COOK LIKE a Chef
The Singapore National Culinary Team shares their award-winning recipes

Whip up a Chinese New Year Feast

Best of Bordeaux

WHAT'S UP FOR 2017?
F&B bigwigs around the world reveal their plans

IN THIS ISSUE: PEACH BLOSSOMS' DIM SUM À LA CARTE BUFFET
Cooking Adventure in Maya’s Spice Garden, housed within Maya Resort in Ubud, boasts a village-style kitchen on riverside grounds overlooking rice paddies. Participants get a tour of the organic gardens where lunch is served while the hotel’s Balinese executive chef imparts his vast knowledge of age-old herbal remedies. Classes (Rp580,000) cover five, easy-to-prepare Balinese and Indonesian classics, like spiced fish baked in banana leaves and sambal matah.

Nestled in the stunning Payangan river valley is Padma Resort Ubud, the latest cooking school to open in the country town. Hands-on classes (Rp700,000) take place at the resort’s Organic Plantation Garden and cover both Balinese and Javanese dishes, like the classic duck dish of bebek betutu. Some of the ingredients used come from the resort’s herb gardens as well as the Payangan market, where a tour will also be conducted.

ALL ABOUT EAST BALINESE CUISINE
Up the East Bali coastline, things get a lot wilder (literally), especially in Karangasem Regency, one of the island’s most historically rich regions. Amongst a spectacular backdrop of Mount Agung, volcanic black sand coves and terraced rice paddies are two internationally acclaimed establishments that focus on East Balinese fare — regarded as Bali’s purest authentic cuisine.

Located in a seaside coconut grove setting, Alila Manggis has hosted many cooking classes since 2001. Its sessions blend traditional Balinese methodology and cuisine with a signature Alila luxury touch. Their four-hour classes include Catch and Cook (US$95), which incorporates an early morning fishing expedition in a traditional jukung outrigger. Thereafter, participants get to prepare regional dishes such as fish and prawn curry using the morning’s catch, as part of a seafood feast in the resort’s fineness dining restaurant. Alila’s two signature classes (from US$75), however, are hosted in their organic garden, a 10-minute drive away in Mount Agung’s foothills. Classes are preceded by either an outing to Pasar Klungkung, one of East Bali’s busiest markets, or a tour of the extensive gardens, where a chef explains the diverse range of cultivated produce from vanilla pods to ginger flowers and chillies — much of which ends up in the restaurant or class kitchens. At a thatched open-sided pavilion, recipes such as sweet potato rice and pork satay on lemongrass are shared and food is prepared in blackened pots over wood-fire stoves and sampled at a small bamboo hut overlooking the rice fields.

Further north in a village outside Amlapura, Australian Penelope Williams, who trained at London’s Savoy Hotel and was former executive chef of Alila Manggis, created Bali Asli restaurant and cooking school in 2011, inspired by East Bali’s abundant fresh, natural produce and rich culinary traditions. “Visitors think Balinese food is all about nasi goreng, mee goreng and satays,” laments Williams. “Given what’s served at tourist-
centric eateries, it's often hard for visitors to experience authentic traditional Balinese food. Here at Bali Asli, we promote Balinese cuisine and culture, and support those who fish, farm and forage in our local community. Our cuisine is true Balinese, especially Eastern Balinese, cooked in traditional kitchens without electrical appliances - just wood-fired, mud brick stoves and our hands, using fresh, local ingredients."

Bali Asli offers immersive culinary adventures (from Rp988,000). "We don't call them cooking classes because they offer much more than that. We teach our students how to smell, taste and feel the cuisine they create during the class, besides sharing with them the local way of life," affirms Williams. Highlights range from "A Day in the Village" or "A Day in the Life of a Balinese Fisherman" in remote East Bali parts, followed by a cooking class and lunch. Although some Indonesian classics do make an appearance, most recipes are traditional Balinese, typically East Balinese (such as steamed young fern tips with squash, sweet red chilli and freshly grated coconut) and easily adaptable back home without compromising on distinctive flavours.

FOR THE SERIOUS COOKS
Things get more serious at Bali Culinary Pastry School (BCPS), which is housed in a sprawling campus-like compound in Tabanan. Launched last January, BCPS was created to provide would-be chefs industry access and skills-based programmes. The curriculum offers specific training geared towards culinary industry students, with standards that are compliant to the ASEAN Common Competency Standard for Tourism Professionals. "As the industry is rapidly growing, we see the demands of professional chefs reaching increasingly high levels, which is why we aim to support education in the culinary world," states Priska Cinthia Sondakh, BCPS' PR and Partnership representative.

The school boasts premium, international-standard facilities, including kitchen and bakery labs, plus classrooms and dormitories. Their pioneering one-year Professional Chef Certificate Programme, geared towards young Indonesians and international students, teaches fundamental culinary techniques covering Western and Asian cuisine, Indonesian culinary heritage, and pastry and bakery skills, balancing six months of schooling with a six-month internship with industry partners and international five-star properties the likes of The Ritz-Carlton, Bali and InterContinental Bali Resort. BCPS also offers an intensive 16-week Pastry and Bakery programme, plus informal, fun pastry and baking classes, and kid's programmes. e

WHERE TO GO

**ALILA MANGGIS**
Desa Bultan, Manggis
Karangasem, East Bali
Tel: +62 363 41011
alilahotels.com/manggis

**BALI ASLI**
Jalan Raya Gelumpang
Gelumpang Village, Amlapura
Karangasem, East Bali
Tel: +62 822 3690 9215
baliasli.com.au

**BALI CULINARY PAstry SCHOOL**
Jalan Pantai Nyanyi, Desa Beraban, Tabanan
Tel: +62 361 880100
baliculinarpastysschool.com

**BUMBU BALI RESTAURANT & COOKING SCHOOL**
Jalan Pratama, Tanjung Benoa
Nusa Dua
Tel: +62 361 771256
balifoods.com

**CASA LUNA COOKING SCHOOL**
Honeymoon Guesthouse
Jalan Bisma No. 5, Ubud

**COOKING ADVENTURE IN MAYA'S SPICE GARDEN**
Maya Ubud Resort & Spa
Jalan Gunung Sari Peliatan,
Ubud
Tel: +62 361 977888
meyarestorts.com

**COOKING SCHOOL AT RIMBA JIMBARAN BALI**
RIMBA Jimbaran Bali by AYANA
Jalan Karang Mas Sejahtera
Jimbaran
Tel: +62 361 846.8468
rimba jimbaran.com

**JIMBARAN BAY COOKING ACADEMY**
Four Seasons Resort Bali at Jimbaran Bay, Jimbaran
Tel: +62 361 701010
fourseasons.com/jimbaranbay

**PADMA RESORT UBUD**
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