



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.

*Prepare: Cook: Enjoy*

# Sweet Cumin

## Authentic Indian Cookery

### with Bini Ludlow



Northern India – Nann bread, Meat  
Channa chatt

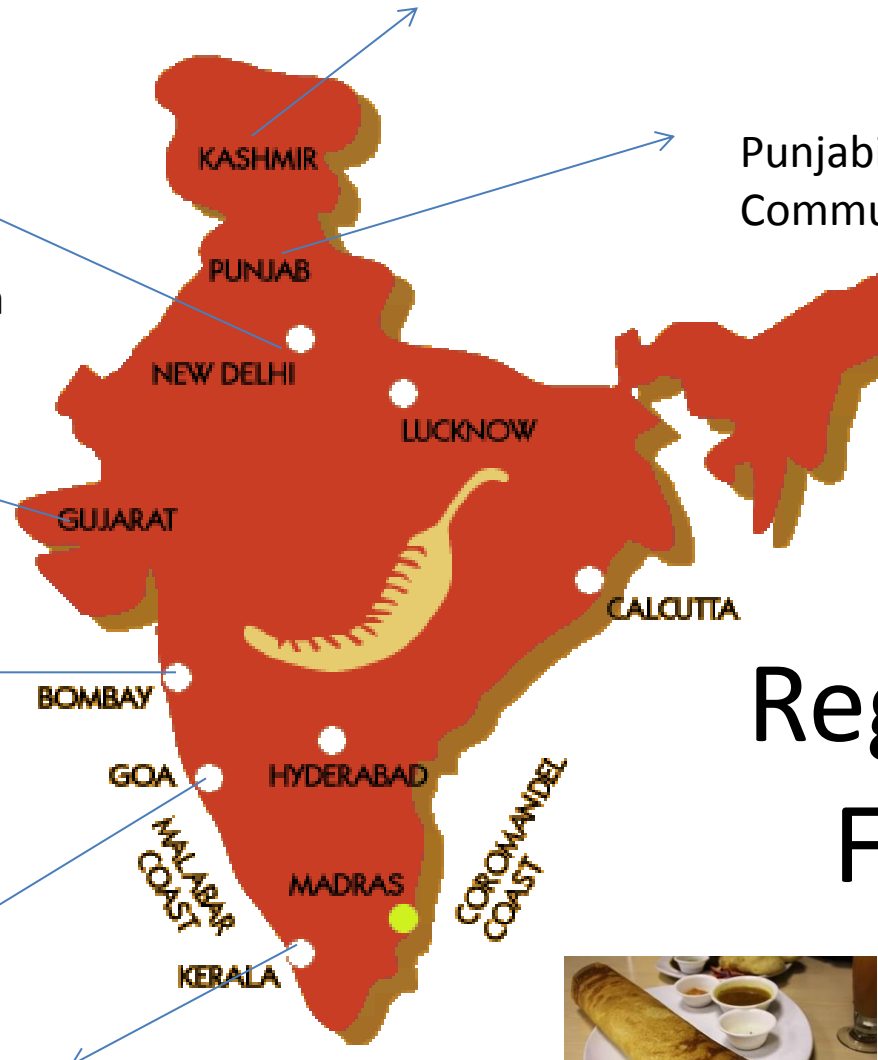


Influenced by Pakistan – kebabs

Punjabi style food - Sikh  
Community - Samosas



My family come from this area  
Mainly vegetarian thali



Street Food  
– pani puree



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, Bangladeshi, 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

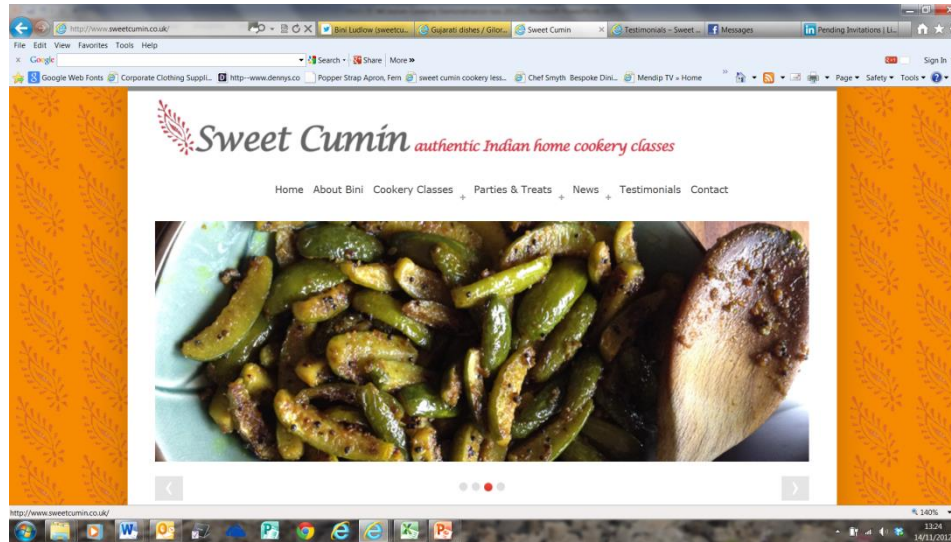
Sri Lanka and India

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

## 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 ( its amazing)**
- **Spiced Apple and grape chutney £5 a jar**





My ultimate Curry – Crab Curry on the beach in Goa



# Media

## Food Glorious Food



### THE HUFFINGTON POST



BBC 2 Harvest BBC 2



BBC 2 Alex Polizzi Chefs on Trial



Danone, Sirona, **teambuilding activities**

# Thank you



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## 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**

Sweet  
Pease



Sweet  
Pease



Sweet  
Pease



Sweet  
Pease



Sweet  
Pease



Sweet Pease





Sweet  
Pease



Sweet  
Pease

