

OCTOBER, 2007

VOLUME 1, ISSUE 2



274B 5th STREET  
DOWNTOWN COURTENAY, BC  
V9N 1J6  
PHONE: (250) 338-4404  
FAX: (250) 334-9906

'Beyond' THE KITCHEN DOOR



# BTKD FALL NEWSLETTER

## BTKD FOCUS ON CHEFS

# Not 'Simply Indian'

*TAHERA RAWJI STIRS UP THE KITCHEN*

For the past 11 years, Tahera Rawji has been sharing the secrets of spicy dishes from Pakistan, India and the Middle East in her popular cooking classes. She teaches her students not just to follow the recipes, but to really grasp the methods and flavours integral to Indian cooking. And while the methods need not be traditional, she aims to teach how to create authentic taste at home.

Tahera was born on the Island of Zanzibar, just off the coast of Tanzania. She was educated at a convent school in Dar-es-Salaam. She moved to Nairobi, Kenya to pursue her culinary education at the Insti-



*Tahera Rawji*

tute of Domestic Arts. She also briefly lived in Zaire before immigrating to Canada in 1972. In addition to her cooking classes, Tahera caters private functions and offers private, personalized cooking classes. The response from her many students and clients encouraged her to write a cookbook. With the help of her husband, and two grown children she collected her favorite recipes in *Simply Indian*.

Tahera lives in Richmond, BC, and enjoys traveling, hiking, gardening, entertaining and cooking. 'Beyond' the Kitchen Door is proud to welcome Tahera back for more of her immensely popular classes.

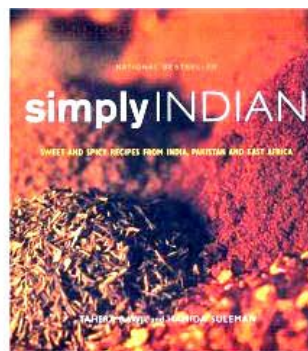
## How to Spice Up Your Life

*'BEYOND THE KITCHEN DOOR'* PRESENTS TAHERA RAWJI:



**Class : Monday, November 12 - 11:00—2:00 pm**  
Experience a flavour-filled journey as Tahera shares family culinary secrets from her book, full of subtle spicing, blended with bold texturing: Dahi

Vada, Sheesh Kebabs with Tomato Gravy, Masala Fish, Carrot Pickles (a condiment from Tahera's next cookbook), Rice with Sesame Seeds and Faluda, a traditional sweet drink served with the meal.



Call 'BEYOND' THE KITCHEN DOOR FOR REGISTRATION  
(250) 338-4404

**Complimentary Demonstration: Saturday, November 10 12-3pm**  
Meet Tahera as she shares her secrets of the dishes, spices and ingredients from India, Pakistan and the Middle East. This event is free and no registration is required.

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*from TAHERA'S Simply Indian:*  
**WHOLE GARAM MASALA**



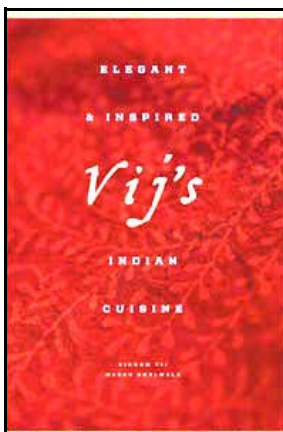
*Whole Spices will keep for up to a year.*

**INGREDIENTS:**

- 12 Whole Cloves
- 4 Sticks Cinnamon 2" long
- 2 Nutmegs—Broken into small pieces
- 2 Star Anise—Broken into small pieces
- 8 Cardamom pods
- 18 Black Peppercorns

**METHOD:**

Put all the ingredients in an airtight jar and keep it on your spice rack. It will keep for more than a year. Whole Garam Masala is usually used to flavour rice and is also used in some curries.



*'BEYOND' THE KITCHEN DOOR SHOPPING BASKET*

Looking for THAT HARD TO FIND ITEM?  
OR NEED TO KNOW WHAT YOU NEED TO HAVE FOR...

