

Class Calendar

July 2015 – January 2016

July

Friday 03	6pm	Asian Adventure
Saturday 04	10am	2015 Taste of Morocco
Sunday 05	2pm	Quick and Healthy Thai
Wednesday 08	10am	Kids Lunch Master Class
Friday 10	6pm	2015 Travelling Chef
Saturday 11	10am	Spice Trail 3
Sunday 12	2pm	Vietnamese Feast (GF)
Friday 17 July	6pm	Stars of Siam
Saturday 18	10am	Spanish Tapas 2
Saturday 18	5pm	Entertaining Thai
Sunday 19	2pm	Taste of Asia
Friday 24 J	6pm	Essential Thai
Saturday 25	10am	Spice Trail 1
Sunday 26	2pm	Tasting Thailand
Friday 31	6pm	Asian Banquet

August

Saturday 01	10am	Travelling Chef
Sunday 02	2pm	Entertaining Thai
Friday 07	6pm	Spice Adventure
Saturday 08	5pm	Essential Spanish
Saturday 08	10am	Greek Feast
Sunday 09	2pm	Essential Asian
Friday 14	6pm	Vietnamese Feast
Saturday 15	10am	Moroccan Spice
Sunday 16	2pm	Vegetarian Adventure
Friday 21	6pm	New Thai Banquet
Saturday 22	10am	Thai Banquet 2
Saturday 22	5pm	Stars of Siam
Sunday 23	2pm	Sri Lanka and South India
Friday 28	6pm	Taste of Singapore
Saturday 29	10am	Exotic Vegetarian Cuisine
Sunday 30	2pm	Taste of Vietnam

September

Friday 04	6pm	Quick and Healthy Thai
Saturday 05	5pm	Asian Banquet
Saturday 05	10am	Mexican Feast
Sunday 06	2pm	2015 Taste of Morocco
Friday 11	6pm	Taste of Asia
Saturday 12	10am	Spice Trail 2
Saturday 12	5pm	Stars of Siam
Sunday 13	2pm	Thai and Vietnamese Banquet (GF)
Friday 18	6pm	Spice Adventure
Saturday 19	10am	Spanish Tapas 2
Sunday 20	2pm	Asian Adventure
Friday 25	6pm	2015 Travelling Chef
Saturday 26	10am	Spice Trail 3
Sunday 27	2pm	Thai Feast

October

Friday 02	6pm	Essential Thai
Saturday 03	10am	2015 Indian Banquet
Sunday 04	2pm	Tasting Thailand
Friday 09	6pm	Stars of Siam
Saturday 10	10am	2015 Spanish Tapas
Sunday 11	2pm	Vietnamese Feast (GF)
Friday 16	6pm	Quick and Healthy Thai
Saturday 17	10am	Spice Trail 1
Sunday 18	2pm	Entertaining Thai
Friday 23	6pm	Stars of Siam
Saturday 24	10am	2015 Taste of Morocco
Saturday 24	5pm	Thai and Vietnamese Banquet (GF)
Sunday 25	2pm	2015 Japanese Banquet
Friday 30	6pm	Asian Adventure
Saturday 31	10am	Spice Trail 3
Saturday 31	5pm	2015 Travelling Chef

November

Sunday 01	2pm	Taste of Asia
Friday 06	6pm	Asian Banquet
Saturday 07	10am	Spanish Tapas 2
Sunday 08	2pm	Mexican Feast
Friday 13	6pm	Thai Seafood Feast
Saturday 14	10am	Exotic Vegetarian Cuisine
Sunday 15	2pm	Spice Adventure
Friday 20	6pm	2015 Thai Feast For Friends
Saturday 21	9.30am	2015 Taste of Thailand
Saturday 21	5pm	Taste of Vietnam
Sunday 22	2pm	Quick and Healthy Thai
Friday 27	6pm	Tasting Thailand
Saturday 28	10am	2015 Travelling Chef
Saturday 28	5pm	Ty Bellingham
Sunday 29	10am	Ty Bellingham

