

# Culinary Adventures Pte Ltd

**E-NEWSLETTER**  
OCTOBER - DECEMBER 2010

October 2010

## **Traditional Medicine Expo @ Suntec**

*Modernising traditional medicine cooking*

Lifestyle Chef Irene Jansen was engaged to conduct a 2 day live demonstration at the TM Expo 2010 on the 16 and 17 of October 2010. Irene used a mix of common and traditional medicinal herbs to concoct these simple dishes that is quick and easy to prepare. She also incorporated an *East meets West* theme by mixing Asian flavors with Western methods of serving the dishes to change the mindsets of the modern day domestic cook and introduce new ways of adding goodness of traditional herbs to everyday cooking.

On Day 1, Chef Irene focused on *TCM* and demonstrated a **Braised Chicken Stew with Traditional Chinese Herbs served with *Man Tou***. The other dish was a **Ginger Cod Fish with Cordyceps & Wolfberries served with Brown Basmati Rice** which is a meal on its own.

On day 2, Irene Jansen tapped into the goodness of *Ayurvedic* herbs and spices to whip up a nourishing soup that helps in detoxifying and strengthening the immune system. She demonstrated ***Kicharee***, which is a popular Indian remedy also known as the “Comfort Soup” of India. It’s made from rice and split mung beans seasoned with an array of Indian spices such as ginger, cumin and turmeric. The addition of vegetables such as Amla (Indian Gooseberries) and carrots makes this dish wholesome on its own. Taste-wise, it is a cross between a light lentil (dhal) soup and a creamy rice cereal. Being a soup and grain dish, it is easy to digest and is very nourishing to the body.

Supporting links:

[channelnewsasia.com](http://channelnewsasia.com)

[Singapore Business Review online](#)

[The Star online](#)

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[www.culinaryadventures.com.sg](http://www.culinaryadventures.com.sg)



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## **Mexican and Thai Cooking Classes for Corporate Companies**

*Standard Chartered Bank Corporate Cooking Classes*

Culinary Adventures also provides regular cooking classes to corporate firms as a recreational event. These cooking classes help to create bonding among staff members from different departments and also promote staff welfare striking a balance between work and play.

We conducted 2 cooking classes in September and October. Each class had a different themed cuisine - Mexican and Thai respectively.

The Thai cooking class was back by popular demand by new followers who did not want to miss out on past cooking classes conducted by Irene Jansen. Participants got to learn how to make **fresh salsa dip, chicken quesadillas** and **chocolate and banana crisps** during the Mexican Class.

For the Thai cooking class, attendees had a chance to whip up **Chicken Green Curry** and **Sesame Prawn Toasts with plum sauce**.

## **Institute of Technical Education (ITE) Award Night 2010**

*"The Singing Chef" returns to the stage*

On 29<sup>th</sup> October, "The Singing Chef" made a 2<sup>nd</sup> appearance on stage at the annual ITE Award Night Dinner and Awards Ceremony held at the Suntec Convention Centre Ballroom. This event is held in recognition of the efforts of ITE teaching and non-teaching staff and those that have served the institute for many years.

Guests were treated to a stellar performance by Irene and her *kitchen singers* who sang and cooked on stage. Irene also performed the famous number "Hot Chocolate Waltz" and guests got the chance to taste what they see as they were served a cup of Irene's signature Hot Chocolate to end the night.

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November 2010

## **Overseas Singaporean Portal**

*Sharing TCM recipes with the overseas Singaporean Community*

The Overseas Singaporean Portal is a website catering to Singaporeans living overseas. It serves to update overseas Singaporeans on news and events. It recently launched a new Eats! Segment on their website and Irene Jansen was the first to be featured. She gave an interview on the uses of TCM and Ayurvedic ingredients to whip up simple and delicious recipes.

To find out more, click [here](#).

## **Quietest Cooking Class**

*A day in the kitchen with the Hearing Impaired*

One of our unique cooking classes we have organized this year was to cater to the members of the hearing impaired society. The first one was organized in September and due to popular demand, we organized a second class on 13 November at the Little Arts Academy.

With the help of a sign language interpreter, the participants got a chance to learn how to prepare 2 dishes for the Christmas season – **Roast chicken fillets with mustard mash potatoes** as well as **Baked lemon and strawberry cheesecake**. The participants were delighted to see and taste what they have prepared and the outcome was a major success.

## **Post Exam activities for Special Needs children**

*3 -Day sessions with the students from Chong Fu Primary and Pei Chun Public School*

A special group of students from Chong Fu Primary and Pei Chun Public School came together for a 3-day day camp to enjoy learning cooking, dancing and drama from the 2<sup>nd</sup> to the 4<sup>th</sup> of November at the Little Arts Academy.

The students got a chance to learn how to prepare simple dishes they can make on their own, such as pizza toasts, chocolate cupcakes and orange vanilla cookies. [continue...]

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We also introduced two new culinary trainers that joined our team, Anna and Lauretta who assisted Irene and also taught the students as well.

## 3- day Culinary Workshop with students from Chong Fu Primary and Pei Chun Public School



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## **Team-building with First Toa Payoh Primary School**

*Building synergy between teachers and non academic staff*

On the 26<sup>th</sup> of November, the Little Arts Academy organized a 4 hour team building workshop for the staff members of First Toa Payoh Primary School.

The 69 participants were made up of the principals, heads of departments (HODs), teachers as well as administrative and canteen staff. They were all mixed and divided into 3 separate groups whereby each group had to go through 3 different activities – cupcake baking and sculpture, hip-hop dancing and music appreciation.

The staff was taught by Irene how to bake simple chocolate cupcakes from scratch and with their end product they were required to brainstorm and build a sculpture using fruit, candy, chocolates and biscuits provided to them. At the end of the session, the groups' creations were judged by the school principal and prizes were awarded to the most creative team.

The groups worked industriously together in smaller teams of 4 to bake their cupcakes and then combined into 2 bigger groups for the sculpture making portion of the class. The sculptures that were created were impressive and unique with one group's model looking like a butterfly.



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December 2010

## Cookout at the Park

*Outdoor cooking demonstration @ MacRitchie Reservoir Park*

Surrounded by lush greenery, Irene conducted a Christmas cooking demonstration and Singing Chef performance at the MacRitchie Reservoir Park on December 4<sup>th</sup>.

The event was organized by the newly opened Mushroom Café, MacRitchie Reservoir's resident café outlet which serves up savoury finger snacks, local dishes such as Mee Siam and Nasi Lemak and freshly brewed coffee and tea among many others.

4 special recipes were demonstrated – Irene's signature **Wild Mushroom Soup**, **Shepherd's Pie**, **Lemon Curd in Filo Cups** and not forgetting the famous **Hot Chocolate**. At the end of the demo, participants got a chance to sample 3 of the items that were demonstrated and majority of the crowd kept coming back for seconds.



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## **Celebrating Christmas in the Heart of the City**

*The Singing Chef demonstrates Christmas cooking on Orchard Road*

Irene and her “kitchen singers” took to the outdoor stage and performed and cooked in front of thousands along the shopping strip of Orchard Road on Christmas Day. Irene also demonstrated to the massive audience how to prepare pan fried orange glazed chicken and a simple berry trifle dessert. Irene and her singers ended with a meaningful number titled “Grown Up Christmas List”.

Hosted by veteran singer/songwriter **Clement Chow** and actress **Lena Ng** for Celebrate Christmas In Singapore (CCIS) Ltd. The show featured acts from various performance groups and carol singers belonging to several Christian churches around the island as well as singers and musicians from India, The Philippines and Indonesia.