

## How To Get The Best Indian Food In Miami

By Lee Klein

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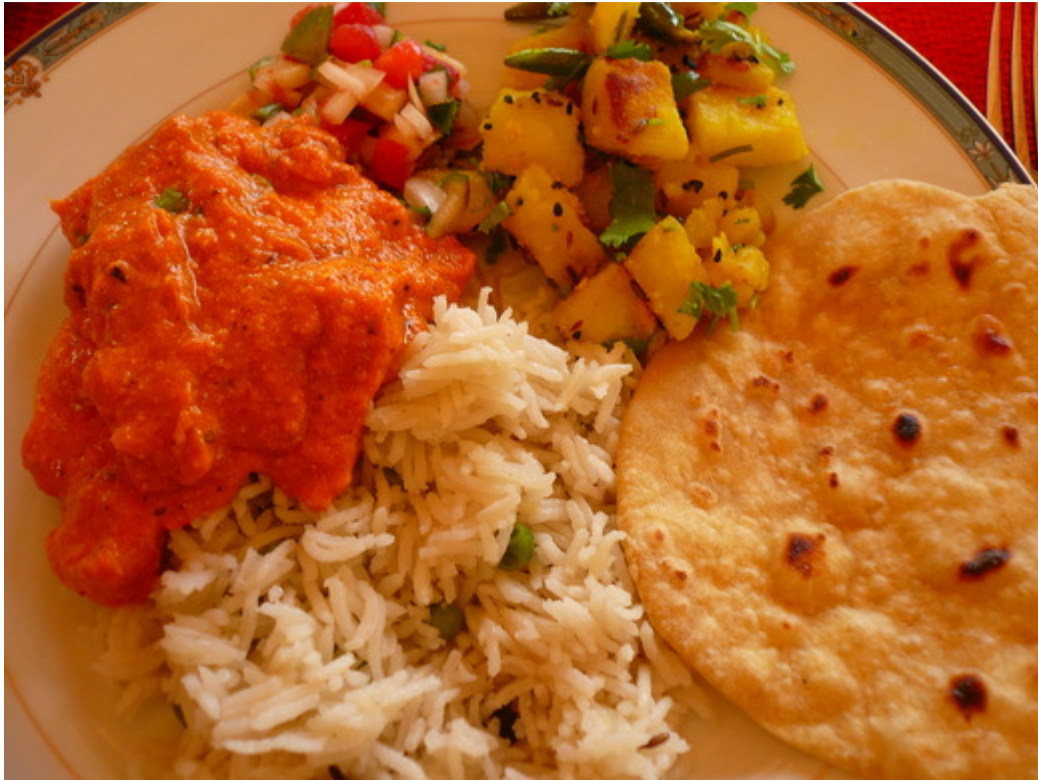


First thing you do is drive to East Kendall. Yes, I know that's not exactly Miami, but would you have read this if I said "Best Indian food in East Kendall?" I didn't think so.

Next you head to *Ayesha's Kitchen* to learn how to cook the best Indian food in Kendall or Miami. If she is home she'll likely answer the door with a startled look on her face and say "Who are you and what are you doing here?" That's because this is where Ayesha D'Mello and her family live, and she only gives classes on certain dates -- usually on a Saturday, two or three times a month. You have to reserve in advance.

This is why you should do so: Because Ms. D'Mello is a great Indian cook and is able to articulate

how to make great Indian food in easy-to-understand manner. I used to teach cooking classes, and anyone who has done so knows just how difficult it is to clearly impart cooking instructions while simultaneously preparing numerous dishes that come out perfectly. Think of a football linebacker with a clip-on microphone explaining to the stadium crowd how to run a play while he's running the play. Ayesha does it effortlessly, with grace and humor.



The theme of the courses differs from date to date -- from *Classic Indian* to *Vegetarian Delights* to *Murg Makhani and the Works*. I took that last lesson this past Saturday afternoon, along with a group of six women, four of whom were friends that lived in the area. The gatherings are friendly and informal, climaxing in an outdoor lunch together under a scenic tiki hut in the back yard -- where you get to eat the best Indian food in Kendall. And then you can return to your home kitchen and make the best Indian food in Miami.

Ayesha's cooking classes and catering gigs are worked in cahoots with her role as wife and mother of two. This is new territory in more ways than one for the Goa native: Prior to moving here with her family three-and-a-half years ago, she had previously earned her MBA in computer science and worked in Silicon Valley.







Our meal included, besides the makhani main course: *Bombay aloo*; *muttar basmati pilaf*; *kachumbar* (spiced cucumber/tomato salad); and a dessert of *seviyan kheer*, a sweet, aromatically spiced vermicelli pudding with almonds. Masala chai tea, too. Whole seeds, pods, dried peppers and spices are utilized, all of which Ayesha has packaged for purchase at a pittance of a price. Passion clearly comes before profits in this enterprise.

Next class, an evening event on Thursday, February 19th, brings *Flavors from the Beaches of Goa*. The one after, Saturday the 28th, is *All About Indian Breads*. To ask Ayesha any questions about the classes, or to reserve a seat, email her at [ayeshaskitchen@yahoo.com](mailto:ayeshaskitchen@yahoo.com). The \$75 fee includes class, meal, and printed recipes.