December

Friday 04	6pm	Thai and Vietnamese Banquet (GF)
Saturday 05	10am	Spice Trail 2
Sunday 06	2pm	Asian Adventure
Friday 11	6pm	Stars of Siam
Saturday 12	10am	2015 Essential Spanish
Saturday 12	5pm	Essential Thai
Sunday 13	2pm	Japanese and Sushi Workshop
Friday 18	6pm	Asian Banquet
Saturday 19	10am	Spice Trail 3
Sunday 20	2pm	Taste of Vietnam

January 2016

Friday 08	6pm	Asian Banquet
Saturday 09	10am	Middle Eastern Meze 2
Sunday 10	2pm	Tasting Thailand
Friday 15	6pm	Taste of Asia
Saturday 16	10am	Spanish Tapas
Saturday 16	5pm	Thai Feast
Sunday 17	2pm	Quick and Healthy Thai
Friday 22	6pm	Taste of Vietnam
Saturday 23	10am	2015 Travelling Chef
Saturday 23	5pm	Stars of Siam
Sunday 24	2pm	Entertaining Thai
Friday 29	6pm	Asian Adventure
Saturday 30	10am	Spice Trail 1
Sunday 31	2pm	Essential Thai



Class Menus

Book and Browse class menus online at w

Exotic Vegetarian Cuisine

Oothapam, these are large crumpet like rice and lentil pancakes topped with onion, tomato, coriander and green chili and served with Thengai Chutney made from grated fresh coconut. Dal Dhuaan a smoked mung bean dal from the central Holy city of Varanasi. Masala Bhaat a delicious aromatic vegetable and nut pilaf. Bhatti Paneer a spicy grilled cheese dish. Kerala Parotta the flakiest Paratha bread ever. Alleppey Style Mixed Vegetable Curry which is a far cry from the stodgy overcooked potato and lentil based vegetable stews that are usually served up.

Taste of Asia

A culinary journey around South East Asia where you will master key dishes from each country. Spicy Malaysian Laksa Noodles w Coconut Milk, Chicken and Fried Beancurd served with homemade Chilli Sambal. Vietnamese Salt and Pepper Squid. Thai Crispy Pork Belly with green mango salad and nam jim dressing. Vietnamese shredded chicken and cabbage salad w lemon and chilli dressing.

Asian Adventure

A real culinary adventure with all the favourite dishes from around South East Asia. We are off to Malaysia, Thailand, Vietnam and more! Malay-Beef Satays with peanut sauce; Thai-Red curry of Chicken with kaffir lime leaf; Vietnamese lemongrass pork with caramel soy, black pepper and sesame; Cambodian chargrilled calamari and pomelo salad and red chili Nahm Jim; Brunei Darussalam-baked coconut slice.

Essential Thai

Tom Yum Prawn (the famous hot and sour lemongrass Thai soup. Fragrant, cleansing and satisfying.) Choo Chee Prawn – a speciality in many restaurants you will learn how to recreate this great dish from scratch including pounding your homemade curry paste. Stir Fry Beef with fresh spice paste, lemongrass and Thai ginger. A hot wok quick cook dinner dish. Thai Fish cakes w cucumber and mint salad. Sticky Rice w Mango.

Essential Asian

Vietnamese Chicken rice noodle soup; Poached chicken fillet in the aromatic stock served with round rice noodles with fresh herbs, sliced chilli and lime juice. Steamed Thai style Chicken dumpling served with light red curry sauce; Stir-fried crispy pork belly with Chinese broccoli and deep fried Thai basil, seasoned with oyster sauce, palm sugar and fish sauce. Grilled lemon grass beef served with tangy Papaya salad and Vietnamese herbs.

Entertaining Thai

Coconut stuffed King prawns with chilli jam and lime dressing. Tempura Oyster w green nam jim dressing. Crispy barramundi with green mango and chilli. Char grilled lime and coconut chicken. Sweet spring rolls with red bean paste and almond.

