



I. Schedule of cooking classes for domestic helpers

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

(see former programs on next page)



II. Former programs – Maybe re-scheduled upon request as soon as a group of 3 students is interested

Gratins

- 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

- 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 for kids :

- 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 ;*

Favorite cookies:

- 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: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Starters with mayonnaise (Tuna mouss, Mimosa eggs)• Pork filet with mustard ;• Ratatouille provençale (braised mediterranean vegetables)• Vanilla flavored Crème brûlée	The know-how : <i>Homemade French mayonnaise and its variants</i> <i>Slow cookig for meats and vegetables ;</i>
From the fish market: <ul style="list-style-type: none">• Starters with mayonnaise (Tuna mouss, Mimosa eggs)• Stingray or white fish with lemon warm sauce ;• Mashed green beans;• Fruit Crumble;	The know-how : <i>Working a cold emulsion ;</i> <i>Working a warm emulsion ;</i> <i>Homemade fish stock;</i>
A taste of Provence (3 course workshop) <ul style="list-style-type: none">• Fresh tomatoes and cucumbers stuffed with a light tuna mousse;• Pork filet Provence style ;• Zucchini and eggplants top baked with pesto ;• Lavender flavored cream dessert (Panacotta or Crème brûlée);	The Know-How : <i>Dressings with yogurt for cold starters ;</i> <i>Slow cooking for meats and vegetables ;</i> <i>Flavoring a cream ;</i>
Béchamelle folies (3 course workshop) <ul style="list-style-type: none">• Mini Croque-Monsieur on lettuce;• Mussaka (egg plants and beef gratin);• French pancakes stuffed with Chocolate béchamelle;	The Know-How : <i>Cooking flour and butter to make a sauce;</i> <i>Choosing egg plants;</i> <i>Dough for French pancakes (crêpes)</i>
Glasses and finger bites <ul style="list-style-type: none">• Food in a tiny glass such as (but not limited to!) avocado & Gravelax salmon; zucchini crumble; salmon rillettes; prawn mouss on a bed of red lentils; pumkin velouté topped with bacon whipped cream;• Finger bites such as (but not limited to!): herbs_& garlic financier; bruschetta; melon balls with smoked ham; fresh spring rolls; salmon sashimi & wasabi stuffed puff cake; spreads on blinis	The Know-how : <i>The purpose of this class is to learn how to make great presentation of food with simple ingredients;</i> <i>A few very simple recipes may be taught (Gravelax, salmon rillettes, prawn mouss...)</i>
Baking Workshop : « A World Tour of cookies » <ul style="list-style-type: none">• Financiers (French almond tea-cake);• American Chocolate chip Cookies;• Brittany butter cookies;• German Christmas shortbreads;	The Know-how : <i>Using a pastry cutter;</i> <i>Choosing a butter for pastry;</i>



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;