**Whole Garam Masala**

*What you can find at BTKD:*

**Whole Cloves:** Essential to

curry in ground form, whole they are added to cooking rice and tea, as well as chewed after a meal to freshen the breath.

**Whole Cardamom:** Add the pods (black or green)

to rice before cooking to impart a creamy, mild lemon-like flavor, or use ground in curry for sweet or savory dishes from meat to garbanzo beans.

**Whole Cinnamon:** Though we think of this as a baking spice in the West, it is used sparingly in curry, to spice tea, and whole or broken sticks are used to season cooking rice.

**Whole Nutmeg:** Popular in Western cooking for creamy dishes and desserts, it is used occasionally to add that same creamy nuttiness in curries, including those for spiced tea.

**Whole Star Anise:** The licorice-tasting seeds are used in both savory dishes and confections, as well as for chewing after meals as a digestive and breath sweetener.

All of those wonderful, hard-to-find Indian spices from Vij's popular cookbook are now in stock



**NEW TO BTKD: INDIAN COOKWARE**



Indian Idli plates

**Idli** is a steamed rice cake popular throughout South India. Idli plates are used to steam batter, made of black lentils and rice, into patties. A **TAVA**, also known as **TAWAH**, is a large, flat griddle made from cast iron, steel or aluminum. It is used to prepare roti or other breads including chapati, paratha, chaap, pao bhaaji or chaat. **Dhokla** is a fast food from Gu-

jarat. The dish can be made of ground chickpeas, soaked overnight and left for fermentation for four to five hours and then spiced by adding chile pepper, ginger, and baking soda. The **dhokla** is steamed for ten minutes in a dhokla pan and cut into pieces.

**Answer to: What is it?**  
A coconut scraper!

**SATURDAY COMPLIMENTARY DEMONSTRATIONS**

are free and no registration is required.

**OCTOBER, 2007**

**Saturday, October 20 – 1:00 pm – 4:00pm**  
Celebrate International Chef's Day with the President of the Northern V. I. Chef's Association, James Street as he prepares and serves plates of perogies with lots of sour cream, bacon and sauerkraut. Donations from this fundraising event will be shared with the food bank and Friends of We Care.  
**Saturday, October 27 – 1:00 pm – 4:00pm**  
Pipi Tustian offers a 'paint-in' for Fall Flavours

**NOVEMBER, 2007**

**Saturday, November 3 – 12:00 – 4:00 pm**  
Local publisher Ann Kask launches her 3<sup>rd</sup> cookbook – FISH as her latest fundraising publications for the Diabetic Assoc.  
**Saturday, November 10 – 12:00 – 3:00pm**  
Meet Indian chef Tahera Rawji author of *Simply Indian* as she shares her secrets of the dishes, spices and ingredients from India, Pakistan and the Middle East.  
**Saturday, November 17 – 12:00 – 3:00pm**  
Kristin Mills takes us into Christmas baking and decorating and shows how easily we can add a touch of elegance to our dessert table.  
**Saturday, November 24 – 12:00 – 3:00pm**  
Island View Lavender's Kathleen Kinasewich shows us the culinary wonders of lavender in today's aromatic demonstration - from lavender sugar and cream to shortbread and jelly.

**DECEMBER, 2007**

**Saturday, December 1 – 1:00 – 4:00 pm**  
Eric Akis chef, author and Time's Colonist food writer is hands down a favourite at BTKD. Today he demonstrates how festive finger foods are fun.  
**Saturday, December 8 – 1:00 – 4:00 pm**  
Sylvia Main owner of the award-winning historic Fairholme Manor Inn, Victoria launches her cookbook – *Fabulous Fairholme* at 'Beyond' the Kitchen Door today.  
**Saturday, December 15 – 1:00 – 4:00 pm**  
Ask a chef series begins – Chef David Lang is in the kitchen with tips and tricks to keep your holiday entertaining relaxed & fun.  
**Saturday, December 22 – 1:00 – 4:00 pm**  
Ask a chef series continues with Chef David Lang. He's in the kitchen to answer questions on Christmas baking, cooking and gift giving.