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June 2010

At **ONAKA Healing Kitchen**, we organize nutrition talks and cooking classes to educate the concept of "Food is a better Medicine" in achieving optimum health from the comfort of your homes and kitchen.



onaka

optimum nutrition and kitchen arts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Ami Indian Vegetarian Cooking Class (DCC) 6:30pm	19 Father's Day Special Decoupage Art & Craft Class (Father & Child) 10:00am	20
21	22	23	24 Vegetarian "Traditional Cantonese Cooking" (DCC) By Wong Kee Yew 6:30pm	25 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 7:00pm	26 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 10:00am	27
28	29	30 "Blood Type Diet" Dinner & Nutritional Talk (NTD) By Ketki & Rosalind 6:30pm				

Abbreviation:

NTD Nutritional Talk & Dinner
DCC Demo Cooking Class

IDC Interactive Demo Class
HCC Hands-on Cooking Class



July 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10 Healing Foods Cooking Class “Super foods – Beet & Lentil” By Rosalind (IDC) 10:00am	11
12	13	14	15	16 Ami “Local Delights” Vegetarian Cooking Class (DCC) 6:30pm	17 Biogenic Cooking Party (HCC) By Wong Kee Yew 2:30pm	18
19	20	21 Vegetarian Dinner & Nutritional Talk (NTD) by Sheeba & Rosalind “Digestive Health” 6.30pm	22	23 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 7:00pm	24 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 10:00am	25
26	27	28	29	30 Dinner & Nutritional Talk (NTD) By Ketki & Rosalind “Why Gluten-Free & Dairy-free” 6:30pm	31 Low GI Cooking Party – Part 1/3 (HCC) By Rosalind 10:00am	

Abbreviation:

NTD Nutritional Talk & Dinner
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August 2010

At **ONAKA Healing Kitchen**, we organize nutrition talks and cooking classes to educate the concept of "Food is a better Medicine" in achieving optimum health from the comfort of your homes and kitchen.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31					1
2	3	4	5	6	7 Healing Foods Cooking Class "Super foods – Avocado & Quinoa" By Rosalind (IDC) 10:00am	8
9	10	11 Vegetarian Dinner & Nutritional Talk (NTD) By Sheeba & Rosalind "TOPIC TBC" 6:30pm	12	13 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 7:00pm	14 Zen Vegetarian Cooking Class (HCC) By Chef Danny Chu 10:00am	15
16	17	18	19 Biogenic & Vegetarian Cooking (DCC) By Wong Kee Yew 6:30pm	20	21 Ami Indian Vegetarian Cooking Class (DCC) 10:00am	22
23	24	25	26	27 Dinner & Nutritional Talk (NTD) By Ketki & Rosalind "TOPIC TBC" 6:30pm	28 Low GI Cooking Party – Part 2/3 (HCC) By Rosalind 10:00am	29

Abbreviation:

NTD Nutritional Talk & Dinner
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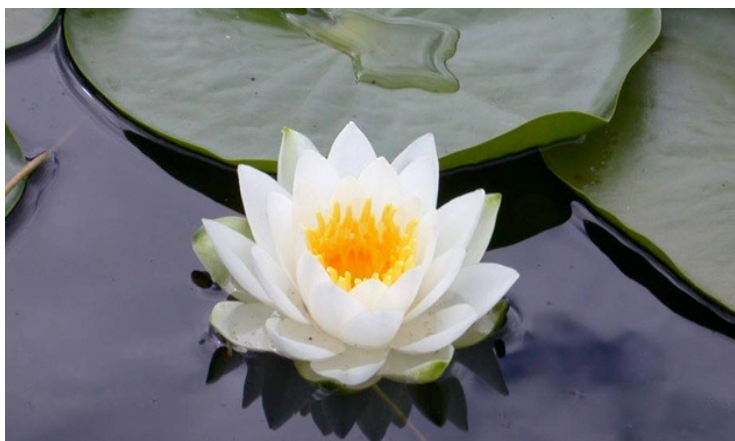
Zen Vegetarian Cooking Class

By Chef Danny Chu

Hands-on Cooking Class

What is Zen Vegetarian Cuisine?

