



Shri Guru Ravidass Sangat Luton

# LOVE COOKING

by Shri Guru Ravidass Sangat Luton

with 17  
recipes  
you will  
love



# Introduction

The Love Cooking recipe book has a range of favourite dishes. For those who are beginners to cooking to the seasoned cooks – there is a dish for everyone.

We love to cook and want to inspire everyone to have a go at cooking your favourite dishes at home be it for yourself, for friends or family. The dishes in this collection are easy to prepare for delicious family meals and perfect when you have guests over for dinner parties.

Give it a try you may just surprise yourself as to how much you love cooking.

*Shri Guru Ravidass Sangat Luton*

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# ALOO PARATHA

(POTATO STUFFED PARATHA)



## INGREDIENTS: Serving of 9 Parathas

- 2-4 tablespoon of vegetable oil
- 3 to 4 medium potatoes or aloo, boiled and mashed
- 1 to 2 green chilies, chopped finely
- $\frac{1}{2}$  teaspoon red chili powder
- $\frac{1}{2}$  teaspoon garam masala powder
- 2 teaspoons chopped coriander leaves, optional
- Salt as required
- Oil as required for roasting

## PREPARATION TIME: approx 50mins

### Making aloo stuffing for aloo paratha:

- 1 First boil the potatoes and peel them.
- 2 Chop and then mash the potatoes with a potato masher.
- 3 The potatoes should be mashed well. there should be no lumps or small pieces in it.
- 4 Now add the chopped green chilies, garam masala powder, red chili powder & salt.
- 5 Mix the spice powders and green chilies with the mashed potatoes very well.

### Kneading dough for aloo paratha:

- 6 In another bowl or pan, take whole wheat flour (atta).
- 7 Make a well in the centre and add about half the water.
- 8 Bring the mixture together and knead into a smooth soft dough.
- 9 Cover and keep the dough aside for 20 to 30 minutes.

### Rolling and stuffing aloo parathas:

- 10 Pinch two small balls from the dough. flatten them and dust with whole wheat flour.
- 11 With a rolling pin, roll them into about 4 to 5 inches diameter rounds, try making both the rounds of the same size.
- 12 On of the rolled dough circle, place the potato stuffing in the centre and keep about 1 inch empty space from the sides.
- 13 Gently place the second circle on top.
- 14 Press and seal the edges with your fingertips.
- 15 Dust some flour on the stuffed paratha and roll into a round of about 7 to 8 inches in diameter or about the size of a normal roti or chapati.

### Making aloo parathas:

- 16 On a hot tava (skillet or griddle) place the rolled paratha.
- 17 The tava should be hot and not at a low temperature. cooking parathas at a low flame will harden them. parathas ideally are crisp as well as soft.
- 18 When base is partly cooked flip the paratha and spread thinly butter or oil.
- 19 Flip again and this time this side must be cooked more than the previous side. You will see brown spots on the aloo paratha. Spread some oil on the top of it.
- 20 A well-made and well roasted paratha will puff up.
- 21 Flip again once or twice till both the sides of aloo paratha are cooked properly. You should see crisp brown spots on the paratha.
- 22 Press the paratha edges with a spatula or spoon, so that they are fried well.

## HOW TO SERVE

Serve with a knob of butter, achaar (South Asian pickle) or yogurt.

# ALOO BAINGAN

(SPICED EGGPLANT/ AUBERGINE AND POTATOES)



## INGREDIENTS: *Serves 2*

- 1 tsp vegetable oil
- $\frac{1}{2}$  tsp cumin seeds
- 2-3 medium sized onion - chopped
- 4 cloves of garlic - chopped
- $\frac{1}{2}$  inch ginger, chopped
- 1 hot green chili - chopped
- $\frac{1}{2}$  tsp turmeric
- 1 large potato, cubed
- 1 medium eggplant / aubergine, chopped small, or 8 or more small eggplants/ aubergines
- 1 large tomato - chopped
- 1 tsp coriander - fresh
- Salt to taste

PREPARATION TIME: 60 minutes

- 1 Heat oil in a pan over medium heat.
- 2 When hot, add cumin seeds and chopped onions
- 3 Cook them until cumin seeds change colour and there is a fragrance.
- 4 Add garlic, turmeric, ginger and chilies and cook for a minute or until the garlic is golden in colour.
- 5 Add the tomatoes, salt and mix in. Cover and cook for 15 minutes.
- 6 Stir occasionally.
- 7 Add potatoes and eggplants/ aubergine and mix in.
- 8 Reduce heat to medium-low and continue to cook until the eggplants and potatoes/ aubergine are tender to preference. About 15 minutes. Serve.

