



# Celebrating ancient grains

3 DAYS PROGRAM IN  
CULINARY ARTS

[www.avabodhahome.com](http://www.avabodhahome.com)



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# Celebrating Ancient Grains



**“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”**

J R R TOLKIEN

Come join us on this voyage of culinary discovery that will remind you that the most gratifying food is the least complex. Take a taste, feel the fare, take in the aroma, hear the crackle and see for yourself how endlessly delicious life is. The focus will be on learning to recognize a variety of ancient grains and to make these nutrient-packed nourishing nuggets a part of your daily meals. Be ready to cook and eat loads of fresh seasonal food, share recipes and food experiences, and of course, sing and dance! This programme is sure to change the way you eat, cook and think about food.



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Come armed with a recipe or two to share!  
And if you a glutton, No problem! Go gluten-free!



Millet has been consumed by humans for more than 8,000 years.

Did you know that 1 cup of cooked Amaranth contains 9gm of protein?



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# Itinerary

## DAY 1

- Welcome drink
- Introduction to ancient Indian grains
- Activities like games, quizzes, discussions
- Cooking dinner together
- Sharing Culinary Experiences like food nostalgia, food associations, likes and dislikes, food memories.

## DAY 2

- Introductions to spices -origin, use, benefit, references of food in ancient Indian texts.
- Cooking lunch together
- Baking with multi grains - savoury and sweet
- Cooking Dinner Together
- Dine and Chat about the journey of food, food wastage, good practices, etc.
- Sharing knowledge by exchanging personal recipes and learning from one another

## DAY 3

- Cook off Challenge between the two groups.  
(All the ingredients to be provided.)
- Post Cook Off Group Discussion
- Participant impressions
- Farewell

## EXPERIENCES INCLUDE:

- Bonfire evening
- Home Theater Movie Night
- Food-Photography shoot of your final meal cooked





# Mansa Pande

FACULTY & CULINARY COACH



AVABODHA, PANCHGANI