

Case Study – Roopa Parmar & 6 others

Date – December 2015

Time —2.30 hours



Recipe exchange

Roopa and six other members (Uparima, Chandra, Rashmi, Hansa, Manju and Lee) met at Roopa's house to learn Indian snacks.

Rashmi showed making Indian snacks, she made moulds in the shape of cones and fried them and filled them with filling made from peas mixed with spices. She had the special mould to make the cones. Everyone tried to make the pasty cones and fill them.

Uparima made Coconut rice – {re cooked rice was re boiled in coconut milk and then flattened in a tray and cut into pieces. Roopa made a sweet with vermicelli and milk.

This was a great success and everyone had a chance to learn and make pastry and had good time sitting together and exchanging ideas,

Uparima is now the champion if anyone would like to join this type of exchange although we have to keep the numbers to minimum for safety reasons.

Everyone enjoyed their time together and learned new recipes and techniques.