

Thank You



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Meet Manju Malhi, Cookery Author & Volunteer



Open Age caught up with Manju as she was enjoying her morning tea and porridge. On a Saturday – in normal times – Manju would have been off to an exercise class and then teaching cookery before a well-deserved rest. Feet up and most likely reading and scribbling down ideas for another recipe.

Manju was teaching women at [Akāдеми](#) in Camden about healthier cooking with fresh ingredients as a way of improving health conditions such as Diabetes, High Blood Pressure, Heart Disease and combating Obesity. As luck would have it, one of the Akāдеми Coordinators referred her to Open Age. This was the beginning of our good fortune. That was back in 2016.

One trial session has led to hundreds of sessions. The kitchen at Open Age's Second Half Centre transforms into a pop-up Jamie Oliver-type Cookery School with Restaurant (for Members and Staff). Fortunately, there is something for everyone; International Cookery takes place on Mondays, followed by the [Men's Space](#) Cookery Session on Wednesdays.

Long before Corona, Manju taught her Cookery Classes all about handwashing. **She is delighted that her emphasis on Food Hygiene and repeated handwashing is paying off in more ways during the Corona Crisis.** And so, after all the **handwashing** - prepping – **handwashing** - cooking whilst learning about different foods and their health benefits, comes the **handwashing** - sitting, eating and chatting. This is the bit when Open Age Staff can be seen hovering for a taste of some delicious food. Manju admits that there are some students “at the back of the class”. The types that do disproportionately more eating and chatting than cooking *smile*. All welcome. She loves them all, equally!

Before Open Age, Manju used to use her voice on the BBC through the 90s and early 2000s. However, as an Author and Foodie at heart, she yearned for an outlet to share “Food Stories” as she explains. Manju has now authored quite a few Indian Cookery Books and over the years has moved on to focus on healthier versions of Regional Indian Cuisine. Thankfully, her students can follow up at home with her books; [Everyday Healthy Indian Cookery](#) and [Easy Indian Cookbook: Over 70 Deliciously Simple Recipes](#).

Open Age celebrates Manju this week and always for her commitment to transforming the lives of older people from within. An advocate for the undeniable benefits of preparing and eating good, healthy food and the occasional treats. Open Age is fortunate to have Manju as part of our community and to be beneficiaries of her next Cookery Book. Watch this space!

Manju, on behalf of Open Age Members & Staff

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