Bini Ludlow – An introduction to Spices
Bini Ludlow started up her own business Sweet Cumin, with just £200. Her passion for food and its origins made the journey to India all the more real in Bini’s tale of her travels.

Her resounding success has come to no surprise after sampling her tasty food, made all the more delicious with the aromas rising from her little camper stove set up for us in the hall of the Methodist church.
Sweet Cumin
Authentic Indian Cookery
with Bini Ludlow
My family come from this area
Mainly vegetarian thali

Northern India – Nann bread, Meat
Channa chatt

Influenced by Pakistan – kebabs

Punjabi style food - Sikh Community - Samosas

Street Food – pani puri

Sea food

Rice / Seafood / dosa, Coconut based food –
sambar with rice

Regional Food
What is a Curry?

Generic term

primarily employed in **Western culture** to indicate a **wide variety of dishes** originating in Indian, Pakistani, Bangladesh, Sri Lankan, Thai or other Southeast Asian cuisines.
Possibly originates from the word ‘Kori’ from Western Bengal

**Curry powder** - a commercially prepared mixture of spices, is largely a Western notion, dating from the 18th century

**Curry dishes** may contain meat, poultry, fish, or shellfish, either alone or in combination with vegetables. They may also be entirely vegetarian.

They may come as a *wet* or *dry* consistency.
Spices talk

- **Spices come from plants** grown in tropical and subtropical regions of the world and are **fragrant, aromatic plant** products. These could include the seeds, root tubers and bark.

- There are 100’s of spices

- Main Indian pantry spices –
  - Coriander and Cumin Powder 2:1
  - Garam Masala – (10 spices) usually ½ qty of coriander and cumin powder
  - Turmeric – flavour, colour
  - Chilli powder – heat (to taste)
  - Cumin Seeds – flavour
  - Cassia Bark – cinnamon family, flavour

Extra -
- Cloves
- Cardamom pods
- Tandoori powder – ready made mix can be bought from a supermarket
Cumin Seeds - *Jeeru*

- Seed of the coriander family
- India, Iran, Morocco, China, Russia, Japan, Turkey
- Couscous
- Rice
- Curries
- Stews
- Pies
- Drinks
- Stomach
- Colds / Fevers
- Soaps
- Perfumes
Coriander - Dharna

fragile seeds are the spice
fresh and fruity leaf
sweet, pine, pepper seed

garnish curries pickles soups

beauty aid
Vitamin A, B and C iron
Garam Masala – *Garam Masalo*

- Bay leaf
- Cumin seeds
- Coriander seeds
- Cinnamon
- Cloves
- Black pepper corns
- Cardamom pods
- Black cardamom pods
- Nutmeg
- Star Anise

10 spices blended together
tastes hot and aromatic

Curries- meat dishes
yogurt relish
Chillies and Powder – *Lal Marchu*

- green, red, dried
- mild to dynamite
- dairy products neutralise
- the heat

* savoury dishes avoid eyes
* vitamin A & C sore throats
Turmeric – Haldi/Hardar

Member of the ginger family
India is the largest producer
Herbaceous perennial

Fresh turmeric has a dull outer peeled it’s a golden - yellow root
Earthy sensual fragrance
**Used to enhance the flavours**
all of the ingredients

- meat dishes
- lentil
- vegetables
- preservative - pickles
- colour and taste
- steaming

paste as an antiseptic
for minor burns & wounds
Purify blood and sooth sinuses
Boiled with milk - coughs
Skin cleaning
Other Spices

Cassia Bark - Taj

- China produces the best quality
- Woody and bitter sweet
- Curries, rice
- Vegetable curries
- 5 spice - China
- Good for digestion
- Aromatherapy
- Furniture

Cloves

- Sri Lanka and India
- Aromatic, sharp tingling, woody and bitter
- Numb and warm sensation in the mouth
- Rice, meats, sweets

Cardamom

- Kerala India – Pods, Green, Black, Brown
- Queen of the spices (King Black Pepper)
- Sweet flavour, pleasant aroma
- Aromatic, can use as whole or the seeds
- Savoury or sweet dishes
There are **four** levels to choose from:

**Half day**, **Whole day** and **Tailored classes**

**What the Classes offer?**

- Informal and relaxed country kitchen environment
- Small class sizes (max of 4) classes from £85pp (join a group)
- Step by step; clear tuition
- Classes to suit all abilities and ages
- Equipment & Ingredients are provided
- Daytime and Saturday morning classes available
- Classes from 3hrs to full day
- Free recipe pack and spices to take home
- You take home the food you cook
Newsletter & Class Information

If you would like to receive a more information please leave your details on the clipboard

• Fancy doing something different and learn something new

Join a group:
• Wednesday 4th November - North Indian Adventure Course - 1 spaces
• Wednesday 25th November – Indian Food and Cider Paring Full Day Course- 3 spaces available
• Friday 11th December – North Indian Adventure Course – 3 spaces available

Or form your own group and book your own Session and date
Gift Ideas

Friendly hands on cookery lessons

What do you buy someone who has everything?
- Gift vouchers to the ‘value of your choice’
- Great for Birthdays or any special occasion
- Christmas Present

Homemade takeaways – Frozen or Fresh from £6.50

- Lamb and spinach curry Available as well £9 per portion
- Gujarati Toor dhal £5.50
- Deli Matar Paneer (Indian cheese and peas) £6.50
- Moghul Chicken curry £6.50 (demo today)

See what’s on offer
- Garam Masala - £6 a jar (it’s amazing)
- Spiced Apple and grape chutney £5 a jar
My ultimate Curry – Crab Curry on the beach in Goa
Media

Food Glorious Food

Danone, Sirona, teambuilding activities

BBC 2 Alex Polizzi Chefs on Trial

BBC 2 Harvest BBC 2

THE HUFFINGTON POST

Cook Vegetarian

relaxed recipes for the long weekend

Danone, Sirona, teambuilding activities
Thank you

Contact Bini Ludlow:

Address: The Barn, Clapton, Radstock, Somerset, BA3 4EB
Phone: 07961 320193
E-mail: bini@sweetcumin.co.uk

www.sweetcumin.co.uk

Testimonials

‘I know that anybody who likes a curry and thinks they cook 'a mean Indian' could certainly enjoy and gain from your cookery classes (do you have the recipe for Humble pie?) ‘ - Seb and Nick

‘Both Rich and I felt it was time and money VERY well-spent. Obviously it added a dimension for me being able to spend quality time with my son but there aren't too many experiences that a 76 year old and a 44 year old can enjoy together’ - Sheila

A recipe for success
Peasedown St John WI
Sweet Pease

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