


PLANNING OF COOKING CLASSES – JANUARY 2012

The recipes named here are indicative; depending on the availability of the ingredients, they may be changed at the last minute. However, the knowhow and the subject will remain as indicated in the table below for each class.

Friday January 20 th	9.30 am to 12.30 pm	Lucky cookies for Chinese New Year
<ul style="list-style-type: none"> • Financiers (bullion-shaped almond tea-cakes); • Chinese butter cookies ; • Chocolate Viennese fingers ; • Chocolate chip cookies; • Kaffir lime cookies 		<p>The Know-How : <i>Working with butter: combining butter to a dough ; Separating egg whites from egg yolks; Using the rind of a fruit;</i></p>
Thursday January 26 th	9.30 am to 12.30 pm	HPLC Healthy salads (High Prot & Low Carbs)
<ul style="list-style-type: none"> • Seafood salad; • A zucchinis & Chicken salad with an Italian touch; • A white & green vegetable salad; • Grapefruit salad; • Sautéed chicken livers with a selection of green leaves 		<p>The Know-How : <i>Understanding what proteins and carbs are; Hygiene and preparation of seafood; Choosing zucchinis; Making various dressings;</i></p>

Friday January 27th	9.30 am to 12.30 pm	The best of salmon
<ul style="list-style-type: none"> • Cold salmon with a watercress sauce; • Gravelax salmon (<i>slow cooking with salt and no fire – Tastes like smoked salmon</i>) • Salmon rillettes (spread); • One side grilled salmon with a mousse of leeks (<i>inspired by 3-star chef Michel Guerard</i>) 		<p>The Know-how : <i>Choosing a fresh salmon; No stove cooking using salt; The art of spreads; Technic for high fire frying; Choosing leeks;</i></p>

Tuesday January 31st	9.30 am to 12.30 pm	Asia in our plates: Flavors of Cambodia
<ul style="list-style-type: none"> • Khmer green mango salad; • Chicken curry with Kampott pepper seeds; • Sticky rice balls stuffed with sugar candies or chocolate chips; 		<p>The Know-how : <i>Cambodian spices; Preparation of green mangos; Sticky rice flour use;</i></p>

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
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;