



NIRAAMAYA  
RETREATS

Niraamaya Cooking School Menus need to be pre-booked at least 24 hrs in advance and cost  
Rs 1500 per person [excluding Government taxes]

Each Hands on Cooking classes include Lunch and a Souvenir Recipe set.

Our Chef can also create bespoke classes to include any dish that has delighted you during your stay  
with us.



CINNAMON

### Menu 1

Travancore fish curry

Ghee rice

Pachadi

### Menu 2

Alleppy fish curry

Banana flower thoran

Carrot pickle



CLOVES



CARDAMOM

### Menu 3

Beef coconut fry

Meen moilee

Coconut rice

### Menu 4

Chicken roast

Red rice

Tomato pickle

### Menu 5

Nadan chicken curry

Lemon rice

Brinjal pickle



PEPPER



NUTMEG AND MACE

### Menu 6

Egg roast

Cabbage thoran

Kerala paratha

### Menu 7

Chicken stew

Pineapple elluserry

Appams



VANILLA ORCHID