chinese Menu (Class 5)

Chinese Bhel
Chinese Fried Rice
Schezuan Vegetable Fingers & Sauce

South Indian Menu (Class 2)

Masala Dosa
Coconut Chutney
Idli
Sambhar
Potato Curry

Sweets II (Class 6)

Choco Crunch
Fruity Delight
Dry Fruit Orange Balls

Veggie Canapes (Class 3)

Potato Basket with healthy chaat
Chilli Sushi
Spicy Cheese Potato Balls
Masala bites
Apple and Red Pepper Chutney

Starters (Class 7)

Methi Kebab with Date & Mint Chutney
Mini Parcels
Paneer Kebab with Onion Chutney

Mexican Cuisine (Class 4)

Bean and Tortilla Soup
Chilli Corn Frizoles in wrap basket
Potato Skins
Mexican Slaw

Chaats (Class 8)

Pani Puri/Dhahi Puri
Corn Papadi
Potato Tikki
Peas Ragda



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CHILDREN'S COURSE MENU

Kitchen Safety and Food Hygiene on Day one

<p>COURSE 1</p> <p>Day 1 Spices Introduction Okra Curry & Chapatti Chocolate Barfi</p> <p>Day 2 Moroccan Soup Bread Rolls Veggie Samosa</p> <p>Day 3 Mushroom Filo Rolls Chocolate Chip Cookies Cup Cakes</p>	<p>COURSE 2</p> <p>Day 1 Mixed Pulse Daal Paratha Spring Rolls</p> <p>Day 2 Stir-Fry Rice Cheese Macaroni Mexican Lasagne</p> <p>Day 3 Pizza Ruffelos Oatie Truffles</p>
<p>COURSE 3</p> <p>Day 1 Chilli Paneer Pau Bhaji Kesar Penda</p> <p>Day 2 Veggie Lasagne Vegetable Puff Pastry Carrot Bread Rolls</p> <p>Day 3 Chilli Corn Frizoles. Spinach Drammond Baklava</p>	<p>UNIVERSITY STUDENTS COURSE</p> <p>Day 1 Curry Sauces & Spices Plain Rice Stir Fry Rice Chinese Salad</p> <p>Day 2 Cheese Macaroni with white sauce Moroccan Soup Veggie Lasagne Hummus/Salsa</p> <p>Day 3 Chilli Paneer Pau Bhaji Kidney Bean Roll with red sauce</p>



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SPECIAL ONE OFF & ADD-ON CLASSES

Healthy Cooking Class

Beetroot Hummus *
Pinto/Soya Bean Quinoa Soup *
Broccoli Pattice with Avocado Dip *
Chai Seeds Power Bites *

Baking Dishes

Chilli Aubergine *
Baked Romano Pepper Stuffed with -
Spinach & Parmesan Cheese Topping *
Butter Beans Squash, Sweet Potato -
Bake with Morocco Spices *
Broccoli Salad *

Cakes

Eggless Passion Cake (Carrot) *
Eggless Lemon Drizzle Cake *
Eggless Banana Cake *

Indian Canapés

Potato Basket with Healthy Chat *
Masala Bites *
Spicy Cheese Potato Balls
Chilli Sushi **
Apple and Red Pepper Chutnies *

Indian Starters

Hara Bhara Kebab
Chori, Mutter Gughara *
Khachori with Mango Chutney *
Mutter Paneer Parcels

African Meal

Pyazo *
Barasi *
Mamri *
Leelo Halwo

Healthy Indian Meal

Vegetable Fada Khichi -
with Spicy Yoghurt *
Porridge Pudla *
Mix Dhal Idli with Corn Ragdo*
Uttapa *

Savory Nasta

Chakri
Thick Savory Sev *
Fafda

Desi Mithai

Dhilo Mohanthal
Kesar Mani
Kit Kat Bharfi
Kesar Penda

Curries Only

Dhan Sak *
Aubergine Red Pepper Spinach Curry *
Corn Cashew Methi Curry *



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SPECIAL ONE OFF & ADD-ON CLASSES

English Canapés

Rolled Aubergine Feta Rolls
Gazpacho Cucumber Slices *
Aubergine Puff Pastry Cartwheel
Puff Pastry Cushions with -
Tomato and Mozzarella Filling

Light Meal Dishes

Dhal Dhokri *
Khata Muthia
Kachari Potato *

One Meal

Masoor Biryani *
Marinated Paneer Wraps
Mexican Bhel *
Potato Salad with Sambal Olek Dressing

Thai

Green Curry
Sticky Rice
Papaya Salad
Corn Fitters with Dipping Sauce

Salads Only

Greek Salad *
Roasted Vegetable Cous Cous Salad *
Fresh Basil Pesto Potato Green Salad *
Spinach Apple Salad with -
Chia Seed Dressing *

Cookies

Almond Crisps
Peanut Butter Crinkles
Lemon Drop Cookies
Strawberry and Camomile Shortcakes

Curries Only

Masala Channa *
Fried Sambhariya *
Mughlai Aloo *

Farari Dishes

Sabodana Khichdi *
Farari Sago Vada *
Farari Doodhi & Potato Khichdi *
Farari Pack Potato Bhajia *
Cashew Nut Chutney *

Desi Class

Mung & Rice Khichdi *
Baigan Bharta *
Rotla *
Badshahi Seero

Baking

Cheese & Broccoli Bake
Courgette Lasagne Rolls
Shepherd's Pie
Green Risotto

Chinese

Black Bean Stir Fry Veggie *
Garlic Green Beans *
Crispy Asparagus *
Black Pepper Aubergine Fries -
in noodle baskets *
Chinese Fruit Salad