Thai Winners

Ma ho -Pineapple with Caramelised pork, dark palm sugar and peanuts. Kingfish Carpaccio- thinly sliced king fish served with green chilli, lime and coconut/basil dressing. Crispy Tamarind chicken – marinated chicken with aromatic spice paste and tamarind water-cooked until crispy and golden. Pepper garlic pork – marinated pork fillet pan fried with sweet soy, oyster sauce and pepper with garlic chips. Som Tum – Spicy green papaya salad with King prawns.

Vietnamese Feast

Vietnamese crispy pancakes with pork and shrimps. Vietnamese Chicken and lemongrass curry (Learn the differences between the Thai and the aromatic curry paste of Vietnam; Simmered in coconut milk and chicken broth for the perfect finish.) Steamed Barramundi with ginger and sizzling spring onion oil. Hot and Sour Stir fry Beef with watercress salad with fried garlic. Tapioca pearls simmered in sweet coconut milk with banana and candied sesame.

Taste of Vietnam

BBQ Pork Skewers w Vietnamese Mint and Hoi Sin dipping sauce (Traditional Vietnamese Pork balls, skewered, steamed then char grilled on the BBQ. Served with Vietnamese mint, crisp iceberg cups and hoi sin dipping sauce.) Char grilled Prawns with Lotus root salad and Vietnamese dressing (Char grilled prawn cutlets w Shiso and pickled Lotus root and daikon salad.) Marinated grilled beef served w nuoc Cham and Vietnamese Herb Salad. Chargrilled Chilli lemongrass Chicken. (Chicken thigh marinated with aromatics and rice wine. Think lemongrass, chilli, garlic, ginger and five spice with a smoky chargrill finish and served with dipping sauce.) Salty Sticky Rice w sesame and peanut paste

Thai and Vietnamese Banquet

A fabulous class with Top Chef Yukiko Anschutz cooking outside in our our Bali Hut cooking area. Learn these dishes full of fresh vibrant flavours and aromatic dressings plus homemade chargrilled beef and peanut sausages perfect for BBQs. Homemade Beef and Peanut Sausage on Betel Leaves with Onion Jam; Char Grilled Prawn and Zucchini Flower Salad w Hot and Sour Dressing; Aromatic Chicken in Penang Spice Paste w Tamarind and Fresh Coconut; Whole Snapper in Lotus Leaf with Lemongrass, Turmeric and Chilli. Char Grilled Pineapple w rum and coconut syrup.

Spice Adventure

Spicy Prawn with Lemongrass and Green Paw Paw Salad. (Fresh Prawns and Paw Paw salad with a dressing of tamarind, lemongrass, lime leaf, mint and chilli Jam.) Chang Mai Chicken Curry with Cinnamon, Star Anise and peanuts. (Marinated chicken in a Northern Thai red curry paste- Nam Prik Gaeng Phed – simmered with spice, ginger, anise and peanuts – you will love this curry which is made without coconut milk). Warm Salad of Pork and Chilli Eggplant w Lemongrass, Fried Shallots and Garlic. Traditional Drunken Rice Noodles w Chicken (fresh flat rice noodles stir fried with chicken, sweet soy, kaffir lime, holy basil, Chinese broccoli and baby corn); Tapioca Coconut dessert w palm sugar syrup.

Stars of Siam

All the essentials of Thai cuisine are taught in this class in a menu full of favourite dishes for easy entertaining or every day dinners. Crispy Spring Rolls w Sweet Chilli sauce; Green Curry of Prawn with Thai Basil. Stir-fry Chicken and Cashew with Dried Chilli and Baby Corn and Thai Beef Salad w Hot and Sour Dressing. Banana Fritters with Palm Sugar Syrup.

