



555 S 51st St | West Des Moines | (515) 225-1193

# Introduction to Indian Cooking

Indian food without the gourmet effort

**Tuesday September 28th 5:30 – 8:00 p.m. | Cost: \$55**

Registration required. Contact Julie at 515-225-1193 or [jjgieseman@hy-vee.com](mailto:jjgieseman@hy-vee.com) to register.

Indian cooking is easy, tasty and versatile. In this class, Madhu Gadia, author of two Indian cookbooks, will take the mystery out of Indian cooking. You will learn the basic techniques and become familiar with spices, fresh herbs and other ingredients that give Indian food its unique flavor and taste. You will learn to prepare authentic Indian dishes that are easy to prepare right in your own kitchen. Come and enjoy the culture and cuisine of India.

## Menu:

- Lassi (yogurt drink)
- Chicken Curry
- Dal (lentils)
- Seasoned Zucchini (featured in Oprah Magazine)
- Seasoned Basmati Rice
- Cilantro Chutney



## Biography:

Madhu Gadia, MS, RD, CDE, is a leading authority on Indian cuisine, an author and a nutrition consultant. She is the author of *The Indian Vegan Kitchen* and *New Indian Home Cooking*. With her health and cooking experiences, she has been able to combine the exotic and alluring tastes of India with the health and practical demands of today's lifestyle. Her expertise lies in home-style, healthy and authentic Indian cooking. She emphasizes that healthy and tasty foods go hand-in-hand. For more information see [www.cuisineofindia.com](http://www.cuisineofindia.com).

