

# 2-Day Intensive Macrobiotics Course

By Mdm Kurina Yonezawa

4-5 July 2020 (10am-5pm)

Venue: Kepong Retreat Home , Kuala Lumpur.

*Theme*

**Traditional Fermentation Techniques and Cultured Cuisines**

*Syllabus*

## THEORY AND FERMENTED SEASONING MAKING

	Topic	
<b>Day 1</b>	Examples of fermented food in Malaysia	
	Benefit of fermented food	
	Introduction of traditional Japanese fermented	
	seasoning and food	
	Practical making session of some fermented food	Amazake, Shiokoji
<b>Day 2</b>	Practical making session of some fermented food	Miso, Nukazuke*
		*pending availability of ingredients

## CULINARY MODULES<sup>^</sup>

	MENU	FERMENTED SEASONING/FOOD
A.M.	Sohmen	Soy sauce
	Grilled fried Tofu stuffed with Tofu and Vegetables	Miso
	Vegetable Water Kimchi	Rice water
	Kashiwamochi/Rice Cake wrapped with oak leaf	Miso, Amazake
P.M.	Sushi Boat	Shiokojizuke Vegetables
		Nukazuke* Vegetables
		Misozuke Vegetables
	Miso Soup	Miso
	Grilled Eggplant topped with Miso paste	Miso, Amazake
	Tropical fruit pudding	Komeame (rice syrup)

<sup>^</sup>recipes may change without prior notice, pending availability of ingredients

## CULINARY MODULE



**Sushi Boat**



**Stuffed Tofu**



**Miso Making**



**Nukadoko Fermentation**



**Cold Somen with 3 sauces**



**Cultured Water Kimchi**

## Course Fee

MYR1050 (Malaysian students)

SGD350 (International students)

**\*Only 12 seats available**

\*\* Course notes and semi-organic ingredients included

### *Extra Fees / Notes*

\*During the course, Kepyok provides twin/triple-share air-conditioned accommodation (with vegan breakfast and dinner) MYR240/night or SGD80/night. Only 6~9 vacancies available, priority is given to international or interstate students.

\*For Triple sharing, the third bed will be a mattress on the floor. Same accommodation fee applies. Hence, early enrolment is encouraged.

\*International/Interstate students are expected to arrive latest on 3<sup>rd</sup> Jul 9.30pm and to depart earliest by 5<sup>th</sup> Jul 8.30pm. Please plan flights accordingly. 2nights accommodation is compulsory for international/interstate students.

\* Airport transfer service fee at SGD40/pax (two ways).

## Closing Date

31<sup>st</sup> Mar 2020

## Registration / Queries

Email : [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net), Whatsapp: +6591175756, Mobile: +6012 3790302

^^ Consider also Vegan Buffet cum Public Seminar by Mdm Kurina Yonezawa on 2<sup>nd</sup> Jul 2020, Thurs, 7pm-9.30pm at PC Studio Cafe, SS2, Petaling Jaya. Mdm Yonezawa will discuss about these topics:

***What is Macrobiotics ?***

***Difference btw. vegan and Macrobiotics***

***Difference btw modern nutrition and Macrobiotics***

***What are Yin and Yang in Macrobiotics***

***Characteristics of Macrobiotic diet***

^^ Public seminar entrance fee: RM90/pax or SGD30/pax