

HANSA'S GUJARATI VEGETARIAN COOKERY CLASSES 2018



The last of the 2016 series of **Hansa's 'hands-on Cookery Classes'** will end on Sat. 12th. Nov '16. Most of our students were complete novices when it came to cooking Indian dishes but they were all passionate about learning to cook. Many of our students would now have completed the full series of our classes over two years.

ADVANCED COOKERY CLASSES: Some of the students enjoyed the lessons so much that they have requested additional classes to learn more about Gujarati Cooking in depth, so we have allocated some Sundays for these advanced cookery classes for the most popular sessions such as the Starters, the Specialities, the Vegetable and Beans and Pulses Curries.

CORPORATE EVENTS: One of the other areas of interest has been the Team Building Events for corporate clients when groups of workers attended one

of Hansa's Cookery Sessions and learnt how to cook some of Hansa's dishes, under her expert guidance. They had to work as a team to produce some dishes in a given time then they were judged for their team performance. Everyone had a great time competing against each other but all enjoyed the fruits of their labour afterwards.



GIFT VOUCHERS: A lot of our students were bought a Hansa's Cookery Class Voucher as a birthday or Christmas present which they used to book on to one of the classes. They inevitably booked themselves on to more of our classes, after having sampled the fun they had during Hansa's Cookery classes. A couple of people bought the full Hansa's Cookery Course (8 sessions) for their spouses as a Christmas present, which was fantastic because the presented lasted a whole year and the family will be reaping the benefit of the course for years to come.

ANNOUNCING NEW DATES FOR HANSA'S COOKERY COURSE for 2018

Our new series of classes for 2017 is starting on Sat 4th February when Hansa will be cooking



some of her most popular Starters, so please do enrol as soon as possible. The full list of Hansa's Classes are shown below. You can book by sending a request to www.info@hansasrestaurant.com and we'll contact you back with the relevant information.



Please note that all of the classes start at 10am and finish with lunch.

STARTERS - Hansa's Sharuaat - Sat 3th Feb '18

The sheer variety of snacks we Gujaratis make is simply mind-boggling. Hansa will show you how a few of these delightful spicy snacks can be made with ease.

STARTERS Advanced- Sun 4th Feb '18

Here Hansa will be showing you how to cook some of the more time-consuming Starters like the Khasta Kachori, the Patra, Pau Bhaji, etc which are ever so popular at Hansa's Restaurant.



HANSA'S SPECIALITIES: Sat 3rd Mar '18.

These are larger snacks, which are very popular with our customers. They are small delightful meals that can fill in the gap between meals or form a surprise on any dinner table.

HANSA'S SPECIALITIES Advanced – Sun 4th March'18.

Specialities such as Masala Dhosas, Bhel Puri and Pani

Puris, etc. are so popular with us Gujaratis but they do require patience and a little knowhow about Gujarati Cooking is a big help.

MAIN COURSES

As there are a great variety of main courses, this section will be split up into two sessions:

Lilotri – Green Vegetable Curries

Kathor – Bean and Pulses Curries

LILORTI – Green Vegetable Curries: Sat 7th. April '18

Hansa will use the commonly available vegetables which provide the vitamins, minerals and fibers like Aubergine, Cauliflower, Spinach and many other green vegetables to make some mouth-watering curries that are very popular with our customers.



LILORTI Advanced- Sun 8th April'18

In this session Hansa will be cooking some vegetable curries such as Ringan na Ravaiya (stuffed aubergine curry), Twer ni Dhokhri, etc. which are probably the most popular vegetable curries on our menu.

KATHOR - Beans and Pulses Curries: Sat 5th May '18

We Gujaratis use many types of exotic beans and pulses that are now becoming very commonly available in most supermarkets. They are very tasty when mixed with the right spices provide proteins, roughage and fibre to balance the meal.

KATHOR Advance- Sun. 9th May '18.

This and the Lilotri sessions were the most popular session in 2016 so we had to lay on additional classes to meet the demand. We expect it to be the same this year as well. In the advanced session Hansa will be cooking dishes such as Twer ni Dhokhri and the Bhagat Muthiyas, etc. which are just awesome curries to grace any veg or non-veg. table.



