

# Purdy's

*Punjabi Cuisine*



## **A 6 week Punjabi Follow on Cookery Course**

All ingredients, aprons and hot drinks provided! Just bring a smile and be prepared for lots of fun!!

I'm very excited to welcome you to my 6 week cooking course, where we will co-create delicious and nourishing Punjabi food here in Plymouth!! A far cry from the typical restaurant offering which plays to a Western audience.

We will all cook together the following dishes:

**Week 1 Khichdi with Masala Chai** A comforting and nourishing meal made with lentils and rice, a one pot recipe, which is gentle on the stomach. Washed down with an aromatic and authentic tea, made in a saucepan.

**Week 2 Saag Paneer with Cornmeal Flatbreads** Made with greens and deep fried paneer- to maximise the flavour. Accompanied by gluten free flatbreads.

**Week 3 Chick Pea, Roasted spiced Sweet Potato & Wilted Spinach with Kulcha** Made with dried chick peas. Kulcha is a leavened bread which we will oven cook.

**Week 4 Kadhi with Spiced & Roasted Sweet Potato Matchsticks with Idli** A traditional Punjabi dish made with yoghurt and gram flour, another comfort food with a twist. Idli are steamed rice cakes.

**Week 5 Carrot Halwa with Pistachios & Sultanas** AKA Gajar Ka Halwa, a deliciously moist carrot pudding.

**Week 6 Besan & Burfi** Indian sweetmeat treats akin to fudge.

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