



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