

SPOTLIGHT
Helping you make healthy choices!



Authentic Indian Cuisine Educational Seasonings

At the Exhibition Table, Thursday 12th 2009

Try Samples of:

Lamb Curry

Chef Steve's Homemade Curry Paste

Basmati Rice

Freshly steamed and hot!!!

Vegetarian Samosa's

Baked Puff Pastry Pockets of Potatoes and Vegetables.

Homemade Mint Chutney

Fresh Mint leaves, Cilantro, Yogurt, Garlic & Chilis

Homemade Tamarind Chutney

Tamarind Paste, Cumin, Garam Masala

Garlic Naan Bread

Moist and chewy bread baked in a Tandoor oven.