Quick and Healthy Thai

Steamed prawn and pork dumplings w peanut nam jim. Stir-fried prawns with pineapple and sweet chilli bean paste with cashew. Steamed salmon with lime and kaffir lime. Pad Thai noodles with nam pla prik. (Traditional stir fried rice noodle sticks w chicken, tamarind, soy and pickled white radish served with the traditional accompaniment of spicy nam pla prik.) Quick Mango mousse.



Asian Feast

Crispy Prawn and Lotus Root Fritters served with lime chilli Nam Jim dressing. Thai fried fish fillets served with sautéed onion and enoki mushrooms with sweet tamarind sauce. Grilled pork ribs with Hoi sin peanut dipping sauce. (steamed pork ribs with garlic, ginger and spring onion, char grilled then served with sesame soy dressing). Stir-fried chicken with young ginger and fresh Asian mushrooms with light fish sauce and palm sugar. Baked Spiced caramel pear with cinnamon and sticky dark palm sugar syrup served with yoghurt.

Asian Banquet

A delicious combination of dishes which cover curry paste making, stuffing, steaming and stir frying techniques. Crispy Stuffed King Prawns with Taro and Japanese panko; Massaman Curry of Beef with Pickled Ginger and Peanuts (Tender beef simmered in a roasted spice curry paste with cinnamon and peanuts and garnished with pickled pink ginger), Stir fried Seafood combination (King prawns, Scallops, squid and fish) on Crispy egg Noodles (learn to cook this seafood perfectly in a stir fry of chilli jam, water chestnuts and Asian greens; Thai style Bamboo Steamed Lemon Chicken.

Tasting Thailand

Melting confit duck parcels. Tender slow cooked duck, shredded and wrapped in betel leaves with a fresh coconut paste dressing. Crispy Salt and pepper soft shell crab with green shallot and chilli, lime, pepper. Stir fried beef with Kaffir lime and Thai eggplant. Lemongrass chicken salad with sesame peanut dressing. Quick Mango sorbet

Thai Feast

Wonton dumpling soup (wontons filled with prawn and pork with coriander paste in homemade chicken broth with fish sauce, mountain pepper and lime juice.) Yellow Curry of Chicken, Turmeric and Potato served with Cucumber relish and pink pickled ginger. Fresh Rice Noodle rolls stuffed with pork, caramelised golden shallots, roasted peanuts and sweet oyster sauce. Warm salad of Crispy Salmon with Lemongrass, Mint and Ground Roast Rice. Pandan and coconut slice made from rice and mung bean flour with an extract of pandan leaves and coconut milk.

Japanese Banquet

Japanese tasting plate (Marinated Atlantic Salmon sashimi. Natural oysters served with ponzu sauce and chilli radish. Grilled Japanese Hokkaido scallop served with sweet miso paste. Fish Escabeche.) Braised Pork belly with plum wine sauce. Kari kari yaki Chicken. (Twice cooked tenderised chicken. Marinated and pan-fried until crispy. Braised in sake and served with ginger soy sesame dressing.) Octopus and avocado salad served with citrus dressing. Agedashi Dofu (deepfried tofu with potato starch served with Tempura sauce, white radish and ginger with chilli powder).

Japanese and Sushi workshop

Shiki Restaurant Chef Yukiko Anschutz gets down to some serious Sushi crafting in this class as well as some authentic and modern Japanese dishes. You will prepare a variety of fish and seafood Sushi, Prawn Tempura with Tentsuyu, and Chicken Teriyaki plus the famous Japanese Miso Soup.

Thai Seafood Feast

Freshly Shucked Oysters w Chilli Lime Juice; Soft Shell Crab w Red Curry Sauce and Lesser Ginger; Seared Scallops w Roasted Chilli Ginger Vinaigrette; King Prawn Stir fry with Garlic and Pepper; Thai squid salad w galangal, lemongrass and Nam jim.

