



RAVI @MHEK

COOKING EXPERIENCE



HOME COOKING -HOME PARTIES...

There is a fantastic opportunity to have fine dining experience at home with your own professional Qualified Chef as well as the opportunity to learn cooking in the comfort of your own home within the Henley-On-Thames and surrounding area. I help organise your stress-free home parties, by organising from prep, to cooking and presentation, be it Thai, Indian or Mixed Tapas, Cocktail menu, Gourmet sit down. Everything can be organised whilst you enjoy the peace and entertain your guests, knowing the food and kitchen is being taken care of by reliable and professionals.

Experience and explore the areas of cooking, which you have never experienced and want to surprise yourself and perhaps your friends.

Perfect idea for the parties for friends and family with my Finest Gourmet sit down Asian Menus.

Understand the whole concept and education of food and how simple it can be to make a healthier and positive difference to your life by making simple and small changes. The only thing that is stopping you is YOU.

~~MHEK~~

AUTHENTIC | FRIENDLY | INNOVATIVE | HEALTHY



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CELEBRATE INDIAN ODYSSEY WITH FAMILY & FRIENDS



Classic Indian Street food to Thai Culinary Experience to Super food cooking with great flavours and plenty of space for creativity & presentation, yet delicious and authentic. Try this fabulous Cooking Class and take home some wonderful food and recipes.

GOURNET MENU SELECTION

SAMPLE -STARTERS

*Vegetable Pakoras
Potato & Chickpea chaat
Saffron & Mango Drink
Lamb Kebaabs
Vegetable Pattys
Samosa
Fish Tikka*

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SAMPLE -MAIN COURSE

*Tarka Daal
Okra Bhaaji
Chicken tikka Masala
Goan Fish curry
Chicken Chettinad
Hydrabadi Chicken Biryani
Saag Aloo
Paneer Makhani
Khichdi
Lamb Rogan josh
Mix Vegetable curry
Pickle/chutneys/Raita
Pilav rice /Naan breads*

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THAI-TO-GO. SOUTH EAST ASIAN FEAST



GOURNET MENU SELECTION

SAMPLE-

Aromatic Fish Cakes
Vietnamese Paper Rolls
Tom Yum Soup
Chicken or Vegetable Dim sums
Garlic chilli Prawns
Massa man Curry
Chicken Penang Curry

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Classic Green Chicken Curry
Vegetable Red Curry
Morning Glory
Malaysian Nasi Goreng
Prawn Pad Thai
Vegan Pad Thai
Sweet 'n' sour fish
Cashewnut Chicken Curry
Aromatic Jasmine Rice

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SUPERFOOD RECHARGE



GOURNET MENU SELECTION

1. Hot Turmeric Anti- Inflammatory Latte
2. Crispy Kale Chips
3. Humus layer Lettuce sandwich
4. Turmeric & cacao Protein balls
5. Tamari roasted seeds & nuts
6. Mason Jar Power salad
7. Sushi rolls with pickled ginger
8. Ginger & Edamame Turmeric rice
9. Spirilizer salad Vegan pesto
10. Warm Lentil Salad

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NOTE: Bookings are essentials. Classes are subject to change

Contact me at rhsnutrition@gmail.com or 0759988 4210 to book. Majority of our ingredients are fresh & locally produce and organic, and we use local butchers for any of our meat produce. Vegetarians and vegans are welcome and there are plenty of choices and menu can be modified and design as per their needs. Please inform us for any allergies or intolerance in advance.

ALSO ASK FOR COOKING CLASSES VOUCHER BY EMAILING ME

WHAT PEOPLE ARE SAYING ABOUT RAVI'S COOKING CLASSES

“ A great way to spend Saturday morning & I learnt some useful tips! Lovely to meet everyone too. ”

-Libby, Reading

“Great idea! Lovely atmosphere, and the food turned out really well. Thank you Ravi! ”

-Jayne Johnson, Berkshire

What a fab morning cooking Thai - we loved it.

-Chris & Jo, Henley on Thames

Another fun evening, whilst learning how to cook healthy. Thank you Ravi

-Elaine, Marlow

Ravi, Thank you for the great cooking class, look forward to seeing you again very soon.

-AJ, Bucks

Such a fabulous cooking Course with all attention to details, perfectly executed. We cooked some of the best food ever. Thanks Ravi, you are a great teacher & all the patience.

-Katrina, Mark & Family, London

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