



## Private Thai culinary cooking class

Our Thai culinary cooking class is designed to give an introduction to Thai cooking in a relaxed atmosphere where you can enjoy our cooking course by course. Enjoy your afternoon with one of our Thai chef to carefully guide you through your selected dishes. After you have made each course you can relax in The Restaurant to enjoy and experience your own creations.

All cooking class inclusive of

- Personal Thai Chef to instruct the class
- Culinary Amatara apron
- Thai recipes which we send to you via email

Price

- 1 course @ 1500 ++ per person, time about 45 minutes
- 2 course @ 2000 ++ per person, time about 1 hour
- 3 course @ 2500 ++ per person, time about 1 ½ hour

Private Thai culinary cooking class dishes

- **Som Tum Talay** – Thai spicy green papaya salad with seafood
- **Yum Nua Samun Prai** – Thai spicy beef & Thai herb with red chili paste
- **Tom Kha Gai** – Thai coconut milk soup with chicken & Thai herbs
- **Tom Yum Goong** – spicy prawn soup with lime & chili
- **Panaeng Goong Curry** – big prawns with dry red curry sauce
- **Gai Phad Med Mamuang** – chicken with cashew nuts
- **Gaeng Kiew Wan Gai** – green curry with chicken
- **Phad Thai Gai** – stir fry glass noodle with chicken
- **Kluay Buard Chee** – banana steam pot with light coconut syrup
- **Mango with sticky rice**

Please note

- Available time will be at 2 pm onwards
- 24 hours advance reservation is required
- 50% Cancellation fee apply in case of cancellation less than 12 hours of cooking class time
- If for 2 person, than for each course (soup or salad / main course / dessert) will have to be the same item so as to allow the chef to be able to coordinate accordingly

For reservation please contact '0' or at our reception



## Private Raw culinary cooking class

Our Raw culinary cooking class is designed to give an introduction to a healthier way of cooking in a relaxed atmosphere where you can enjoy our cooking course by course. Enjoy your afternoon with one of our Chef to carefully guide you through your selected dishes. After you have made each course you can relax in The Retreat to enjoy and experience your own creations.

All cooking class inclusive of

- Personal Wellness Chef to instruct the class
- Culinary Amatara apron
- Wellness recipes which we send to you via email

Price

- 1 course @ 1500 ++ per person, time about 45 minutes
- 2 course @ 2000 ++ per person, time about 1 hour
- 3 course @ 2500 ++ per person, time about 1 ½ hour

Private Thai culinary cooking class dishes

- **Avocado and Zucchini** - tomato/ basil/ hemp seed oil / olive oil/ lemon juice
- **Seaweed** - lettuce/ kale/ beetroot/ carrot/ miso sesame dressing
- **Pad Thai** - kelp noodles/ zucchini/ carrot/ cabbage/ peppers/ cashews/ peanut sesame dressing
- **Taco Boats** - guacamole/ cashew cheese/ walnut mince/ tomato salsa/ rainbow veggies
- **Spaghetti and 'Beet-balls'** - spiralized zucchini/ raw herbed tomato sauce/ seedy herbed beetroot balls
- **Pesto Lasagna** - cashew cheese/ tomato sauce/ basil pistachio pesto/ walnut mince/ vegetable sheets
- **Hale Nutty Slice** - cashews / tahini caramel/ crunchy peanuts/ raw chocolate
- **Carrot Cake** - coconut/ dried pineapple/ dates/ cinnamon/ cashew frosting
- **Banana Cupcakes**- cashews/ walnuts/ almonds/ dried banana/ cashew banana frosting

Please note

- Available time will be at 2 pm onwards
- 24 hours advance reservation is required
- 50% Cancellation fee apply in case of cancellation less than 12 hours of cooking class time
- If for 2 person, than for each course (soup or salad / main course / dessert) will have to be the same item so as to allow the chef to be able to coordinate accordingly

For reservation please contact '0' or at our reception



## Private Wellness culinary cooking class

Our Wellness culinary cooking class is designed to give an introduction to a healthier way of cooking in a relaxed atmosphere where you can enjoy our cooking course by course. Enjoy your afternoon with one of our Chef to carefully guide you through your selected dishes. After you have made each course you can relax in The Retreat to enjoy and experience your own creations.

All cooking class inclusive of

- Personal Wellness Chef to instruct the class
- Culinary Amatara apron
- Wellness recipes which we send to you via email

Price

- 1 course @ 1500 ++ per person, time about 45 minutes
- 2 course @ 2000 ++ per person, time about 1 hour
- 3 course @ 2500 ++ per person, time about 1 ½ hour

Private Thai culinary cooking class dishes

- **Zucchini and Avocado** -vine tomato/ cucumber/ buckwheat/ sunflower sprout
- **Goddess Salad** - salad green/ avocado/ cucumber/ tomato/ walnut / coconut & lime dressing
- **Poached Prawns & Quinoa** - pickled cucumber/ tomato/ coriander/ fennel/ ginger & ginseng dressing
- **Organic Green** - broccoli/ baby Spinach/ kale/ potato/ leek/ hemp seed oil
- **Miso and Soba Noodle Soup** - mixed mushroom/ tofu/ seaweed/ miso/ soba noodle
- **Mango and Chicken** - mango salad/ chicken breast/ roasted peanut/ red chili/ coriander/ shallot
- **Gaeng Kiew Wan - vegetable** - Thai green curry/ pea eggplant/ chili/ Thai basil
- **Thai Red Curry Soba Noodles** - shemji mushroom/ oyster mushroom/ eryngii mushroom/ tofu
- **Dairy Free Mango Cake** - mango/ almonds/ coconut oil/ young coconut
- **Dairy Free Chocolate Tart** - coconut nectar/ raw cacao/ cashew nut

Please note

- Available time will be at 2 pm onwards
- 24 hours advance reservation is required
- 50% Cancellation fee apply in case of cancellation less than 12 hours of cooking class time
- If for 2 person, than for each course (soup or salad / main course / dessert) will have to be the same item so as to allow the chef to be able to coordinate accordingly

For reservation please contact '0' or at our reception