



**ACCOMPLISHED COOK** Madhuri Anand is teaching a course at Cowichan Community Centre, passing on her talents on to eager students.

## Talented ethnic cook shares her good taste

By PHILIP WOLF

**DUNCAN** - Her cooking suits everyone's budget.

Madhuri Anand has brought her entertaining brand of teaching to the Cowichan Community Centre as part of its adult recreation program.

The effusive Anand is demonstrating her special brand of East Indian cooking, from savory and sweet desserts to chapatis, roties and pakoras.

She arrived from her native India in 1957 and began teaching both cooking and English at Malaspina College in 1969. Since then she has instructed various courses in "every imaginable type of cooking" -- from Chinese to western cultural cuisine.

"I enjoy teaching," said Anand. "I've met many new friends. I think the students make the class."

"Once they start my course, they get hooked," she continued. "I try to entertain while they're learning."

A vegetarian by choice, Anand is highly knowledgeable in the area of nutrition.

"When food is processed, it loses its nutritional value," she noted. "My cooking is very healthy, and there is no end to the variety of dishes you can prepare."

"My kids (now adults) once in

a while would have fast food," said Anand, smiling. "But I'm so fast anyway they would rather eat mine."

She explained that East Indian cooking need not be highly spiced, rich, time consuming or very expensive.

"It is creative cooking," she noted. "Mix your own ideas and create your own dish to suit your taste."

A traditional misconception regarding East Indian cooking is that it is laden with the curry.

"There is no such thing as curry in our Indian dictionary," explained Anand. "It is a name given to our cooking. Commercial curry is a blend of various spices, and could be any combination of quantity and quality."

"Coming from a hot country, we eat hot food to keep our blood thin," she continued. "Chilis are what makes the food hot, and you can hold them back to make the dish milder."

During the community centre course, Anand will share recipes and demonstrations with her students.

"I use all the frills," she said. "It's quite interesting."

Anand is in the process of writing a cookbook based upon her vast experience in the area of culinary art.