

## PLANNING OF COOKING CLASSES – DECEMBER 2011

Tuesday December 13 <sup>th</sup>	9.30 am to 12.30 pm	A taste of Provence (3 course workshop)
<ul style="list-style-type: none"> <li>• Fresh tomatoes and cucumbers stuffed with a light tuna mousse;</li> <li>• Pork filet Provence style ;</li> <li>• Zucchini and eggplants top baked with pesto ;</li> <li>• Lavender flavored cream dessert (Panacotta);</li> </ul>		<p><b>The Know-How :</b>  <i>Dressings with yogurt for cold starters ;            Slow cooking for meats and vegetables ;            Flavoring a cream ;</i></p>
Thursday December 15 <sup>th</sup>	9.30 am to 12.30 pm	Béchamelle folies (3 course workshop)
<ul style="list-style-type: none"> <li>• Mini Croque-Monsieur on lettuce;</li> <li>• Mussaka (egg plants and beef gratin);</li> <li>• French pancakes stuffed with Chocolate béchamelle;</li> </ul>		<p><b>The Know-How :</b>  <i>Cooking flour and butter to make a sauce;            Choosing egg plants;            Dough for French pancakes (crêpes)</i></p>
Tuesday December 20 <sup>th</sup>	9.30 am to 12.30 pm	Glasses and finger bites (Christmas & Party Workshop)
<ul style="list-style-type: none"> <li>• <b>Food in a tiny glass</b> such as (but not limited to!) avocado &amp; Gravelax salmon; zucchini crumble; salmon rillettes; prawn mouss on a bed of red lentils; pumpkin velouté topped with bacon whipped cream;</li> <li>• <b>Finger bites such as (but not limited to!):</b> herbs_&amp; garlic financier; bruschetta; melon balls with smoked ham; fresh spring rolls; salmon sashimi &amp; wasabi stuffed puff cake; spreads on blinis</li> </ul>		<p><b>The Know-how :</b>  <i>The purpose of this class is to learn how to make great presentation of food with simple ingredients;            A few very simple recipes may be taught (Gravelax, salmon rillettes, prawn mouss...)</i></p>

**Wednesday December 21<sup>st</sup>**

**2.00 am to 5.00 pm**

## The great Christmas log cake

*(Baking workshop)*

- **Christmas log cake stuffed with butter cream, spread with butter cream and nicely decorated :**
  - each student makes her own log cake for 8 persons
  - she brings her log cake back home;
  - log cake can be frozen until Christmas or New Year eve;
  - Choice of taste of butter cream for stuffing and topping: 2 flavors to be chosen among chocolate, vanilla, coffee, salty buttered caramel, raspberry, lemon, orange (Choice to be given upon registration);
  - Price of workshop is **120 SGD**;



### **The Know-how :**

*Butter cream (2 methods);  
Basic French sponge cake (biscuit de Savoie)  
Decoration of a cake*

**Bon Appétit!**



## 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;