

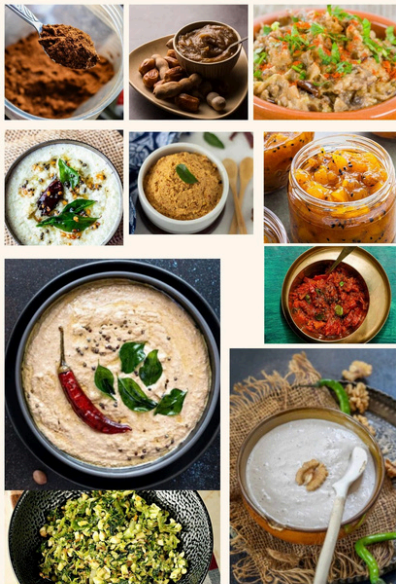


Breads & Chutneys of India

One of its kind Culinary & Wellbeing Experience

Breads & Chutneys of India celebrates the artistry of Indian comfort food through thoughtfully prepared flatbreads, dosas (fermented crepes), and vibrant chutneys created with herbs, lentils, coconut, sesame, roasted spices, nuts, seeds, and seasonal ingredients.

Rooted in traditional culinary wisdom, this experience explores how everyday foods can support balance, nourishment and digestion while delivering bold, layered flavours and unforgettable textures.



Experience day:
Saturday, 5th September
2026

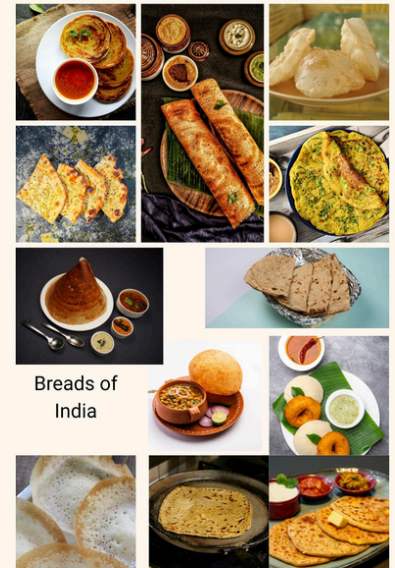
10am to 3pm

To book contact:
07388498966

or contact

info@sugandhamathur.com

Course location: Kemsing,
Sevenoaks



What the experience offers:

- Handcrafted steamed, baked and fried (pan-fried and deep fried) Indian breads
- Crisp and soft lentil crepes and dosas
- Dry chutney powders rich in flavour, texture and nutrition
- Fresh wet chutneys designed to awaken the palate
- Thoughtful flavour pairings inspired by regional Indian traditions
- Mindful preparation techniques that honour wellbeing and digestion
- More than a tasting, cooking and devouring experience, this is an invitation to slow down, deeply savour, and rediscover the joy of nourishing food shared around the table.
- Use of a range of fresh and organic produce to create breads and chutneys to create a nutritionally balanced meal.