#### HOW TO SERVE

Garnish with a good sprinkle of garam masala or coriander and serve

# SPICED BHINDI

(OKRA)



## INGREDIENTS: *Serves 4-5*

- 1 kg bhindi(okra)
- 2-3 medium sized onion (chopped)
- 2 medium sized tomatoes (chopped)
- 1 tbsp ginger
- 2-3 garlic cloves (chopped)
- 1 tbsp cumin seeds
- 1 tbsp red chili powder
- 1 tbsp garam masala
- 2 tbsp coriander
- 1 tsp turmeric powder
- Salt to taste

PREPARATION TIME: 30 minutes

- 1** Wash and dry bhindi. Cut them into approximately 1-inch pieces.
- 2** Heat oil in a wok or kadai.
- 3** Add cumin seeds and let the oil splutter.
- 4** Add chopped onions, ginger and garlic.
- 5** Fry till they are golden brown.
- 6** Add chopped tomatoes, turmeric powder and red chili powder and mix well. Let this cook for approximately 5 – 10min.
- 7** Now add the cut bhindi, salt and garam masala and cook till bhindi is done.
- 8** Add fresh coriander to garnish.

## HOW TO SERVE

Serve hot okra curry with chapatis.

# KAVALEE CHANNA *Curry*

(CHICKPEA CURRY)



## INGREDIENTS: *Serves 4-6*

- 500g drained cooked chickpeas (or 250g dried, soaked overnight then cooked in fresh water until tender)
- 2 tbsp vegetable oil
- 2 tbsp cumin seeds
- 2-3 large onion - chopped
- 6 garlic cloves
- 25g root ginger
- 30g fresh coriander
- 2-4 green chillies, finely chopped
- 1 tbsp fresh coriander
- 1-2 tbsp chilli powder
- 1 tsp ground turmeric
- 400g tin of plum tomatoes, mashed
- Salt to taste
- 1 tsp garam masala

PREPARATION TIME: approx 60mins

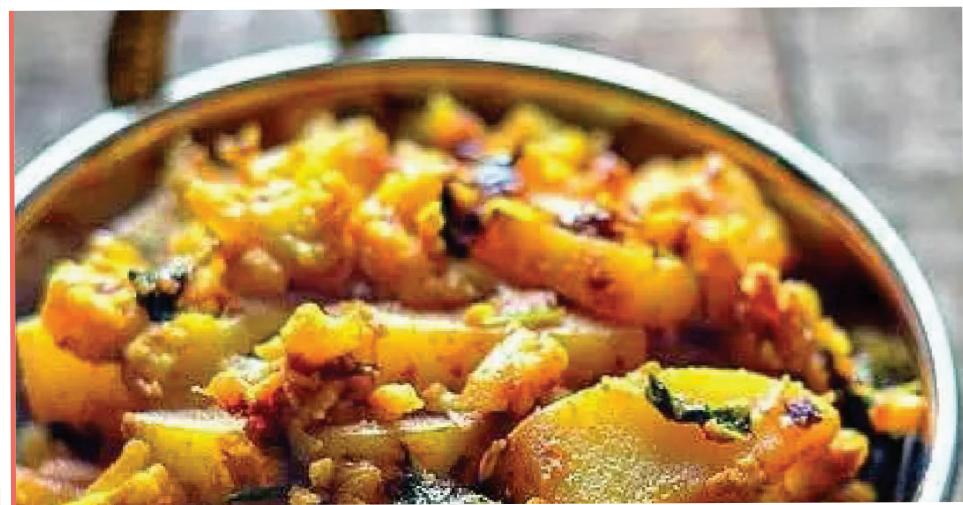
- 1 Put the drained chickpeas in a pan and add 500ml water. Bring to a simmer and cook for 5 minutes then drain, retaining the cooking water
- 2 Heat the oil in a large, heavy-based pan over a medium heat and when hot, add the cumin seeds.
- 3 Fry until aromatic, stir, then add the onions and turn the heat down. Cook until golden brown, stirring regularly.
- 4 Chop finely or stick blender to mash the garlic, ginger, fresh coriander and chillies into a paste
- 5 Put this into the pan and cook for a couple of minutes, stirring so it doesn't catch the bottom of the pan. Then add the ground coriander, chilli power and turmeric (and a splash more oil if necessary) and cook for a couple more minutes.
- 6 Stir in the mashed tomatoes, chickpeas and their cooking water and salt. Bring to a simmer, then turn down the heat to medium low and cook for 20 minutes or until thickened.
- 7 Stir in the garam masala, then allow to cool slightly before serving scattered with the remaining coriander leaves.

