



JANUARY 2010

La soupe et le potage

Tuesday 5th 2:30-4 :30pm

This class is about explaining the difference between La Soupe and Le Potage. The former is never strained except for bread soup, whereas the latter always is.

We often like bread with our soup, hence the French expression “tremper la soupe”, to wet the soup. Find out more about some traditional soups eaten all over France, from the north to the south of Provence.

Best secrets out of Indonesia

Friday 8th 2:30-4:30pm

On his last trip to Bali, Jean-Claude was inspired by the local and traditional Indonesian cuisine. He has created his own version of Nasi Goreng, Sate and cashew nut Sate sauce, where fresh turmeric mingles with Galangal, fresh coriander, smoked paprika and other secretive ingredients. Discover the mysteries of marinating, preparing and cooking.

As for the presentation, well you will be the judge of that.

As the Indonesians say ENAK SEKALI! VERY TASTY!

One Thousand and One Night Delights

Tuesday 12th 2:30-4:30pm

On the menu: Chicken and eggplant baked rice with ten Middle Eastern spices, topped with roasted almonds and pine nuts, garnished with tomato salsa, accompanied by cucumber in crème fraîche and served with mouth watering lemon and garlic traditional salad.

Birthday Cakes

Friday 15th 2-4pm

The traditional way of preparing a birthday cake for family members and loved ones. The fun of decorating, then presenting is equal to the joy of sharing with the people you care.

Delicious, scrumptious and yummy! Find out for yourself.

Cost \$100 per adult and \$15 per person if market tour is required. Tours start 30 minutes before marked times.
Cost \$40 per child – includes market tour.

**EXPLORE CULTURE - LOCATED AT ADELAIDE CENTRAL MARKET
LEVEL 1/22-60 GOUGER STREET - ACCESS VIA CARPARK LIFT
T: 8212 9669 E: info@explorecc.com.au W: www.explorecc.com.au**

ABN: 36 847 527 433



JANUARY 2010

Royal Salmon

Wednesday 20th 2-4pm

You have never tasted salmon this way before.

The baked salmon is wrapped with smoke salmon between layers of fresh ricotta and sundried tomatoes. Accompanied with steamed asparagus and stuffed avocados.

Sometimes I have trouble finishing up this recipe as I end up eating the lot!

Château Briand Royale

Wednesday 27th 5-7pm

This is no ordinary beef fillet, this is a royal treat.

This traditional dish is mouth watering. You will learn how to make it simply divine when you come and experience a new way of preparing it.

J-C Grand Marnier Baba

Saturday 30th 10am-12pm

- 1) Simple to make
- 2) Easy to bake
- 3) A real treat
- 4) Delicious to eat
- 5) Come and try it

Cost \$100 per adult and \$15 per person if market tour is required. Tours start 30 minutes before marked times.
Cost \$40 per child – includes market tour.

**EXPLORE CULTURE - LOCATED AT ADELAIDE CENTRAL MARKET
LEVEL 1/22-60 GOUGER STREET - ACCESS VIA CARPARK LIFT
T: 8212 9669 E: info@explorecc.com.au W: www.explorecc.com.au**

ABN: 36 847 527 433