

4 June 2014

Cultural Exchange : International Cooking Class #2 - South Asia Cuisine

Mahidol University
Wisdom of the Land

FTM Student Activity
Cultural Exchange
International Cooking Class #2
South Asia Cuisine
Wednesday 4th June 2014
Time: 13.00-16.00 hrs.
at VDO Conference room, Floor 5,
Chalermprakiat Building

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Bombai Curry



Vegetable Pulao



Gulab Jamun



Bangladesh & Pakistan dishes

Nawabi Pulao



Prawn Malai Curry



Chicken Roast



Nepal dishes

Tomato pickle (Achar)



Dried vegetable (fermented) curry (Gundruk)



SOUTH ASIA

INGREDIENTS



Basmati rice 	Ghee 	Shrimp Paste 	Caraway Seeds (Persian Cumin) 	Star Anise (Tāru) 
Cumin or Shah Jeera (Yāru) 	Cinnamon (Zāru) 			
Dried Chili 	Cardamom (Kāru) 	Saffron (Kāru) 		
Bay Leaf (Kāru) 	Nutmeg (Māru) 	Mace (Kāru - Māru) 		
Coriander Seed (Kāru) 	Clove (Kāru) 		Almond 	
Pistachio 	Baking Soda (Kāru) 	Maida (Māru) 	Gu'ab Jamun (Māru) 	White Pepper 