

Freedom Refined Sunflower Oil presents Chef Puneet Kee Paathashala

2 day workshop on Vegetarian & Non-Vegetarian cooking

Hyderabad, 24th April, 2013: Freedom refined sunflower oil presents 'Chef Puneet Kee Paathashala' to offer participants valuable insights on Indian cooking and introduce them to fusion cuisine (Indian cooking with an international look).

The cooking workshop was organized today between 11am to 5pm at The Square Hyderabad Hotel, Begumpet. It offered an endless choice of exotic flavours and textures. Chef Puneet presented the use of traditional ingredients fused with contemporary taste to help create healthy, balanced and delicious food that would appeal to the most discerning palate. The participants were seen listening and observing the Chef keenly as he demonstrated the dishes. Some were seen taking down the useful tips shared by the Chef during the session.

Speaking on the occasion **Chef Puneet Mehta** said "People love Indian cuisine and want to learn how to prepare these delicacies with an international look. In my workshop today I have demonstrated many exotic recipes for my participants. My goal is to share with them a memorable cooking experience by bringing in creativity and taste. I believe that well prepared dishes not only please our body but relax the soul as well! I am thankful to Freedom Refined Sunflower oil for supporting this workshop."

According to **Mr. P. Chandra Shekhara Reddy**, Vice president – Sales Marketing, Freedom Refined Sunflower oil said, Freedom has a long association with Chef Puneet Mehta and we are proud to sponsor this workshop today. Women taken keen interest in cooking and they always strive to learn how to prepare tastier and healthier dishes. We are happy to have organised a workshop on Fusion Cuisine. Lots of women have got a chance to learn how to make their Indian food with an international look and feel."

About Freedom Refined Sunflower Oil

Freedom Refined Sunflower Oil promotes 'guilt-free eating' and its brand promise is captured by its tagline 'Freedom to eat, Freedom to enjoy'. It is a premium quality Sunflower oil and currently ranks No. 2 by market share in the Sunflower Oil category in both Odisha & Andhra Pradesh (Source: Nielsen Retail Audit Data Q2 2012). Freedom Sunflower Oil is clear, lite and low-absorbing and has been fortified with Vitamins A & D. It is also rich in naturally occurring Vitamin E. Its low absorbing property allows you to cook more food in less oil. It is thus a healthier choice for the entire family.