Middle Eastern Meze 2

Izmir köfte – spiced beef koftas braised in tomato sauce; Samak Mahshi – Braised Squid stuffed with Saffron rice; Kibbeh Naye – Lamb and cracked wheat “tartare”; Fasulye Piyazi - White beans with tahini and pinenuts; Sambousek Bi Jibne – Fried cheese and mint turnovers; Ijje – Zucchini and fresh herb fritters; Ceerkez Tavugu – Shredded chicken breast with walnut salsa.

Spice Trail 1

Unleavened roti with fresh fenugreek leaves, cooked on a griddle and brushed with melted butter; Persian yogurt and cucumber salad with fresh mint, sultanas, toasted walnuts and drained curd; Lebanese beetroot and pomegranate dip; Egyptian style broad bean Falafel served in small pitta pockets with a little chopped salad; Filo cigars filled with Moroccan spiced lamb; Baghdadi style chicken croquette; Yemeni green chilli, coriander and garlic relish; Punabi style Indian fish kebab with ajwain and lemon.

Spice Trail 2

Mantu – lamb ravioli with garlic sauce (Afghanistan); Baingan Bharta – smoked eggplant puree (Pakistan); Mujaddra janoubieh – Lentil and bulgur pilaf (Lebanon); Chebeh Rubyan – Spiced prawn dumplings in tamarind sauce (UAE); Fesanjan – Duck with Walnuts and Pomegranate (Iran); Yufka – Paper-thin flatbread (Turkey); Kachumbar – tomato, onion, cucumber and green chilli salad (India).

Spice Trail 3

Tempura – Batter Fried Green Beans (Portugal and Japan); Char Sui Pau – Roast Pork Bun (Malacca); Balacoa –Prawn Pickle (Goa/Sri Lanka/Macau); Grilled Pork Ribs (Portugal/Mozambique/Angola); Devil Chicken Curry from Malacca; Arroz e feijão –Rice and Beans (Brazil); Onion and Tamarind Sambal (Sri Lanka); Custard Tarts (Portugal).

2015 Taste of Thailand

Prawn dumplings- poached prawn & coriander dumplings in a fragrant coconut, lemongrass & galangal broth. Duck salad – slow cooked duck w citrus caramel & star anise dressing. Chu chee curry paste. Chu chee curry of pan seared snapper finished with an aromatic chu chee curry w kaffir lime. Stir fried chicken-wok seared chicken finished w a spiced black bean ginger & black pepper sauce.

2015 Thai Feast for Friends

Crispy wontons filled w pork, prawns & coriander served w homemade sweet chilli sauce. Waterfall salad of beef- seared waygu beef rump tossed w coriander, mint & kaffir lime finish w chilli lime dressing. Steamed prawns – king prawns steamed w ginger, shallots & dressed w soy, Chinese cooking wine & sesame. Handmade Curry paste. Southern Style chicken curry – slow cooked chicken in a fragrant coconut, turmeric curry sauce finished w tamarind.

2015 Travelling Chef

Dishes from all around SE Asia give this class an edge. Seared Scallops on green curry sauce (Thailand.) BBQ Hanoi Chicken With herb salad (Vietnam). Braised then grilled beef ribs with pineapple Jaew (Laos). Coconut and Shallot rice. Kang Kong stir fried with roasted chilli jam and coconut cream (Cambodia) (Sweet spicy rich and satisfying) Tapioca with palm sugar caramel (Modern working of Southeast Asian flavours)

Sticky News

2015 Fish and Seafood

Kingfish ceviche with finger limes coriander and fried cassava crackers. Tea smoked trout with baby beets salad and horseradish cream. Mussels and Goolwa pippis (when available) with garlic and a pinenut and almond Picada (Learn how to make this beautiful catalunian dish, how to clean and cook the shell fish and make this stunning picada a versatile mix of garlic olive oil herbs and nuts. Its used in spain to thicken sauces and is packed full of flavour.) Whole poached salmon in a fish kettle. Served with cucumber pickle, bernaise sauce, new potato pesto and a green salad. Learn how to decorate the fish. A great thing to learn for entertaining.