## HOW TO SERVE

Serve with steaming hot basmati rice, naan bread or chapattis.

# ALOO GOBI

(CAULIFLOWER AND POTATO CURRY)



## INGREDIENTS: *Serves 4*

- 500g cauliflower cut into small florets
- 250g potatoes peeled and diced to bite size pieces
- 2 tbsp vegetable oil
- 2- 3 medium sized onions – chopped
- 1 heaped tsp cumin seeds
- $\frac{1}{2}$  inch ginger - chopped
- 2- 3 green chillies - chopped
- 1 tsp turmeric powder
- $1\frac{1}{2}$  tbsp coriander powder
- Salt to taste
- Handful of coriander
- Fresh coriander for garnish

PREPARATION TIME: 60 minutes

- 1 In a non-stick large saucepan heat the oil and add the cumin seeds and onions, ginger and chillies.
- 2 Fry for 20- 30 seconds and add the turmeric and coriander powder frying for a few seconds.
- 3 Mix and stir well and turn the heat off keep warm with a lid on for a few minutes.
- 4 Add the cauliflower florets and potatoes seasoning to taste. Stir well over a medium heat for a minute making sure the florets are coated in the spices well
- 5 Turn the heat to a low setting and cook for 15-17 minutes with a lid on. Make sure to stir halfway through cooking.
- 6 Garnish with coriander.

## HOW TO SERVE

Serve with steaming hot basmati rice, naan bread or chapattis.

# KADDU KI SABZI

(BUTTERNUT SQUASH CURRY)



## INGREDIENTS

- 2 tbsp vegetable oil
- 2-3 medium onions - chopped
- 3- 4 garlic cloves - chopped
- 1 tsp cumin seeds
- 2- 3 green chilies
- 1 medium sized Butternut Squash, diced
- 2 fresh tomatoes
- 1tbsp garam masala
- 2 tbsp fresh coriander leaves
- 1tsp turmeric powder
- Salt- to taste

PREPARATION TIME: 60 minutes

- 1 Heat a tbsp of oil in a large and deep pan and cook chopped onions, turmeric, cumin seeds and garlic over a low heat for 10 minutes until soft and slightly coloured.
- 2 Dice your butternut squash. When onions are tender cook for a minute or so stirring the whole time.
- 3 Then add tomatoes and a pinch of salt.
- 4 Then turn the heat down to a low-medium and simmer it for 35-40 minutes (uncovered). Stir it occasionally to prevent from burning
- 5 Test the butternut squash, it should be fork tender by this point but not falling apart. Your curry should be thick so if it's too runny, uncover and let the liquid cook down for a few more minutes. When you are satisfied with the consistency of the curry add in peas.
- 6 Add garam masala and coriander and stir.

## HOW TO SERVE

Serve with steaming hot basmati rice, naan bread or chapattis.

