



I. Planning of cooking classes for domestic helpers

Friday January 20 th	9.30 am to 12.30 pm	<i>Lucky cookies for Chinese New Year</i>
Thursday January 26 th	9.30 am to 12.30 pm	<i>HPLC Healthy salads</i>
Friday January 27 th	9.30 am to 12.30 pm	<i>The best of Salmon</i>
Tuesday January 31 st	9.30 am to 12.30 pm	<i>Flavors from Cambodia</i>
Thursday February 2 nd	9.30 am to 12.30 pm	<i>French Crepes</i>
Tuesday February 14 th	9.30 am to 12.30 pm	<i>Surprising Apples</i>
Thursday February 16 th	9.30 am to 12.30 pm	<i>Mussels follies'</i>
Tuesday February 21 st	9.30 am to 12.30 pm	<i>M&Ms : Marvelous Mushrooms</i>
Thursday February 23 rd	9.30 am to 12.30 pm	<i>Chicken off the rails</i>

II. Former programs

Gratins

The recipes:

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

The know how :

Using flour or corn flour in sauces

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 ;*



Dairy cream in desserts

- 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 ;*

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;*

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.i.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
1 workshop (3 hours)	99.00 SGD
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;