

SPICE ODYSSEY WORKSHOP

Date: 23 April 2005, Saturday

Time: 10am to 2pm

Venue: *at-sunrice*, the Singapore Cooking School and Spice Garden at Fort Canning Park.

Price: S\$125.00 per person (Price includes three-course lunch with wines)

For reservations, please call: (65) 6336-3307 or email zeke@at-sunrice.com

Spice Odyssey Workshop - Conducted by *at-sunrice* founder Ms. Kwan Lui and her team of chefs.

Spice Odyssey is back!

Now on its 2nd year in the World Gourmet Summit, Spice Odyssey 2005 is spicier and hotter, bringing in bigger activities which will instantly turn participants into Spice Masters!

Now get ready to find, fuel and free your senses.

Spice Kingdom Discovery

Start your day by embarking on a journey to the realms of 3 majestic Spice Kingdoms and discover the commercial, preservation and aromatic powers of spices which you never knew existed.

History and Commercial Kingdom

Step back in time and go back to a world where spices served as the single most precious commodity. Discover the rich history of the spice trade routes and why wars were fought because of these precious spices – with no less than our very own Sir Stamford Raffles, the founder of Singapore's Spice Garden dating back to 1822, to guide you all the way.

Aromatic Kingdom

As you enter the kingdom, be amazed with the different varieties of aromatic spices nature provides ranging from laksa leaves, basil, dill to the Indian borage. Then, use your senses to further enhance your experience. Don't just look - touch, smell and use them as essential ingredients to flavorful dishes such as the Laotian laab.

Survival and Preservation Kingdom

Who ever thought that spices actually have natural preservation and anti-bacterial properties? Our forefathers did, that's why they used them before technology and refrigeration were made available. Learn how to outwit, outlast and outplay in this world with spices.

Cocktails at the Patio

Before continuing your journey into the Culinary and Health & Beauty Kingdoms, refresh yourself with *at-sunrice* signature beverage blends ready to titillate your palate. Fall in love with our Blue Pea Lemonade, Tamarind juice and be surprised at how spices serve as the secret to its exquisite aromas, flavors and tastes.

Culinary Kingdom: Spice Paste Workshops

Grab that pestle and mortar and pound on fresh herbs and spices to create your own bouquet of signature garam masala and 6-spice spice paste with the guidance of *at-sunrice* master spice-blenders.

Health & Beauty Kingdom: Fruit Foot Spa

Step into our one-of-a-kind foot spa which leaves your feet feeling energized, refreshed and moisturized. And the best part is, the foot spa uses fresh fruits!

Spice Lunch and Wine Pairing

Finally, indulge in a sumptuous 3-course all-Asian spice lunch which makes full use of the two fresh spice pastes created during the workshops. A special wine pairing activity accompanies the Asian spice lunch.

Tea and coffee

Spice learning has definitely never been this hands-on and experiential.

09:30 - 10:00: Registration and Grouping

10:00 - 10:20: First Kingdom

10:20 - 10:40: Second Kingdom

10:40 - 11:00: Third Kingdom

11:00 - 11:30: Cocktails

11:30 - 12:00: Culinary Kingdom: Garam Masala Workshop

12:00 - 12:30: Culinary Kingdom: Spice Paste Workshop

12:30 - 13:00: Health and Beauty Kingdom: Fruit Foot Spa

13:00 - 14:00: al fresco lunch at-sunrice

: Tea and Coffee

All prices quoted are in Singapore dollars based on per person and are subject to prevailing government taxes.

*Information correct as of 18 March 2005 and are subject to changes.