



## I. Planning of cooking classes for domestic helpers

|                                   |                     |                                  |
|-----------------------------------|---------------------|----------------------------------|
| Tuesday October 18 <sup>th</sup>  | 9.30 am to 12.30 pm | Workshop Gratin                  |
| Tuesday October 25 <sup>th</sup>  | 9.30 am to 12.30 pm | Workshop Cooking with wine       |
| Thursday October 27 <sup>th</sup> | 1.30 pm to 4.30 pm  | <i>Program to be confirmed</i>   |
| Friday October 28 <sup>th</sup>   | 9.30 am to 12.30 pm | <i>Program to be confirmed</i>   |
| Monday October 31 <sup>st</sup>   | 9.30 am to 12.30 pm | Workshop Dairy cream in desserts |

See the details of each workshop in the program below.

## II. Programs confirmed

### Tuesday 18<sup>th</sup> October – 9:30am to 12:30pm : Workshop Gratin

#### The recipes:

- Classic Lasagna
- Fish Gratin
- Cauliflower Gratin
- French custard for fresh fruits desserts

The know how :  
*Using flour or corn flour in sauces*

### Tuesday 25<sup>th</sup> October 9:30am to 12:30pm : Workshop Cooking with wine

#### The recipes:

- Starters with cooked vegetables (asparagus, beetroot, leaks)
- Beef burgundy
- Onion jam
- Desserts with fruits (mango mousse, pineapple in vanilla syrup, pears cooked in wine)

The know how :  
*French vinaigrette and its variants*  
*Choosing a wine for cooking ;*  
*Slow cooking for meats ;*

### Monday 31<sup>st</sup> October 9:30am to 12:30pm : Workshop Dairy cream in desserts

#### The recipes:

- Honey baked apples with whipped cream ;
- Pana Cotta;
- Ice cream without icecream maker ;
- Vanilla flavored Mascarpone cream on a French cookie ;

The know how :  
*Choosing a dairy cream ;*  
*Whipping cream ;*  
*Whipping egg whites ;*



**Other workshops for the month of October:**

**Thursday 27<sup>th</sup> October from 1:30 to 4:30 PM**

**Baking workshop to be chosen from the following:**

**Basic cakes :**

- **Brownie;**
- **Light cake with yogurt ;**
- **Banana cake ;**

**The know-how :**  
*Choosing a chocolate ;*  
*Choosing a plain yogurt ;*  
*Working a dough ;*

**Cakes for desserts :**

- **Long cake with pears and caramel ;**
- **Rolled cake stuffed with jam ;**
- **Chocolate-almond cake ;**

**The know-how :**  
*Choosing a chocolate ;*  
*Beating eggs whites ;*  
*Working with beaten egg whites ;*

**The cookies-like :**

- **Financiers (almond pastry);**
- **Chocolate chip Cookies;**
- **French butter cookies ;**

**The know-how :**  
*Using a pastry cutter;*  
*Choosing a butter for pastry;*

**Dough for puffs :**

- **Puffs with sugar or caramelized;**
- **Profiteroles with chocolate;**
- **Cheese puff cake ;**

**The know how :**  
*Making a caramel;*  
*Choosing a chocolate ;*  
*Choosing a shredded cheese;*

**Muffins:**

- **Muffins with berries;**
- **Muffins with chocolate chips;**
- **Muffins with cereals and dried fruits ;**

**The know how :**  
*Choosing white or brown sugar ;*  
*Monitoring the baking;*

**Friday 28<sup>th</sup> October from 9h30 AM to 12h30 PM**

**French cooking workshop to be chosen from the following**

**With a pork filet:**

- **Starters with mayonnaise (Tuna mouss, Mimosa eggs)**
- **Pork filet with mustard ;**
- **Ratatouille provençale (braised mediterranean vegetables)**
- **Vanilla flavored Crème brûlée**

**The know-how :**  
*Homemade French mayonnaise and its variants*  
*Slow cookig for meats and vegetables ;*

**With a fish filet:**

- **Starters with mayonnaise (Tuna mouss, Mimosa eggs)**
- **Stingray or white fish with lemon warm sauce ;**
- **Green beans mashed ;**
- **Fruit Crumble;**

**The know-how :**  
*Working a cold emulsion ;*  
*Working a warm emulsion ;*  
*Homemade fish stock;*



## Cooking Classes for domestic helpers with the h.e.l.p. agency

### Our mission :

We teach and train domestic helpers cooking skills of French and Asian inspiration adapted to the daily needs of a Western family with children.

### Our objectives :

- Teaching our students family daily cooking through basic recipes of European inspiration : formatted for beginner level (with a minimum of 3 different recipes per module);
- Teaching some simple Asian recipes that can fit into a Western diet ;
- Teaching some essential principles of food hygiene;
- Teaching some basic principles of a balanced diet ;
- Teaching food presentation tips ;

### Our classes :

- Hands-on cooking workshops, each session lasting 3h00 in the privacy of a kitchen;
- Each session explores the techniques of 3 different dishes and their variants ; each student learns how to prepare each of the proposed recipes;
- All ingredients and cooking needs are provided ;
- All the food prepared can be eaten in-house at the end of class (add another 30 minutes after the end of class for food tasting!);
- The recipes are given in writing to the students at the end of class;
- Classes are taught in English only;
- The program and content of each workshop is provided upon request prior to the registration;

### Price list :

|   |                  |
|---|------------------|
| Per hour  | 35.00 SGD        |
| <b>1 workshop (3 hours)</b>                               | <b>99.00 SGD</b> |
| Package of any 3 workshops (total of 9 hours of class)*   | 270.00 SGD       |
| Package of any 6 workshops (total of 18 hours of class)** | 500.00 SGD       |

\* French bread making technique and recipe offered with the purchase of a 3 workshops package ;

\*\*Yogurt and French bread making techniques and recipes with the purchase of any package of 6 workshops;