BREADS: Sat 4th June '18

Chappaties and Naans are very common accompaniments for most curries, but we make a large variety of breads like Puris, Rotlis and Baturas, etc, that are not commonly known to most people. In this session you'll make at least six different types of breads with Hansa which will form



plain, spicy or sweet accompaniments to any meal.

RICE: Sat 7th July '18

Gujarati rice dishes are very popular. We start with the basic plain rice and then develop the theme to cook six other rice dishes, each varied in taste, texture and fragrance. Some rice dishes can be an accompaniment to curries while others, such as Biryani can be a meal in itself.

PICKLES AND SUNDRIES: SAT 4th August 18

Gujarati pickles provide the spicy bite to any Indian or western meal. You'll prepare a host of pickles for all occasions and tastes in this session, made with just a few ingredients and a lot of love. Perfect for planning your Christmas table or the hampers.

COOKERY SCHOOL DATES FOR THE DIARY

- 1. STARTERS - Hansa's Sharuaat - Sat 3rd Feb '18**
STARTERS Advanced- Sun 4th Feb '18
- 2. HANSA'S SPECIALITIES - Sat 3th Mar '18.**
HANSA'S SPECIALITIES Advanced – Sun 4th March 18
- 3 LILOTRI – Green Vegetable Curries - Sat 7th April 18**
LILORTI Advanced - Sun 8th April'18
- 4 KATHOR - Beans and Pulses Curries - Sat 5th May '18**
KATHOR Advance - Sun. 6th May '18.
- 5 BREADS - Sat 2nd June '18**
- 6 RICE - Sat 7th July '18**
- 7 PICKLES AND SUNDRIES - Sat 4th August '18**



Cost only £60 for a 3hr session or £50 for 4 or more classes. All utensils, ingredients and an apron are included. Session finishes with lunch make every effort re-accommodate or reimburse you fully.



SOME GREAT GIFT IDEAS FROM HANSA'S

HANSA'S TWO COOKBOOKS – Signed copies of Hansa's two cookbooks will make a long lasting present, that can be enjoyed forever. **Hansa's Indian Vegetarian Cookbook** – was Nominated as **Best Vegetarian Cookbook** on the shelves by the Independent - **only £14.95**. Also our second cookbook, **'Hansa's, more than just a restaurant...It's my life'** - is also highly acclaimed by the food critics and the likes - at **only £14.95** or hardback at only **£19.95**.



Masala Tin and Hansa's Cookbook

HANSA'S MASALA TIN - containing 13 different spices in a beautiful stainless steel tin for the budding cook in your family. It is a perfect accompaniment to go with Hansa's Cookbook - **only £29.95**

HANSA'S GIFT VOUCHERS - Why not treat your loved ones to a meal at Hansa's? Our gift vouchers can be purchased in £10 and £20 denominations and can go towards the final bill, our products or the Cookery Sessions. We can even post it off for you, to make it a real surprise.

Go on, make someone happy!

HANSA'S DESIGNER APRONS –



A perfect present for the budding cook in your life. These limited edition designer aprons marking 30 years of Hansa's Restaurant will make a long lasting gift that only costs £9.95 so don't delay cos once they're gone they're gone!



PARTY CHEF HANSA- Let's give some kids a chance in their lives!

Why not let Chef Hansa be the party chef at your birthday, anniversary or any other special event. She will help design a menu, cook and serve it to up to eight guests at your premises. The cost is only £250 which will go towards Hansa's favourite Charity **'A one teacher schools projects in India and Nepal'** run by Saraswati Vidhyalaya supported by 3R's Education Trust UK. £250 will run one village school for a whole year! **Let's make a difference and give someone an opportunity in life.**

HANSA'S BESPOKE COOKERY PARTY

If you are celebrating a special day like a birthday or Hen or Office Party or just a treat for someone you love, Chef Hansa Dabhi can organize a special Cookery Session just for you and your friends. It can be arranged on a mutually agreed date and time. Hansa will provide all the venue, the ingredients and the utensils required, including the aprons! All you do is just turn up with your party.

A minimum of 6 people is required for these sessions.

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