

Indian Vegetarian Cooking with Indu Varma
Tuesdays, 10:00-noon in Civic Centre Kitchen
6 weeks starting on Oct 12, 2010

ivarma@mta.ca

Maximum 8

Storm Policy: No classes when schools are closed in Sackville

This six-session course will introduce the participants to basics of Indian cooking, such as, terms used, desirable utensils, preparation methods, ingredients and spices used in Indian food and their availability. The Participants will have hands-on experience in making Indian food – appetizers, lentils, curries, rice, flat breads and desserts. Participants should each bring an apron to each class.

NOTE: There is an estimated cost of \$20.00 per participant for cooking ingredients.

Instructor Bio:

Indian vegetarian food has always been an integral part of Indu's life. Starting with her first cooking lessons from her mother, she has, over the last five decades, added numerous new recipes to her repertoire. She is happy to share her knowledge and experiences of cooking Indian food with others.

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place.

Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!

