



**Press release
For immediate release**

**The Suffolk Food Hall celebrates National Curry Week
Become a Spice Alchemist!**

Suffolk spice-lovers can find out how to cook authentic dishes from the sub-continent on Thursday 11th October at the Suffolk Food Hall, from 10am - 1pm.

The cookery workshop, run by Ruth French of 'Spice Alchemy', coincides with National Curry Week (October 8th - October 14th).

"The class is open to anyone who would like to learn more about each spice and what it's used for, as well as how to make authentic Indian dishes, chutneys and breads. It's fun, easy and delicious," says Ruth.

As well as learning to prepare and cook the dishes, participants can take them home at the end of the £50 per-person workshop.

For bookings, visit <http://www.suffolkfoodhall.co.uk/> and click on the 'Spice Alchemy Workshop' at the right hand side of the page, or call the Suffolk Food Hall on 01473 786 610.

Notes to Editors

1. National Curry Week is now in its 15th year and exists to promote the cuisine, recognise the contribution of the ethnic communities to British cities and raise much needed funds for the malnourished and impoverished of the world through The Curry Tree Charitable Fund.

2. Ruth French is a freelance food & drink journalist probably best known for her contribution to the EADT Suffolk magazine where she is resident monthly writer. Over the years she has contributed to various regional and national publications as well as held post of editor for a Colchester-based business and lifestyle magazine. Ruth is also a talented cook and has garnered a thirty-year knowledge of the use of Spices and the world cuisines which use them, even teaching her skill to qualified chefs wishing to understand more about their use in Pan-Asian as well as in British cooking. Her website can be found at <http://www.spice.ruthfrench.com/>