# KADHI



## INGREDIENTS: *Serves 1-2*

- 1 cup sour curd
- 3 tbsp gram flour
- 2 tsp vegetable cooking oil
- 4 red chilies
- green chili to taste
- 1-2 tsp chili powder
- 1tsp of mustard seeds
- 1 inch chopped garlic
- 3-4 cloves chopped garlic
- 2 -3 medium sized chopped onions
- 1tsp turmeric powder
- 2-3 cups of water

PREPARATION TIME: approx 30mins

- 1** Take a big mixing bowl, whisk sour curd with gram flour and water. Make a smooth mixture without any lumps.
- 2** Add red chili powder, turmeric and salt.
- 3** Heat oil and add onions cook until brown – then add cumin and fenugreek seeds.
- 4** When cumin seeds start to crackle add green chili, ginger and garlic.
- 5** Stir well and add the sour curd mix with one hand while stirring constantly with the other hand.
- 6** Take a big mixing bowl, whisk sour curd with gram flour and water. Make a smooth mixture without any lumps.
- 7** Add red chili powder, turmeric and salt.
- 8** Stir well and add the sour curd mix with one hand while stirring constantly with the other hand.
- 9** It is very important not stop stirring otherwise lumps will form.
- 10** Now lower down the heat stirring constantly till it starts boiling.
- 11** Let it simmer for 20 -25 minutes on low heat or till the kadhi becomes thickened.
- 12** Now add the fried pakodas (for pakora recipe see page 25) and garam masala to the kadhi and before serving garnish it with the coriander leaves.

## HOW TO SERVE

Serve with Basmati rice

# CHILLI PANEER



## INGREDIENTS: *Serves 4-5*

- 500 gm paneer - cubed
- 2 tbsp oil vegetable cooking oil
- 10 medium sized green chillies - chopped
- 2 medium sized tomatoes
- 2 tbsp ginger
- 1 tbsp red chilli
- Salt to taste
- 10 green and/or red peppers (chopped)
- 4 onions

PREPARATION TIME: 30 mins

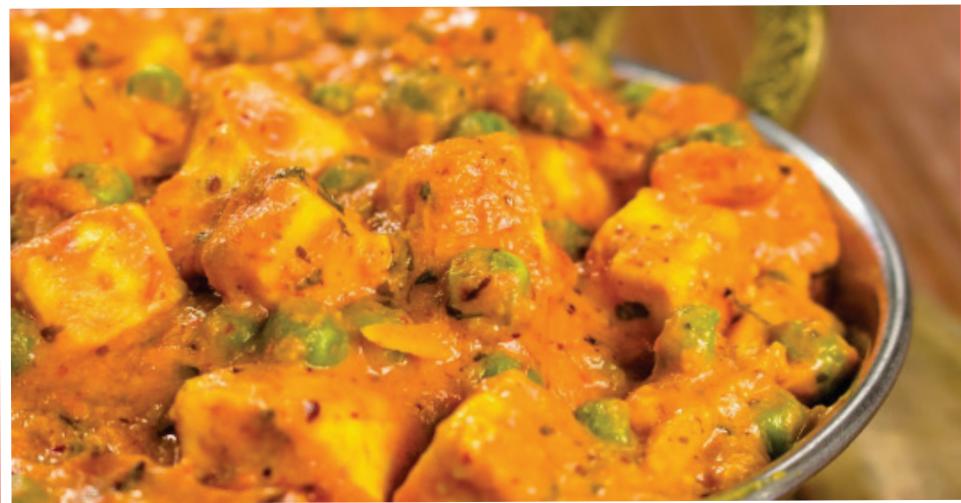
- 1 In a kadai (or wok). Fry onions till brown.
- 2 Add green chilli into small pieces and add it to fried onion, add ginger and salt.
- 3 Then put small pieces of green and/or red peppers and fry it for sometime.
- 4 Then drop tomato/chillies into kadai and add paneer to it
- 5 Add sprinkle of coriander and stir it for 3/4 minutes.
- 6 Chili Paneer is ready.

#### HOW TO SERVE

Serve as a starter or with steaming hot basmati rice, naan bread or chapattis.

# MATAR PANEER *Curry*

(PEAS AND INDIAN COTTAGE CHEESE CURRY)



INGREDIENTS: *Serves 4*

- 2 tbsp of vegetable oil
- 500g paneer
- 2 medium sized onions finely chopped
- 2 inch ginger - chopped
- 2 cloves garlic - chopped
- 1 tsp of cumin seeds
- 1 tsp coriander seeds
- 1tsp turmeric
- 1tsp mild chilli powder
- 2-3 fresh tomatoes blended to a puree
- 1 cup of water
- 200 g frozen green peas
- 1tbsp garam masala powder
- Salt to taste

