

BLUE LOTUS

THE LEARNING CENTER FOR PLANT-BASED CUISINE

ABOUT BLUE LOTUS

At Blue Lotus, we have created a vibrant, young and unique learning space for you to try *plant-based cooking*, right in the heart of South-East Asia. Our instructors are experienced chefs who will provide you with great knowledge to take your learning experience to a new level.

We provide 3-hour workshops, week-long certificated classes and specials hands-on lectures from visiting chefs. Our learning center is based at Evason Hua Hin, with modern facilities in a unique, calm and inspiring venue.

Our special offer in May 2017:

Our 3-hour workshops are an introduction to the art of *plant-based cuisine*. During May we have a total of 9 creative, playful and fun workshops running.

Special offer only THB 1,950!

Please contact Bestie, our coordinator for more information or inquiries: info@bluelotushuahin.com

HIGH TEA PASTRY

Learn how to serve an afternoon tea that is not only healthy, but also delicious. The workshop includes techniques of baking gluten-free pastry and also serving up condiments which can be preserved. **Instructor: Laura Castro**

Dates: Thursday May 4th, 3 - 6 pm
Saturday May 20th, 3 - 6 pm

POWER BOWLS

During this workshop you will learn about plant-based cuisine, the essential cooking techniques and easy-to-master recipes that you would find on the menu of a casual plant-based bistro for brunch, lunch and dinner. Power bowl are filled with nourishment, easy to make and can be served to anyone at any age. **Instructor: Laura Castro**

Dates: Friday May 5th, 3 - 6 pm
Friday June 2nd, 3 - 6 pm

RAW ASIA

Discover the amazing Asian influenced cuisine and the benefits of eating raw. This workshop is an introduction to raw cuisine and the benefits of a whole plant-based diet. We'll prepare raw contemporary interpretations of a very famous classic dishes from Thai cuisine and Japanese streetfood. We'll explore ingredients, techniques and essential equipment for Asian raw plant-based cuisine. **Instructors: Christophe Berg and Khun Keng**

Dates: Saturday May 6th, 9 am - 12 noon
Thursday May 18th, 3 - 6 pm
Saturday June 3rd, 9 am - 12 noon

COOKIES N' ICECREAM

We have been teaching the innumerable options of vegan baking and one of our favourites is making cookies! In this workshop you will understand the *do's* and *don'ts* of baking shortbreads; We will explain the chemistry behind dough and teach how to create dairy replacements as we make our own plant-based butter and white chocolate chips. You will learn how spread the dough, shape it and press for things like cones, ice-cream sandwich and shortbread-painted cookies. **Instructor: Laura Castro**

Dates: Saturday May 6th, 3 - 6 pm
Saturday May 27th, 3 - 6 pm

PURE ENERGY TREATS

This workshop is an introduction to the benefits of a raw whole plant diet for active people. We'll explore ingredients, techniques and essential equipment. The recipes cover post-workout smoothies and breakfast recipes that are easy to prepare. **Instructor: Christophe Berg**

Dates: Thursday May 11th, 3 - 6 pm
Saturday May 20th, 9 am - 12 noon
Friday May 26th, 3 - 6 pm

GLUTEN-FREE PIZZA

Learn the health benefits of adapting to a gluten-free lifestyle This workshops covers not only alternatives to wheat as bread, but healthy and fresh condiments. We will use Mediterranean style ingredients, learn 2 ways to make a crust and serve the pizzas with healthy salads and condiments. **Instructor: Laura Castro**

Dates: Friday May 12th, 3 - 6 pm
Thursday June 1st, 3 - 6 pm

GREEN THAI CUISINE

Come explore the tastes of South East Asia. We use hand-picked greens from our organic garden and fresh coconut from the market to create the most unique flavours. Learn the basic elements of Thai cooking and explore the mix of herbs and spices. In this class, we discover the classical Thai dishes and make green curry from scratch.

Instructors: Christophe Berg and Khun Keng

Dates: Saturday May 13th, 9 am - 12 noon
Saturday May 27th, 9 am - 12 noon

CHOCOLATE LOVE

In this workshop we are going to teach you how to fall in love with chocolate all over again! Dark chocolate is a basic mixture of cacao and cocoa butter with very little sugar. It is actually a healthy food as it contains fiber, minerals, and antioxidants. We will make it from scratch: roll it, spread it, whip it and melt it, be prepared to get your hands dirty as you learn the benefits and infinite possibilities of the "Food of the Gods".

Instructor: Laura Castro

Dates: Saturday May 13th, 3 - 6 pm
Saturday June 3rd, 3 - 6 pm

BREAD MAKING AND TARTINES

Bread is one of those things that when you learn, you won't forget how it feels to make it. This workshop is designed to teach the main ingredients in bread making and understand your flour options. We will make a vegetable bread and walnut bread, 3 spreads and will play with colourful fruits and vegetables while creating tartines for snacks. **Instructor: Laura Castro**

Dates: Friday May 19th, 3 - 6 pm
Thursday May 25th, 3 - 6 pm

WORKSHOP CALENDAR MAY 2017

Wednesday	Thursday	Friday	Saturday	Sunday
3	4 High tea (gluten free) 3-6pm	5 Power Bowls 3-6pm	6 Raw Asia 9am-12noon ----- Cookies & Ice Cream 3-6pm	7
10	11 Pure Energy 3-6pm	12 GF Pizza 3-6pm	13 Green Thai Cuisine 9am-12noon ----- Chocolate Love 3-6pm	14
17	18 Raw Asia 3-6pm	19 Bread & Tartines 3-6pm	20 Pure Energy 9am-12noon ----- High tea (gluten free) 3-6pm	21
24	25 Bread & Tartines 3-6pm	26 Pure Energy 3-6pm	27 Green Thai Cuisine 9am-12noon ----- Cookies & Ice Cream 3-6pm	28
31	1 GF Pizza 3-6pm	2 Power Bowls 3-6pm	3 Raw Asia 9am-12noon ----- Chocolate Love 3-6pm	4

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