

Flavors of India Events

Date	Start Time	Activity	Instructor
Monday, December 14	1:00 PM IST 8:30 AM CET 2:30 AM EST	Yoga	Galit Shmueli
Wear comfortable clothes. It's recommended to use a yoga mat or a soft surface			
Monday, December 14	4:00 PM IST 11:30 AM CET 5:30 AM EST	Cooking Demo - Chaat	Atreyi Kankanhalli
<p>"The dish has several components – (1) Puri, (2) Pani (water), (3) Filling, (4) Toppings, and (5) Chutney</p> <ul style="list-style-type: none"> ● 20 Puris (ready ones are available in Indian grocery shops or Indian grocery aisles of supermarkets). I usually buy the ready ones, but if you want to make them yourself, then recipes are available online e.g., https://foodviva.com/indian-recipes/golgappa-puri/ ● Ingredients for Pani: <ul style="list-style-type: none"> 1/2 cup mint leaves, 1/2 cup coriander leaves, chopped, 1-2 green chilli, chopped (to taste), 1/2-inch pieces of ginger, 1½ medium size lemon, 1 teaspoon sugar, 1 teaspoon chaat masala powder – I buy the ready packet, but this can also be made by yourself (e.g., https://food.ndtv.com/recipe-chaat-masala-218600), salt to taste, 2 cups water ● Ingredients for Filling: <ul style="list-style-type: none"> 2 potatoes, 1 cup chana/ garbanzo beans/ chickpeas, 1 teaspoon cumin seeds, 1 teaspoon mustard seeds ● Toppings: <ul style="list-style-type: none"> 1 medium onion (finely chopped), 4 tablespoons boondi – again this is readily available in Indian grocery places, but can be made by yourself e.g., https://foodviva.com/snacks-recipes/boondi-recipe/, ½ cup coriander leaves chopped, 1/4 cup date-tamarind Chutney (readymade available in Indian grocery shops or aisle of supermarket) ● If want to make the chutney yourself, then recipes are available online e.g., https://foodviva.com/chutney-raita-recipes/date-tamarind-chutney-recipe/" 			
Monday, December 14	4:30 PM IST 12:00 AM CET 6:00 AM EST	Cooking Demo - Rava Dosa	Priya Seetharaman

½ cup semolina
 ½ cup of rice flour
 ¼ cup all-purpose flour
 1 tbsp curd/yogurt (optional)
 1 tsp salt
 2½ cup of water
 1 chili (finely chopped)
 1-inch ginger (grated)
 ½ tsp pepper (crushed)
 1 tsp cumin
 few curry leaves
 2 tbsp coriander (finely chopped)
 1 onion (finely chopped)
 1½ water, oil (for roasting)

Tuesday, December 15	7:00 PM IST 2:30 PM CET 8:30 AM EST	Yoga	Galit Shmueli
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Wear comfortable clothes. It's recommended to use a yoga mat or a soft surface.

Tuesday, December 15	8:30 PM IST 4:00 PM CET 10:00 AM EST	Cooking Demo - Paani Puri with a Cocktail Twist	Sunil Wattal
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Pani Puris (semolina puffs) - pack of about 40. Please buy one with a masala (spices) packet included.
 Tamarind chutney or tamarind dates chutney (optional)
 finely chopped onions (optional)

For the filling:
 peeled and mashed potatoes - 3 medium
 garbanzo beans - 1 can (use cooked black chickpeas for a more authentic flavor)
 red chili powder - 1/2 teaspoon
 chopped coriander leaves- 1 tablespoon
 chaat masala powder - 1/2 teaspoon
 cumin powder - 1/2 teaspoon

For a fun twist : a bottle of vodka

Prep (before the event) boil the potatoes and peel			
Tuesday, December 15	9:00 PM IST 4:30 PM CET 10:30 AM EST	Dance	Saonee Sarker
Bring a long scarf for this event			
Wednesday, December 16	8:30 PM IST 4:00 PM CET 10:00 AM EST	Yoga	Manju Ahuja
It's recommended to use a yoga mat, a chair, and a yoga band (or belt, tie, even T-shirt or towel)			
Wednesday, December 16	1:00 AM IST (Thursday) 8:30 PM CET 2:30 PM EST	Yoga	Manju Ahuja
It's recommended to use a yoga mat, a chair, and a yoga band (or belt, tie, even T-shirt or towel)			
Wednesday, December 16	2:30 AM IST (Thursday) 10:00 PM CET 4:00 PM EST	Cooking Demo	Ravi and Sofia Bapna - Chai
1 tbsp Red Label Tea (see https://amzn.to/3pPw2jc) 1 tbsp Assam Whole Leaf tea (see https://amzn.to/2ISQVJt) 4 cloves 2 cardamom pods 1 bay leaf 1 tsp fresh ground ginger 1 cup milk of your choice (We use Chobani's creamy oat milk)			
Wednesday, December 16	3:00 AM IST (Thursday) 10:30 PM CET 4:30 PM EST	Cooking Demo	Abhay Mishra - Tandoori Chicken

1 whole fresh or completely thawed chicken (~5-6 pounds; 2.5-3 kg)
1.5 cups plain yogurt (Indian style yogurt preferred, but Greek will do)
2 tbsp salt
2 tbsp fresh lemon juice
1 tbsp soy sauce
½ tbsp Worcestershire sauce
1 tbsp light colored vinegar (White Balsamic or White Wine)
2 tbsp Tandoori Masala powder (anything you can get; I use the Rajah Tandoori Masala)
½ tbsp curry powder
¼ tbsp Garam Masala powder
½ tbsp sweet chili sauce (Thai style preferred, but anything will do)
1 tbsp finely minced garlic
1 tbsp finely minced ginger
Melted butter (~1.5 inch stick)