PREPARATION TIME: approx 40mins

- 1** Heat oil in a sauce pan over a medium heat. Add the onions and fry for 12-15 minutes. Stir well as they begin to change colour turn the heat low and add the ginger and garlic. Fry well for 2 minutes stirring continuously.
- 2** Add the cumin, turmeric, salt and chilli powder. Fry for a minute and add 1 1/2 cup of water making sure it doesn't stick to the bottom of the pan and continue cooking the raw flavour of the spices for a further minute.
- 3** Tip in the blended tomatoes simmer over a low heat for 8-10 minutes with lid on.
- 4** Add the paneer and peas, stir a couple of times through the cooking process. Continue to simmer for 5 minutes with the lid on.
- 5** Add garam masala and coriander and stir.

## HOW TO SERVE

Serve with steaming hot basmati rice, naan bread or chapattis.

# TINDA

*Curry*

(INDIAN SQUASH", "INDIAN ROUND GOURD" OR "APPLE GOURD")



## INGREDIENTS: *Serves 3-4*

- 500g tinda - scraped and cut into 6-8 pieces lengthwise
- 2 tbsp of vegetable oil
- 1 tsp cumin seeds
- Salt to taste
- 1 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1 tsp garam masala powder
- 2-3 green chillies - finely chopped
- 1 tbsp coriander leaves
- 2 medium onions – chopped
- 1-2 fresh tomatoes
- Fresh coriander for garnish

PREPARATION TIME: approx 40mins

- 1 Heat the vegetable oil and add cumin seeds, when the seeds begin to splutter, add the add chopped onions.
- 2 Add green chillies and tomatoes, and stir-fry 2-3 times.
- 3 Add tomatoes, salt, red chilli powder and turmeric.
- 4 Cover and cook over low heat, stirring a few times till brown.
- 5 When masala (paste) is well done and tindai and cook for 15-20 minutes – occasionally checking.
- 6 Add the garam masala.
- 7 Stir to mix well.

#### HOW TO SERVE

Garnish with coriander leaves.

# VEGETABLE BIRIYANI



INGREDIENTS: *Serves 2-4*

- 2 tbsp vegetable oil
- 25g mixed vegetables - chopped
- 50g frozen peas
- 250g basmati rice
- 1 fresh tomato
- 1 tsp black pepper
- 1-2 green chillies - chopped
- 1 tea spoon garam masala
- 1-2 medium sized onions - chopped
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- Salt to taste

PREPARATION TIME: approx 50mins

- 1** Heat the cooking oil in a medium/large pan and cook chopped onions with the cumin seed until softened for about 3 minutes.
- 2** Stir in ginger, tomatoes, black pepper, vegetables and salt.
- 3** Bring to a simmer, and cook until the water has evaporated, about 5 minutes. Stir occasionally.
- 4** Add red chili and garam masala. Stir well, then cover, and cook for 3 minutes.
- 5** In a separate pan, pour in four cups of water and bring to a boil over high heat. Once boiling, stir in basmati rice, reduce heat to medium, recover, and simmer until it is cooked (about 10 minutes).
- 6** Reduce heat to low and continue to cook until the rice has softened, 10 to 15 minutes more
- 7** Drain any water in the rice pan and add the rice to the vegetables and mix well.

## HOW TO SERVE

Serve with salad, yogurt or Tarka Dhal

# PAKORA



## INGREDIENTS: Serves 4

- Vegetable oil for deep frying the pakoras
- 1 cup gram flour
- $\frac{1}{2}$  inch ginger - chopped
- 1 small to medium onion, chopped
- 1 medium sized potato - chopped
- 1 green chili - chopped
- 2 tsp chopped coriander leaves - chopped

- water as required to make a thick flowing batter -
- salt as required

### Optional

Basic pakora recipe can be adapted to make pakoras with finely chopped or shredded vegetables like cabbage, spinach, cauliflower or fenugreek leaves as required.

PREPARATION TIME: approx 40mins

- 1 Mix all the ingredients listed above except oil in a mixing bowl.
- 2 Stir with a spoon or wired whisk, to make a smooth and lump free batter.
- 3 Heat oil in a kadai (wok or wok like pan).
- 4 When the oil become medium hot, drop spoonfuls of the batter in the oil.
- 5 Fry the pakoras in oil till golden and crisp.
- 6 Drain the pakoras on paper towels to remove excess oil.

