

# Alila Manggis

## 'Cooking School' Program Descriptions

**Balinese Cooking School** From the growing and harvesting to the marketing and preparation of ingredients, understand how the cycle of daily life translates from the padi to the plate in traditional Balinese dishes.

After an early morning breakfast, visit Klungkung market and experience the amazing sights, sounds and aromas of one of the busiest village markets in East Bali. Return to the hotel to learn how to use the ubiquitous Ulekan (traditional Balinese mortar and pestle) to make Bumbu Bali (Balinese curry paste) and many more. Savor the morning's handiwork over a leisurely lunch in the restaurant.

USD\$85++ per person minimum 2 people

**Catch & Cook** Ready for some action on the ocean? Pick up the skill of the Balinese fishermen aboard our jukung, a traditional style fishing boat as you try your hand at reeling in your own dinner. Be a part of the whole adventure from catching to cooking!

The cooking class will start at 4 pm in our hotel gardens by the sea. You will learn how to prepare a local fish and prawn curry, pepes ikan (fish wrapped in banana leaves) and will be served a sumptuous seafood platter featuring the food you cooked during your class including your very own catch of the day.

USD\$95++ per person minimum 2 people

**Food For Your Soul** Discover how healthy food and a healthy lifestyle go naturally hand-in-hand.

Enjoy a great day of cleansing, stretching and cooking for your soul, with a combination of vegetarian cuisine and yoga.

Venture into our organic garden and welcome the day with a private yoga class, followed by Jamu and a healthy Balinese breakfast. After which your cooking class will be in the garden kitchen, using organic ingredients, and traditional cooking techniques and equipment, create a refreshing vegetarian lunch – perfect for cleansing the body and learning healthier cooking habits. After lunch amid the tranquil surroundings, enjoy the afternoon in the garden at your leisure.

USD\$75++ per person minimum 2 people

**Organic Garden Cooking School** Gain a new sense of taste as you rediscover the wholesome, nurturing flavours of unprocessed ingredients. Nurture your awareness of sustainable farming which is sure to stimulate your appetite for a more healthy, balanced lifestyle.

After breakfast, head to our organic garden just 10 minutes from the hotel, hidden amongst the surrounding foothills.

Your organic cooking lesson will take place in our traditional garden kitchen, where you will learn a combination of Classical Balinese dishes including Nasi Goreng from Balinese organic red rice. and rice flour pancakes (lak lak) enjoy the fruits of your morning's labor in our traditional Balinese pavilion.

USD\$75++ per person minimum 2 people

**Food For your Skin** Bali has a rich history of traditional medicinal recipes for maintaining health and beauty. Discover the healing qualities of the natural ingredients found all around us. Start the day in a wonderful way with a Balinese breakfast in our organic garden. Then explore the garden, and near by jungle picking herbs, roots and fruits that hold the secrets to staying healthy. Learn how to make coconut oil that you can use to prepare your own skin treatments. Create a facial treatment using local fruits and organic bath sea salts, as well as a herbal body scrub made from an age-old recipe. Your class will be followed by a healthy lunch, served in the organic garden pavilion, At your leisure return to the hotel for a soothing spa treatment using traditional Balinese oils.

**PLEASE BOOK 2 DAYS IN ADVANCE FOR THIS CLASS**

USD\$100++ per person minimum 2 people

**Jajan Bali** Jajan Bali simply means sweets and cakes made in Bali

Jajan is traditionally made by women and offered to their gods and houseguests with Bali coffee.

Food plays a very important role in Balinese Hindu culture, and Jajan has its place along side many other important dishes such as Bebek be tutu (slow cooked duck) and Babi guling (spit roast pig)

It is eaten when the Balinese people work through the night preparing the food and offerings for ceremonies to give them strength and to help keep them awake! It is placed on the elaborate offerings (banten) that are carried by the women to the temples as a symbolic gesture to the gods

Jajan Bali can be purchased from many roadside stalls and market places. It comes in many different shapes and forms and is cooked using many different techniques. Jajan is just as colourful as the Balinese decorations you can see in the temples, in their homes and in their traditional dress.

We will create five different types of Jajan Bali and enjoy them as afternoon tea in our ocean front garden pavilion.

USD\$40.00++ per person minimum 2 people

**Kids In The Kitchen** This short but entertaining class is designed for children to enjoy after they have had their lunch. We will be making cookies and muffins and while they are cooking, we will visit our kitchen garden and with the assistance of our hotel gardener plant a new herb and learn the names of some of the ones we already have growing. When our cookies and muffins are ready we will take them to the poolside and enjoy them with Mum and Dad and a milkshake or juice.

(This class will take one hour, just enough time for Mum and Dad to have a spa treatment)

USD\$25.00++ per person minimum age 4years maximum age 80years