

# INDIAN COOKING COURSE

## TWO WEEKS PROGRAM (60 HOURS)

### COURSE FEE – US\$ 400

FOOD INGREDIENTS AND THEIR PROPERTIES | AYURVEDIC DIETETICS | DIET ACCORDING VATA, PITTA & KAPHA



#### WELCOME DRINKS

Ginger tea | Melon Magic | Mango Smoothie | Masala Chai | Honey 'N' Fruit Smoothie | Sweet Lassi  
Watermelon 'N' Apple Cooler | Cumin Salty Lassi | Green Mango Pana | Chilled watermelon 'N' Yogurt Smoothie

#### BREAKFAST

Upama | Poha | Dhokala | Veg Daliya | Utapam | Idali Sambhar | Garlic 'N' Rice Thepala  
Chilli Cheese Toast | Tomtato Omelette | Aloo Parantha



#### SOUPS

Cream of Tomato Soup | Clear Lemon 'N' Coriander Soup | Hot 'N' Sour Soup | Sweet Corn Soup  
Green Peas 'N' cabbage soup | Carrot 'N' Beans Soup | Onion Tomato Capsicum Soup  
Lauki Spinach Soup | Mix veg soup | Dal shorba

#### BREADS

Phulaka | Lachcha Parantha | Tikona Parantha | Cauliflower Parantha | Puri | Tandoori Nan | Methi Puri  
Missi Roti | Dal Puri | Onion Kulcha | Paneer Kulcha | Mix grain Parantha | Makka Roti | Bhature  
Ajawain Tikkad | Puran Puri | Chawal ki Puri | Spinach Puri | Matar Parantha | Mugalai Parantha



#### VEGETABLES

Aloo ka Rassawala Shaak | Pyaz ki Tarkari | Gobhi Aloo | Matar Paneer | Bharwan Bhindi Do Pyaza  
Malai Kofta | Paneer Butter Masala | Bharwan Karele | Subz Panchmael | Gobhi Matar | Tawa Aloo Jeera  
Lauki Chana Dal | Sweet corn spinach | Hara Bhara kabab | Aloo Pyaz Paneer | Green peas 'N' Carrot  
Cabbage 'N' Green Peas | Besan Gatta Masala | Bharwan Bengan (egg plant) | Bengan Bharta

#### LENTILS

White chola | Kala chana massala | Rajama | Dal Tadaka | Chana dal | Dal Pachamela  
Dal makkhani | Kadhi pakora | Magha ki Dal | Arhar dal



#### CHATANI

Coriander Chatani | Mint Chatani | Tomato Chatani | Garlic Chatani | Ginger Amachoor Chatani  
Tamarind Chatani | Coconut Chatani | Amala meethi Chatani | Methi ki launji | Raw Mango Launji

#### RICE

Vegetable Khichari | Rice lentil Khichari | Jeera Rice | Vegetable Pulav | Palak Pulav  
Rice Green peas 'N' Paneer Pulav | Nuts Pulav | Sweet Rice Pulav | Vegetable Biryani | Chole Pulav



#### YOGURT & RAITA

Cucumber Tomato Raita | Spinach Raita | Boondi Raita | Sweet Yogurt | Dahi Vada  
Lauki Raita | Cabbage Raita | Mix fruit Raita | Salty Yogurt with Cumin | Capsicum Riata

#### SWEETS

Besan ka Laddoo | Aloo ka Halwa | Kheer | Shrikhand | Moog Dal Halwa  
Sooji ka Halwa | Rabadi | Shahi Tukre | Sheer Kurma | Sandesh



THE COURSE FEE INCLUDES THEORY & PRACTICAL SESSIONS, BREAKFAST & LAUNCH.  
CANDIDATES WILL RECEIVE CERTIFICATE AFTER THE COURSE.

Course Schedule : On first & third Monday of every month

Accommodation charges for single or double occupancy are INR 1000/- (US\$ 16) per day.

For reservation contact at [info@charakayurveda.com](mailto:info@charakayurveda.com) visit us at [www.charakayurveda.com](http://www.charakayurveda.com)