

# This Holiday Give 2 GIFTS for the price of one!



*Learn how to use basic Indian Spices and enjoy a 2 hour hands-on cooking class.*

For \$25 give the priceless gift of an Indian cooking class AND support Global Education and Literacy

Four fantastic classes to choose from, taught by gourmet cooks who learned how to cook in traditional home kitchens in India.

**Mmm, the delicious sights and smells of Indian food.....what's not to love?!** Never been to India? Well, you can experience this beautiful cuisine without ever leaving Portland. Through a series of cooking classes you can travel across different regions of India.

Each class will explore the bounty of Indian spices and experience the diverse flavors and techniques of Indian cooking that have been passed down through generations.

In two hours, the class will prepare traditional dishes and enjoy the meal after it is cooked. Recipes will be provided with time saving tips and healthy substitutions. Class size limited to 7 students.



Perfect gift for someone special! Just fill out the form on page 4 or register on-line at <http://www.realyouth.org/cooking/> We are happy to provide a gift certificate for the class and deliver any purchased spice sampler gift for under the Christmas tree! E-mail us at [Cooking@REALyouth.org](mailto:Cooking@REALyouth.org) or call (503) 406-8836

## ***Class 1: Appetizers***

### ***Samosa ~ Chaat ~ Chutney***

Learn how to make the ever popular Samosa, a triangular shaped pocket with a delicious spicy potato stuffing.

Also learn how to make Chaat which is loved by all Indians. Chaat Pappdi, Bhel Puri and Pani Puri are eaten with scrumptious chutneys. These appetizers are bound to be a hit at your next party!



Two Dates to choose from:

**Class 1A:** Saturday: January 10<sup>th</sup>, 2015, 10 AM – 12 noon in Lake Oswego, instructors Chandrika and Shailu

**Class 1B:** Saturday: January 24<sup>th</sup>, 2015, 10 AM -12 noon in Beaverton, instructors Geeta and Rupy

## ***Class 2: From South Eastern India***

### ***Chicken Tikka ~ Alloo Tikka ~ Rice Pulloa***

Learn how to make mouth-watering chicken tikka, a favorite dish made from grilled or fried chicken in a rich creamy spiced yogurt/tomato sauce simmered with an amazing variety of spices. What's behind this simple dish's tremendous popularity? It is the tomato curry sauce that has universal appeal.

In this class you will also learn how to make alloo tikka (a curried potato dish) and rice pulloa which rounds out the menu perfectly.



**Class 2:** Saturday, January 10<sup>th</sup>, 2 PM- 4 PM (Beaverton), instructors Veena P. and Sarita.

### ***Class 3: South Indian Favorites***

***Dosa ~ Idili  
Sambhar  
Coconut Chutney***

From the sunny South India, learn how to make Dosa and Idili which are accompanied by Sambhar and Coconut Chutney.

Dosas are crispy savory thin crepes and idilis are steamed. These two items are a staple in South India and served with Sambhar, which is a hearty stew made from toor dal, vegetables and just the right blend of spices. The mouth watering coconut chutney is the perfect accompaniment to many dishes.



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**Class 3:** January 17th 10 AM – 12 noon (Beaverton), instructors Jyothi and Veena A.

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### ***Class 4: Flat breads of Gujarat***

***Rotli ~ Cudhi ~ Shak***

You too can learn the secret of making Rotli, a paper thin tortilla that is rolled into perfect circles and puffed over an open flame. This bread is a daily staple in Gujarat and pairs with just about everything. Vary the flour and you can make a gluten free flat bread, add vegetables to make debhra.

Also learn how to make the traditional Gujarati Cudhi which is made from yogurt and garbanzo flour. Finish off the Gujarati menu with a cauliflower vegetable shak. In this class you will learn fundamental techniques that you can use with your favorite ingredients.



**Class 4:** January 17th, 2 pm - 4 pm (Lake Oswego) Instructors Amita and Hemakshi.

# CLASS REGISTRATION FORM

Buy one class or the entire series for someone special!

**BEST GIFT EVER!**  
Give the gift of learning  
Send us an e-mail and  
snail mail this form

Our instructors are donating their time and all proceeds will benefit our educational programs. You can mail in this form or register and pay at <http://www.realyouth.org/cooking/>

Please sign-up

Name: \_\_\_\_\_ a gift from \_\_\_\_\_

Please e-mail me a class gift certificate at \_\_\_\_\_

My phone number is \_\_\_\_\_

1<sup>st</sup> Choice Class – \_\_\_\_\_ \$25

2<sup>nd</sup> Choice Class in case choice 1 is full \_\_\_\_\_

Spice Sampler A gift for Under the tree..... \$5		Spice Sampler Delivery Address: _____ _____ _____	_____ \$5
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TOTAL \_\_\_\_\_

Class 1A: Appetizers, Samosa and Chaat January 10<sup>th</sup>, 10 AM -12 noon (Lake Oswego)

Class 1B: Appetizers, Samosa and Chaat January 24<sup>th</sup>, 10 AM -12 noon (Beaverton)

Class 2: Chicken Tikka, Alloo Tikka, & Pulloa Rice, January 10<sup>th</sup>, 2 PM - 4 PM (Beaverton)

Class 3: Dosa, Sambhar, Idili, January 17<sup>th</sup>, 10 AM – 12 noon (Beaverton)

Class 4: Flat Breads of Gujarat January 17<sup>th</sup>, 2 PM- 4 PM (Lake Oswego)

Please make check payable to “REAL: Youth To Youth” and mail to:

REAL: Youth To Youth  
P.O. Box 253  
Lake Oswego, OR 97034



Questions? Contact Rashmi, Radhika or Inca at 503.406.8836  
E-mail us at [Cooking@REALyouth.org](mailto:Cooking@REALyouth.org) See you in the kitchen!