



## MRS. BALBIR'S MAIDS BASIC COOKING COURSE

- A course of three classes each of five dishes taught in hands on practical sessions.
- Each course takes between 10 - 15 maids.
- Courses are conducted in both English and Thai (Mrs. Balbir is fluent in both languages).
- A gift Bag and Apron is provided when they come for the class.
- Classes are held at Mrs. Balbir's new restaurant on the mezzanine floor at Sukhumvit Soi 11.
- Maids will learn to work effectively in a Western domestic kitchen.
- Classes run from 10 am - 12.30 am as not to disrupt running of home.
- They start with an introduction to Indian spices, how to work with them and the basics of Indian food.
- For those whose employers prefer mostly vegetarian, will substitute instead of the meat.
- After the instruction, the class then have the dishes they have been taught for lunch to give them an understanding of the taste.
- Recipes are given only one set either in English or Thai and they are to bring a pen and notebook. The employer can order a separate set of the English recipes for Baht 300.
- Upon completion, a **certificate**, will be given as they now have skills to arrange a dinner party.
- Course is **Baht 3,800** and the employer will receive a **Baht 500** gift voucher to dine at Mrs. Balbir's upon registration at Mrs. Balbir's Indian restaurant. This is affordable for the employer and beneficial for the maid. It is an investment into their future and will help them look for jobs when their current one ends.
- Maids don't need any cooking experience to learn how to make the 3 set dinner Menu.
- Maids will also be provided with an order form for spices, ingredients and utensils in order for them to buy and cook for their employer.



FRONT

### DISHES TO BE TAUGHT

#### MENU A

- Vegetable Samosa
- How to make and freeze them
- Tamarind Chutney
- Chicken Korma
- Cucumber Mint Raita
- Alu Gobi (potato and cauliflower)

#### MENU B

- Tandoori Chicken Tikka
- Mint Chutney
- Chicken Tikka Masala/Paneer Makhani
- Yellow Tarka Dal
- Whole wheat chapati Bread

#### MENU C

- How to make Homemade Yogurt
- Lamb Masala Keral
- Indian Ketchumber salad
- Grilled Eggplant Curry
- Yellow Saffron Rice

### DATES: EVERY WEDNESDAY

12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May 2010 | 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October 2010 | 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> December 2010



Mrs. Balbir's Indian Restaurant  
155/1-2 Sukhumvit Soi 11/1,  
Bangkok 10110, Thailand

Tel. 02 651 0498  
Fax. 02 651 0019  
Mob. 081 835 6553  
E-mail : vinderbalbir@hotmail.com  
www.mrsbalbir.com

\* Free home delivery for food orders around Bangkok worth Baht 1,500. Please check our website [mrsbalbir.com](http://mrsbalbir.com) for the menu.



We close on Mondays



BACK