



ASIAN FOODS MADE LIGHT

Explore different Asian culinary cultures. The emphasis will be to take classical recipes and make them healthier, lighter and nutritionally sound.



Pork dumplings, Chicken Saté, Indonesian yellow rice, assorted Sushi, Vietnamese rolls and noodle soup are just a few of the dishes that you will create.

Class Fee: \$129. for 3 sessions**

Sign Up >> 3352.032 Includes all materials

Dates: Mondays Apr. 05, 2010
Apr. 19, 2010
Apr. 26, 2010

Time: 6:30 — 9:30 p.m.

Location: Los Gatos High School
Main Street, Los Gatos
Kitchen # 100
(Back of Campus: New York St)

Class Menu

Monday Apr. 5

Singapore

- ❖ Hainanese Chicken Rice
- ❖ Samosa Curry Puffs
- ❖ Ice Kachang (Shaved ice) with Fresh Fruit

Monday Apr. 19

Vietnamese

- ❖ Summer Roll w/ Shrimp
- ❖ Shaking Beef (Bo LucLac) with Steamed Rice
- ❖ Asparagus Crab Soup

Monday Apr. 26

Thai

- ❖ Tom Yum Soup
- ❖ Pad Thai Noodles
- ❖ Fish with Red Curry
- ❖ Mango w/ Sticky Rice

** You can also sign up for single class sessions separately for **\$48. each.**
Click on [Spa Dining.com](http://SpaDining.com) or Call 408-957-0661

Cecilia Lam has dedicated most of her life toward creating a better dining experience for persons seeking a healthy lifestyle.

With degrees in Food Science and Nutrition as well as in Food Technology, Cecilia combines a passion for cooking and fine dining with more than 20 years of professional experience in the food and health sciences industry. As a type 2 diabetic herself, she has experienced first-hand the lifestyle changes necessary for long-term management of her condition, at the same time striving to minimize their impact on the quality of everyday life. Cecilia is widely traveled, has lived on 3 continents, and indulges a passion for fine dining across diverse cultures.

