

Mindful Creative South Indian Vegetarian Cooking Classes

Radha Lakshmi is now offering cooking classes through Spring 2017. While most Indian restaurants feature the cuisine of Northern India, Radha Lakshmi will teach you how to prepare authentic South Indian Vegetarian and Vegan recipes that you will not find in restaurants. Traditional South Indian cooking is known for inventive vegetarian or vegan cuisine; that is light, fresh and tasty- with lots of fresh veggies & herbs, lemon, lime, coconut and fried spices. The menus are made up of family recipes passed down from her grandmother and mother from Kerala and Chennai, India.

You will learn why a root, a shoot, a leaf and a seed is so important in your daily consumption. Learn about Indian spices, culture & tradition and some of the myths of Indian cooking. Learn how to shop at the Indian grocery stores. Find the same ingredients at your local store. Learn to make the perfect steamed white rice, gravies with coconut and Indian spices. Learn how to make ghee with curry leaves. Cook vegetables that you have never tried before. Bring your wine, your passion for art and cooking. No experience needed.

Basic Classes

- Introduction (Twice Monthly) \$55
- Intermediate (Scheduled) \$110
- Advanced (Scheduled) \$210
- Private call for details

Class Consideration

Class size - 6 -8 with 6 participants preferred. Each class includes prep work, demonstration and active participation in meal creation. We get to eat at the end. Wine will be served unless the class is marked BYOB. The classes will run 4 hours for the introduction, 4 to 5 hours for the Intermediate, 5 to 6 hours for the advanced. Shopping at Indian Grocery is included in the Advanced Class. Clean up assistance is appreciated but not necessary.

Menu for Private Classes is entirely customizable and in consultation with the participant. Private classes are based on actual needs, preferences and seasonal consideration. Cooking knowledge and techniques demonstration will be shared empowering you to cook at home using the same spices.

Group Classes

- Celebrating A Life Event
- Indian Festival Dinners
- Functional Team Building
- Culinary Team Building

Gift Certificates Available

