

# Vegan Culinary Certification Program in Singapore (Batch III)

by The Veg School

*This culinary program is specifically tailored for individuals who have burning passion for vegan culinary excellence and the big hearted ones who plan to serve the vegetarian community with healthier and tastier vegan food.*

*\*\* Students are to attend 80% of the 15 sessions, in order to be awarded a certificate by TVS.*

*\*\* There will be no replacement class for absentee. Student who misses any lesson is required to prepare 1 dish at home for the teacher to assess.*

## **Program Details:**

. to be conducted every Saturday 3pm-6pm commencing 29<sup>th</sup> March through to 5<sup>th</sup> July 2014

. totalling 45 contact hours (fully hands-on)

. covering 45 vegan recipes, from raw to cooked, from Chinese, Japanese, Thai to Western cuisines, from entrée, soups, mains, snacks to desserts

. altogether taught by 3 experienced and leading vegan chefs at their specified venues

. program is to commence with min 4 students (max 6 students)

Session #	Instructor	Date	Venue	Syllabi
1	Vinitha Ang	29 <sup>th</sup> Mar (Sat)	Vinitha's Residence	Raw Vegan Cuisine I: - "No Flour" NutriVegan Popiah - Tricolor Zucchini Pasta with homemade Raw Marinara sauce - Not Tuna (nut-based raw "tuna")
2	Vinitha Ang	5 <sup>th</sup> Apr (Sat)	Vinitha's Residence	Asian Vegan Cuisine: - Veg Chicken Rice - Brown Rice Hakka Farmer Tea - Black Sesame Walnut Dessert
3	Vinitha Ang	12 <sup>th</sup> Apr (Sat)	Vinitha's Residence	Raw Vegan Cuisine II: - "No Cook" Veg Laksa - Basil Pumpkin Salad - "No Bake" