

# ADULT NIGHT CLASSES



## Fact Sheet Authentic Indian Cooking

### Tutor Profile

Join Christine D'Souza (Resident Magazine issue 7 May-Oct 08) for an introduction to a culinary journey through Indian Cuisine. Have the complexities of spices and ingredients demystified as you make Indian cooking simple and practical yet absolutely delicious. Enjoy Authentic home style meals that are wholesome, nutritious and balanced.



### Week 1

Chapathi  
Pork/Beef Vindaloo  
Mixed Vegetables  
Dhal

### Week 2

Beef Fry  
Sambar  
Tomato Chutney  
Chic peas  
Puris

### Week 3

Tomato Chicken Curry  
Dahi Chicken  
Jeera Rice  
Fried Aloo  
Tindoora Fry

### Week 4

Dhal Fry  
Boondi Raitha  
Prawn Curry  
Pea Pulao  
Tandoori Chicken  
Mint Chutney

(Recipes are subject to change)

### Assessment

This is not a certificate course and there is no formal assessment for this course. Due to the flexible nature of Adult Education classes, parts of the curriculum may be adapted to suit the needs of the class.

A Certificate of Participation may be issued on request.

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Further questions or course advice:

08 8920 1200 or email us at

[csc.nightclasses@ntschoools.net](mailto:csc.nightclasses@ntschoools.net)

Note: All classes need a minimum number of students to go ahead. If your class does not have enough students it will be cancelled and you will be informed.

Term 1 – 2009 commences  
week beginning February 9<sup>th</sup>

Term 2 – 2009 commences  
week beginning April 27<sup>th</sup>

Term 3 – 2009 commences  
week beginning August 4<sup>th</sup>

Term 4 – 2009 commences  
week beginning October 12<sup>th</sup>