

## Day 1 Experience

**“After day 1, I went home with confidence to actually recreate the balanced meals at home.”**

Janet Collins, London

Build foundations of North-Indian Home Cooking with essential everyday dishes and techniques to kick start.

### Featured Recipes include

Homemade Paneer

Paneer Bhurji

Tadka Dal

Seasonal Vegetable Curry

Steamed Rice

Roti

Raita

Gajar Halwa

## Day 2 Experience

**“I attended two lovely afternoons, not just observing Su but also taking part in preparing a range of delicious vegetarian dishes. The whole experience was engaging and informative .”**

Claire, Sevenoaks

We build on the foundation to layer flavours & curate a curated, nutritionally complete meals.

### Featured Recipes include

Chickpea Curry (Chole)

Saag Paneer

Cumin Pulao

Paratha

Beetroot Raita

Semolina Halwa

Homemade Ghee

Homemade Yoghurt

## Transform the Way You Cook, Eat & Nourish Yourself

**“I thought I was joining a cookery class, it became an experience in mindful cooking, eating and wellbeing.”**

Aleena F, London

A soulful experience in wellness, flavour, and Indian culinary tradition.

Discover how North-Indian home cooking can become part of a healthier, more mindful lifestyle through vibrant ingredients, balanced meals, and timeless culinary techniques.

Guided by Sugandha Mathur, discover authentic North-Indian cooking, steeped in science and tradition.

Learn skills and habits that bring confidence, nourishment, and wellbeing into everyday life.



learn. cook. eat. thrive

# Culinary Curiosity

by Sugandha Mathur



## The Art of North-Indian Home Cooking & Wellbeing

A Transformative Culinary Wellness Experience

## Your Investment in Wellbeing

**“What really stands out is the lasting impact of the course two years later. I’m far more adventurous with spices and lentils, and much more confident experimenting with Indian cooking at home. I’d highly recommend this course to anyone looking to expand their cooking skills and understanding of Indian cuisine. I’m attempting to eat 30 plants a week and so spices and different lentils are such an easy addition to food.”**

Claire, Sevenoaks

### Your experience includes:

- Two immersive workshop days (timing 11am-2.45pm)
- Ingredient tasting throughout
- Welcome drink and full meals each day
- Hands-on guided learning in small personalised groups
- Wellness and nutrition insights
- Digital + printed recipe handbook
- Suggestions for meat or vegan substitute will be provided during the sessions
- Optional extra takeaway meal: £15 per portion

### Course dates:

Course 4: Saturday, 6th June & Saturday, 13th June

Course 5: Sunday, 7th June & Sunday, 14th June

Course 6: Saturday, 18th July & Saturday 25th July

Course 7: Sunday, 19th July & Sunday, 26th July

Course 8: Saturday, 8th August & Saturday, 15th August

Course 9: Sunday, 9th August & Sunday, 16th August

## Reserve Your Place

Limited spaces available. For pricing, bookings and enquiries:



+447388498966



info@sugandhamathur.com



www.sugandhamathur.com

## A Beautiful Shared Experience

A small intimate group of 4-5 people creates a relaxed and personal experience.

### Perfect for:

Friends, Couples, Families, Colleagues, Wellness groups  
Cook together, taste together, and enjoy a memorable dining experience together.



**“For me each menu curated in this experience is a key to unlock numerous recipes using foundational principles. My aim is to ignite culinary curiosity to broaden our palate, use age old ingredients in a time tested fashion that heals and nurtures our body.”**

Sugandha Mathur



## Why This Experience Feels Different

**“Sugandha infuses her teaching with so much knowledge and enthusiasm, you will come away with far more than just a few recipes. She really introduces you to a very beautiful and holistic way of life and cooking, which you are sure to enjoy.”**

Mary Ann Perasso, Kemsing

**“What I loved about the experience was the process of trying the essential flavours and ingredients along the way and having that explained and having the discussion about their benefits and how each ingredient works sort of harmoniously with other ingredients. Then actually seeing that in the plate with the rainbow colours and having that satisfaction of eating it all together was the highlight.”**

Kezia L, Edenbridge

**“Sugandha's hands-on practical Indian home cookery course gave me subtle insights into the authentic approach to the crucial 'how' and 'when' of aromatics, spices, and tempering to build delicious flavour layers.”**

Sarah Cliff, Kemsing