

# COOKING SESSION WITH THE CHEF

Niraamaya Culinary School was set up with an aim of bringing together and preserving traditional regional recipes. These recipes are shared with Niraamaya guests who wish to seek a deeper cultural immersion, and would like to take back more than just photographs and great memories. Our Chefs can create bespoke classes to include any dish that has delighted you during your stay.

Niraamaya Culinary School menus need to be pre-booked at least 24 hrs in advance and slots are subject to availability.

Rs 3000 per person ( Government Taxes as applicable)





## The Best of Travancore

Mussels Ularthiyathu

Crabmeat Rasam

Travancore Kingfish Curry

Ghee Rice

Pachadi

## Syrian Christian Specials

Carrot Pickle

Alleppy Fish Curry

Squid Pepper

Kappa

Banana Flower Thoran



## Kuttanadan Menu

Tomato Pickle

Crab Curry

Chicken Roast

Red Rice

Avial

## Southern Spice

Beef Coconut Fry

Meen Moilee

Coconut Rice

Pineapple Kaalan

Beetroot Pickle

## Inspired by Ammachi's Kitchen

Meen Pollichathu

Nadan Chicken Curry

Ullitheyal

Brinjal Pickle

Lemon Rice





## Nadan Kerala Menu

Multi Lentil Dosa

Coconut, Tomato Chutneys

Sambhar

Crab Curry

Fish Pickle

## From our Wellness Kitchen

Gravied Drumstick

Lentil curry

Tangy Bitter gourd masala

Jackfruit flour chapatti

Bamboo rice

## Ayurveda Menu

Cabbage Thoran

Nadan Cucumber curry

Pan fried Vendekkai

Black rice with drumstick

Millet bread