## HOW TO SERVE

Serve the pakoras hot with coconut chutney or coriander chutney or tomato sauce.

# TARKA DHAL *Curry*

(LENTIL CURRY)



INGREDIENTS: *Serves 4*

## Dhal

- 250g dhal (yellow/orange lentil),
- 2 cloves garlic, crushed
- 1 tbsp spoon of ginger - chopped
- 1 tsp turmeric
- Salt to taste

## Tarkha

- 2 tsp of vegetable oil
- 1tsp cumin seeds
- 1- 2 onions finely sliced
- 1 clove garlic - chopped
- 1-2 green chilies

PREPARATION TIME: approx 40mins

- 1 Boil 1 litre water and add the dhal, garlic, ginger, turmeric and salt. Return the mixture to the boil. Cover the pan with a lid and simmer the mixture for 45-60 mins, stirring occasionally, until the mixture thickens.
- 2 To make the tarka, heat the oil or ghee in a pan, then add the cumin seeds and cook for a few seconds. Add the onion, garlic and chilli to the pan. Cook over a medium heat for 10-15 mins, or until the onion has softened. Remove the pan from the heat.
- 3 If the dhal mixture is still runny, remove the pan lid and increase the heat to reduce the liquid, stirring well.
- 4 Once the dhal has softened and is almost smooth, season with garam masala and coriander.
- 5 Serve with the tarka spooned on top, reheating it if necessary. The tarka may be stirred into the dhal and frozen for up to a month. Defrost before reheating.

## HOW TO SERVE

Serve with steaming basmati rice, naan bread or chapattis.

# ROTI

(CHAPATTI BREAD)



## INGREDIENTS:

- 2 cups flour, chapati
- 1 cup water

PREPARATION TIME:

30

- 1 Put flour into bowl.
- 2 Make a well and add half of the water and stir to combine.
- 3 Add the remaining water slowly, stirring until all of the flour is hydrated.
- 4 Knead for approximately 3 minutes. The dough will spring back slightly when pressed & may be slightly sticky.
- 5 Leave covered for 30 minutes (approx).
- 6 Divide into small balls (about half the size of a tennis ball) and dip into extra dry flour.
- 7 Press gently in your hand until slightly flattened into a disc.
- 8 Roll with a rolling pin into thin round pancakes.
- 9 Heat a heavy based frying pan (tava).
- 10 Put the chapati onto the pan and cook until small blisters appear. Turn and cook on the other side (they may puff up, don't worry).
- 11 Remove from the heat and wrap in a clean tea towel until ready to serve.

HOW TO SERVE

Serve with any curry

# BOONDI RAITA

(SPICED YOGURT)



## INGREDIENTS: *Serves 4*

- 50 g boondi
- 200 g yogurt
- 1/2 tsp roasted cumin powder
- A pinch of red chili powder
- A pinch of black pepper powder
- Fresh coriander leaves finely chopped
- Salt to taste

PREPARATION TIME: 5 mins

- 1 Soak the bhoondi in normal water for 4-5 minutes, squeeze whole water and keep aside.
- 2 In a bowl beat the yogurt and add little bit of water.
- 3 Add salt and bhoondi and mix well with the yogurt.
- 4 Keep in the refrigerator until served.
- 5 While serving in individual bowls, place the bhoondi raita, sprinkle roasted cumin powder, black pepper powder too taste.

#### HOW TO SERVE

Serve this bhoondi raita with delicious vegetable rice and dal or with vegetable biryani to make a complete meal.

# KHEER

(RICE PUDDING)



INGREDIENTS: *Serves 5-6*

- 1 litre of whole milk
- $\frac{1}{2}$  cup of long-grain rice, such as basmati
- 4 whole green cardamom pods, lightly crushed
- 2 tbsp sugar

PREPARATION TIME: 60mins

- 1 Pour the milk into a heavy-based pan and heat gently (you can preheat the milk in a jug in the microwave then transfer the hot milk to the pan, to save time, if you prefer).
- 2 Add washed rice to the milk.
- 3 Slowly bring to the boil then lower the heat and simmer rapidly, stirring from time to time to prevent the rice from sticking to the bottom of the pan.
- 4 Simmer, stirring occasionally, until the milk is reduced by about half; this may take as long as  $1\frac{1}{4}$  hours.
- 5 When the milk has reduced by half or more, remove and discard the cardamom pods.
- 6 Transfer the rice pudding to a bowl. Add the sugar and taste, adding more sugar if you want it sweeter.
- 7 Leave to cool.
- 8 Cover the bowl with cling film and cool in the fridge for at least four hours or overnight.

