



Dacorum Communities for Learning

Healthy Lifestyles Indian Cookery – Course 1

This course is aimed at people with little or no Indian cookery skills.

Are you fed with cooking out of a jar or packet & would like to produce tasty & healthier options by cooking Indian food from scratch. Learn how to make Indian dishes from scratch using Spices & the health benefits of them.

We can run the course at one of our venues for individuals or groups or we can come to your venue and run the course if you have a group of learners and suitable facilities on site. The course can be run as all male, all female or mixed groups depending on your requirements.

Cookery courses can be tailored to suit the needs of specific groups or styles of cookery.

On the course you will learn

- The various spices involved in this cooking course & the health benefits of them
- We will discuss basic essential equipment and ingredients & where to buy it cheaply.
- How to prepare in advance & store some of the ingredients in preparation for making the meals on the recipe sheets
- How to cook the meals on the recipe sheets

At the end of the course you will have learnt how to make a variety of starters, main dishes & side dishes from scratch to cook at home or to host a dinner party.

The courses are fun and informal and everyone sits down at the end of the course to enjoy the meal

You should let us know of any additional support or dietary requirements or allergies you may have when booking this course.

Tel: 01442 251930 to book