Spanish Tapas 2

Crispy Pork Belly with caramelised apples and cider. (A dish from the North Asturias-Morcilla chicharrones.) Grilled Quail caramelised onions, orange, manzanilla sherry and quince alioli. Air Dried Tuna (Mojama) with roasted red capsicum, caper berries and rainbow chard (a lovely starter or light lunch using the unusual Spanish ingredient Mojama). Traditional paella with chorizo, chicken, prawns and mussels served with saffron alioli. Walnut cake with brandy syrup another lovely traditional cake from the north of Spain.

Essential Spanish

Baked whiting in white wine, Jamon and parsley crust served on fried olive oil bread and with Mojo Verde (Perfect for little entrée or tapas) Twice cooked Patatas with spicy Bravas sauce. (Crispy Spanish Potatoes with Paprika spiced Tomato Sauce) Warm salad of Cider grilled chorizo, Olive Oil savoury biscuits and smoked paprika and hazelnut dressing. Spiced chicken escabeche with Peas, Jamon, caramelised onions and Manchego (Chicken thigh browned then kept in a marinade of Olive Oil, sherry vinegar, honey, spices, green olives and parsley). Spanish Prawn & saffron fritters (Tortillas de Camarones) with Sofrito and baked Calasparra rice (Arroz al Horno)

2015 Taste of Morocco

Briouats of Goat cheese dipped in Amlou (They are little triangle of Filo pastry stuffed with soft goat cheese, mint and poached figs. Amlou is a dip made of roasted almond, Argan oil and honey). Chermoula Chicken Tagine with lemon and olives served with Mograbiah (Giant Couscous), preserved lemon, pistachio, currants and a pomegranate molasses dressing. B'steeya of snapper with almond and aromatic rice. (a small round pie made of Brick pastry). Aubergine and lamb cakes served on top of light and fluffy couscous. (Sweetened with honey and spiced with cumin, turmeric, and cinnamon.)

Mexican Feast

Pulled pork Sopecitos (little sopes) (Masa dough pasties topped with Shredded slow cooked pork shoulder, Black beans, salsa, grated ricotta). Snapper Vera Cruz. (Snapper cooked in tomato caper and pickled Jalapeno Sauce From Veracruz on the pacific side of the Isthmus). Beer batter coated Stuffed chillis (Filled with Chorizo and goats cheese served with Avocado crema). Chicken with rich red Mole. (Chicken thigh simmered in a rich spicy sauce thickened with sesame seeds and almonds from Oaxaca). Puffy tacos. (Handmade Masa tortillas fried to puffy crunchiness).

2015 Indian Banquet

Kathi roll with grilled chicken(Handmade roti cooked with egg then wrapped around grilled chicken and Kachumber salad). Pasanda of lamb (Strips of tender lamb loin marinated with garam masala in an aromatic cardamom and yoghurt sauce). Punjabi Dahba Chicken curry a Northern Indian "Dahba "roadside cafe version of this curry. Aloo methi (Potatoes cooked with green chilli whole cumin seed, Spinach and Fenugreek leaf). Tarka dal (Toor dal cooked with curry leaves cumin and tomato then smoked with charcoal and ghee. Lemon rice Basmati rice cooked with Turmeric lemon and mustard seed and roasted Dals.

Tagines from Morocco

Chef Genevieve Harris holds a class dedicated to Tagine cooking and Moroccan flavours. Roasted Chicken wingettes marinated in Harissa. Lamb and eggplant tajine w ras el hanout. Spiced chickpea and tomato tajine. Chicken, olive and preserved lemon tajine. Buttered couscous. Moroccan Bread. Almond, cinnamon and orange flower water filo pastry snakes.



To Book Classes! Book online at
www.stickyricecookingschool.com.au
or phone the office **8339 1314**.

Cost \$145pp includes tuition, ingredients,
lunch or dinner and wine.

Download our latest class calendar from
www.stickyricecookingschool.com.au/newsletter.php
or browse the menus online.



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