## HOW TO SERVE

Serve hot or cold with any dish as a dessert.

# ZARDA

(SWEET RICE)



## INGREDIENTS: *Serves 2-3*

- 1 cup rice
- 1 cup sugar
- 1 cup milk
- 3-4 cardamom pods crushed
- pinch of saffron
- pinch of kesri (yellow/orange) food colouring
- 2-3 tbsp ghee (clarified butter)
- 10-12 cashews chopped
- 10-12 almonds chopped
- 1-2 tbs raisins

PREPARATION TIME: 30 mins

- 1 Soaking the rice in water for around 30 mins, and then strain the water. Boil 4 -5 cups of water in another pan and add the strained rice. Then cook for 5 minutes. The rice needs to be soft but not cooked through.
- 2 Strain the rice and add a tablespoon of ghee to it and mix well.
- 3 Mix the milk, yellow food colouring, saffron, and sugar in a bowl, and keep it aside for the next step.
- 4 Heat 1-2 tablespoons of ghee in a pan and add the chopped nuts and raisins. Fry these items for 3-4 minutes on medium heat until they are golden brown, and then add cardamom seeds.
- 5 Add the milk mixture to the nuts and bring to a boil. Drop the heat down to a simmer and then add in the rice.
- 6 Cover and cook on low heat for 10-12 minutes.

## HOW TO SERVE

Serve hot or cold with any dish as a dessert.

UNIT OF MEASUREMENT	EQUALS:
Pinch or dash	less than 1/8 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
1 jigger	1 1/2 fluid ounces
4 tablespoons	1/4 cup
5 tablespoons plus 1 teaspoon	1/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
1 cup	8 fluid ounces
2 cups	1 pint or 16 fluid ounces
2 pints	1 quart or 32 fluid ounces
4 quarts	1 gallon

# Thank You

## Thank You

The Love Cooking recipe book covers the favourite recipes from the Cooking in Harmony Project. The Project is based on the Sikh tradition of Langar. Langar is the term used in the Sikh faith for the community kitchen in a Gurudwara (Sikh Temple) where a free meal is served to all the visitors, without distinction of who you are or where you are from. The free meal is always vegetarian and the kitchen is maintained and serviced by community volunteers.

Near Neighbours funding has been instrumental in enabling the introduction of these dishes cooked as part of Langar to members of Beech Hill and Bury Park Deanery, the British Red Cross, Warden Hill Community Centre, William Austin Junior School, Penrose Roots, Recovery College, Roma Trust, the Link Centre, the GoodGym Luton, Sundon Park Baptist Church, Desi Arts Development Group and Luton Irish Forum members.

As well as learning how to cook their favourite Indian meals in authentic and traditional style, participants were able to share the experience of settling in Luton and forming friendships with each other.

These projects would not have been successful without the support of so many of our volunteers. I would like to take this opportunity to thank a few key individuals. The classes could not have gone ahead without the dedicated support of Mrs. Kamla Devi and Mrs. Kashmir Kaur, Mrs. Sunita Rani, Mrs. Anu Rani and Miss. Dilpreet Kaur. All who prepared meals, recipes and created an environment and teaching style appropriate in positive cross community interrelations.

Mr. Ram Parkash Mal, Mr. Ramesh Sondhi, Mr. Jarnail Singh, Mr. Surrinder Pall and Mr. Gurpal Chauhan for their timely organisational support. Finally, last but not least Mr. Sanjeev Kumar MBE who was instrumental in conceiving this project, establishing partnerships with external organisations and securing funding. We hope that this acts as an introduction to authentic Indian cooking and may you enjoy many delicious meals.

Happy cooking!

Mr. Bhagat Ram  
President  
Shri Guru Ravidass Sangat



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