



Sunetra's Indian Cooking Class Gift Certificate

Location: Troy/Rochester Hills area, Michigan

To arrange your class, please call Sunetra at 248-344-4804.

Recipient Name(s): _____

Date / Time: _____

Since moving to the U.S. over 25 years ago, Sunetra Humbad has been teaching Americans how to cook easy, delicious, healthy vegetarian meals by sharing the spice secrets of her homeland. Her cooking classes have been held privately at her home, and through Novi, Northville, and Ann Arbor-Huron community education programs. Dishes for this class may include; chappati and puri (Indian breads), lentil soup, a variety of vegetable dishes, sweet desserts (Gulab jamon, Rasmali, rice pudding and more), ginger tea and coffee, and other tempting dishes (many of which are non-dairy as well as meatless.) Due to her popularity as a teacher, Sunetra published her own cookbook in 1995, Indian Vegetarian Cooking at Your House.

The cookbook contains 133 vegetarian recipes. If you are interested in becoming vegetarian, then the first step is to learn healthy vegetarian meals to substitute for meat dishes. You will be sure to find something you like as you learn from a vegetarian cultural heritage thousands of years old. Most of these are not special recipes, but common recipes that are used on a daily basis by millions of ordinary people around the world. The cookbook itself contains 14 soup, snack, and drink, 14 chutney, 8 salad and pickle, 18 bread, 14 grain, 13 dal and legume, 27 vegetable, and 25 dessert recipes!

Sunetra will teach 3-5 recipes constituting a complete meal in each two hour class. Some recipes may be unpublished, but students will receive handouts of all those that are taught. The cooking class **includes dinner**, as you dine on the delicious items that are prepared. Any leftovers may be taken home as samples to impress your friends/family. For more information, visit:

<http://www.ivcooking.com/> - "Your source for Indian vegetarian cooking"