



# Shahji's



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**ORGANIC RAW HEALTH FOOD STORE**

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# Shahji's

**CULINARY CLASSES**



Visit us at



[shahjis.co.nz](http://shahjis.co.nz)

I grew up in India in a large Household where my mother enforced the importance of traditional values while still being open to new ideas. Home cooked cuisine not usually available in restaurants. Look, cook and learn. Simple, easy to follow steps. Learn to prepare both vegetarian and non-vegetarian dishes with locally available ingredients.

This course covers an introduction to various spices used in Indian Cooking as well as basic recipes. Also we cover how Indian herbs & spices assist to keep our body healthy.

Food cooked with Healing herbs and energizing spices can also eliminate many of the toxins that have entered the body. Cooking therefore is an art and a science at the same time. The cook is like a medicine man, using herbs, spices, vegetables, legumes and other ingredients.

Tutor will supply all ingredients.



## Cooking Course Includes

- Introduction of Indian cooking
- Identification and Understanding of Spices & Herbs
- Demonstration
- Hands on Preparation of Indian Dishes
- Enjoying prepared meal as a group
- Notes, Recipes and more which can only be experienced

*Gluten free option included.*

## Our Courses

### 1. Basic Course (3 session of 2 hrs. each)

An introduction to various spices as well as basic recipes. Demonstration of Indian cooking and complete knowledge to make your cooking easy.

### 2. Advance Course (2 session of 3 hrs. each)

One day course of 6 hours. Includes the basic knowledge of spices and herbs and demonstration of Indian dishes.

“  
Eat what you love  
and let what you eat be  
as delicious as love.  
”

### 3. Gluten Free Indian Cooking (2 sessions of 2 hrs. each)

For Gluten intolerant people, this is the class for you. Gluten free food comes to life with wonderful flavours produced by the Indian spices and herbs, flours, vegetarian and non-vegetarians.

### 4. Classic Vegetarian Cooking (3 sessions 2 hrs. each)

For anyone setting out to cook Indian Vegetarian for the first time, this is the class for you. Vegetarian food comes to life with the interplay of spices that are an integral part of Indian cooking. It is not just for Vegetarians, however, but also medicinal value and that spices are used in various sequences. Learn to appreciate, cook and enjoy vegetarian food.



Please book your session as soon as possible. Confirmation of all the other classes a week before are mandatory. All classes will be sent out confirmation once payment has been done.

*Basic Courses Day :*

\_\_\_\_\_ / \_\_\_\_\_

*Advance Course Date and Time :*

**1st session: On Request**