In Japan, it is called **Shojin Ryori** - vegetarian cuisine that originated from Zen Buddhist temples. Presented in its simplistic Zen setting, it has an alluring gourmet taste that draws out the natural flavors of the freshest of vegetables. Don't miss this opportunity to experience Zen cooking amidst the tranquil greeneries of our cooking studio!



4 recipes will be taught:

- Simmered Koyadofu
- Cold Udon
- Pan-fried Cucumber
- Tempura

Class is approximately 3 hours, includes food tasting & refreshment during class, ingredients for cooking and usage of Healing Kitchen

Evening Session

Date: 25 June (Fri)
Time: 7:00pm

Weekend Session

Date: 26 June (Sat)
Time: 10:00am

Fee: \$95 per person per session
\$90 if you bring a friend

Feedback from the students

"I learn about the Zen philosophy and applied to mindful cooking & eating...love the class"
...from Katherine

"I love the taste of my own cooking"
...from Lay Choon

"I thought Chef Danny Chu was great. I liked the eating afterwards."
...from Tiffany



About our instructor:

With a passion in cooking and inspiration from a teaching by His Holiness the Dalai Lama, Chef Danny Chu took his first step in his spiritual path towards becoming a vegetarian. He travelled to Japan in 2005 to learn Shojin Ryori, an art of cooking originated from Zen Buddhist temples. Upon his return, Chef Danny Chu started Enso Kitchen, only available by reservations on every Sundays, operates out of GOTO Restaurant at Ann Siang Hill. For more information, visit www.ensokitchen.com

Ami's Veggie Heart Cooking Class



Vegetarian Indian Cooking

- Demo Cooking Class
- By Ms. Ami Mehta

In Singapore, when people think of Indian food, they immediately associate with Fish head Curry, Roti Prata, Tandoori Chicken,...etc, foods are usually oily and unhealthy. However, there are many Indians who are vegetarians and ways of cooking healthier Indian foods such as lentils, dhal, yogurt, potatoes etc.... Ami was born a vegetarian and didn't know anything about eating meat until she came here.

We are happy to have Ami share her passion and cooking skills with our students at Onaka Healing Kitchen from May onwards. She will be sharing her home-style vegetarian Northern Indian foods every month. Come and join us to explore some exciting recipes this month...

Class Details

Date: 18 June (Friday)

Time: 7:00pm

Fee: \$55 per person

Inclusive of food tasting & refreshment during class

Class is approximately 2 hours, includes food tasting & refreshment during class, ingredients for cooking and usage of Healing Kitchen

Cooking Recipes

Potato Chaat Salad

"Aloo Chaat"

Great Snack / Starter

Puffed Rice with Green Peas

"Aloo Poha"

Great for breakfast

Baked Beans with Toast

Great for breakfast

About our instructor:

Ami Mehta

Vegetarian Cook

Growing up in Bombay (now known as Mumbai) in India, Ami is a self-taught vegetarian cook. She came from a Hindu vegetarian family and was not exposed to meat until she married a Singaporean and moved here in 1996. Her commitment to Vegetarianism has remained steadfast and has even inspired her husband and family to cut down on their meat eating ways.

Ami is also a folk art teacher, and to her, cooking is also a form of art. She believes that quality and presentation of food is very important in any form of cuisine. She is considered a new-age Vegetarian Chef and exhibits innovation, creativity, and warmth in her home-style cooking, even without garlic and onion!

www.amisveggieheart.com



3-course Dinner with Nutritional Talk

“Blood Type Diet -Eat Right for your Type”

- Nutritional Talk by Ms. Ketki Vinayachandra
- Light Dinner prepared by Rosalind Lim

We often hear or read in the papers about some people are following the Blood Type Diet. What is this diet about? Is it for you? Join us in this dinner & nutritional talk with Ketki and learn more...

