


## PLANNING OF COOKING CLASSES – FEBRUARY 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.*

<b>Thursday February 2<sup>nd</sup></b>	<b>9.30 am to 12.30 pm</b>	<b>French crepes</b> <i>(French traditional pancakes made on the day of Candlemass)</i>
<ul style="list-style-type: none"> <li>• Zucchini &amp; Ham stuffed crepes top grilled with Swiss cheese;</li> <li>• Coconut and marinated chicken stuffed crepes;</li> <li>• Classic sugar crepes;</li> <li>• Banana and chocolate sauce crepe;</li> </ul>		<b>The Know-How :</b> <i>Technic of crepes dough;</i> <i>Learning 2 kinds of dough for crepes: plain and sweet;</i> <i>Choosing a chocolate for cooking;</i>
<b>Tuesday February 14<sup>th</sup></b>	<b>9.30 am to 12.30 pm</b>	<b>Surprising apples</b>
<ul style="list-style-type: none"> <li>• Chilled cucumber soup with green apples ;</li> <li>• Caramelized pork filet with apples;</li> <li>• Apple and pear chutney;</li> <li>• Apple crumble with raisins</li> </ul>		<b>The Know-How :</b> <i>Learning the different sorts of apples;</i> <i>Peeling and clearing the centre of an apple;</i> <i>Caramelizing a meat;</i> <i>Slow cooking for tenderness of meat;</i> <i>Baking with butter</i>

<b>Thursday February 16<sup>th</sup></b>	<b>9.30 am to 12.30 pm</b>	<b>Mussels follies'</b> <i>(This class might be canceled if the season of mussels is over)</i>
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- Mussel salad (starter or main dish);
- Stuffed and grilled mussels;
- White wine and cream mussels soup and its many variants;



**The Know-how :**  
*Choosing mussels;  
 Choosing a white wine for cooking;  
 Combining plain dairy cream to make a sauce;*

<b>Tuesday February 21<sup>st</sup></b>	<b>9.30 am to 12.30 pm</b>	<b>M&amp;Ms: Marvelous Mushrooms</b>
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- Bananas and button head mushrooms salad;
- Stuffed and top grilled mushrooms;
- Pastas seasoned with a mushroom sauce;



**The Know-how :**  
*Sorts of mushrooms available in Singapore;  
 Preparing a meat and veggie stuffing;  
 Choosing shredded cheese for top grilling;*

<b>Thursday February 23<sup>rd</sup></b>	<b>9.30 am to 12.30 pm</b>	<b>Chicken off the rails</b>
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- Chicken and olive terrine (and its variant);
- Chicken and orange salad;
- Chicken olive stuffed with pesto;



**The Know-how :**  
*Sorts of mushrooms available in Singapore;  
 Preparing a meat and veggie stuffing;  
 Choosing shredded cheese for top grilling;*

**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 ;
- At the end of class, the students have a free meal offered which allows them to taste what they have just prepared (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 on laminated sheets;
- 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;