Synopsis of class:

- Naturopathy and its principles
- Blood Type Diet – how it evolved
- Why do we need & follow blood type diet – the rationale and underlying principles
- Understand the 4 types of blood types
- How to incorporate into your daily diet
- How to apply for family and friends
- Review Salient points for each blood type

Class Details

Date: 30 May (Wednesday)

Time: 6:30pm Dinner Served
7:30pm Talk
8:30pm Class ends

Fee: \$50 per person

Inclusive of talk, dinner & refreshment

Please tell us your blood type when you register for class

**3-course Dinner Menu
(according to your blood type)**

Salad

Main Course

Guiltless Dessert

About our speaker:

Ketki Vinayachandra
Naturopath, Herbalist & Nutritionist

Ketki is a trained Naturopath, Herbalist, Nutritionist and Iridologist. She also practises Acute Homeopathy and is a certified Reiki Master. Trained in Sydney, Ketki is registered with the Australian Body NHAA – National Herbalist Association of Australia. She runs her own clinical practice and conducts talks and workshops to the public. Her previous clients include Tan Tock Seng Hospital, Temasek Polytechnic, Nanyang Polytechnic, GlaxoSmithKline, Asian Civilization Museum, Rotary Club and more... She was interviewed on Channel NewsAsia, Radio 938Live and had contributed articles and opinions in various media. Her specialty lies in Women's Wellness. For more information, visit her website www.alternative-naturalmedicine.com

Terms & Conditions:

- Prices are nett prices quoted in Singapore Dollars.
- Class fees must be paid in advance with a credit card / in person at our premise in order to secure your booking. Classes are only confirmed once full payment is received. All final booking of classes are non-exchangeable, non-refundable and non-transferable to another date. However, you can send someone to attend the class on your behalf.
- Due to unforeseen circumstances and if a scheduled class does not reach a minimum number of students, Onaka Healing Kitchen reserves the right to change the date or cancel the class. In this case, a full refund will be given.
- Classes start promptly. Therefore, all participants are advised to arrive 10 minutes before the starting time of the class for registration. We will not re-start or interrupt the class once it has begun.
- We accept no responsibility for lost property whatsoever. Any lost property, if unclaimed within a week, will be donated to charity.
- We accept no responsibility for any loss or injury to persons resulting from participation in our class. This includes and is not limited to illness, allergies or food intolerance or reactions resulting in disability or death from any activities and/or food consumed at our premise.
- Menus are subjected to change due to availability and seasonality of ingredients, especially organic and those catered to special dietary needs.
- Onaka Healing Kitchen reserves the right to amend the Terms and Conditions at any time.

About ONAKA

ONAKA is acronym for *Optimum Nutrition And Kitchen Arts*. Interestingly, it also means "stomach" in Japanese. We advocate "Food is a Better Medicine". By incorporating "East meets West Healing Kitchen" concept, **ONAKA Natural & Organic Shop** stocks a good range of organic & natural foods and health supplements, catering to the Asian market. **ONAKA Juice Bar** offers a wide range of organic and all-natural juices, nutritious smoothies and healthy comfort food for working executives within Biopolis. Meanwhile, at **ONAKA Healing Kitchen**, we organize nutrition workshops, cooking classes to educate the importance of achieving optimum health through nutrition.

We are located within The Biopolis. With floor-to-ceiling glass windows, you will be holistically immersed with the lush and serene greenery of the surrounding. In our beautifully designed and spacious kitchen which is well-equipped with Blomberg appliances, an established German brand well recognized for its products' innovative technology and outstanding award-winning designs. Onaka Healing Kitchen is the perfect place for an unforgettable corporate team building event.

Our cooking classes foster team bonding and camaraderie, boost morale and esteem, and build culinary interest and confidence. We specialize in small groups for a minimum of 8 to maximum of 24 for hands-on cooking experience or about 30 for cooking demonstration. Each cooking session will incorporate all-natural wholesome and some organic ingredients. We use environmental-friendly, biodegradable packaging whenever possible and advocate eco and social responsibility that benefits humanity.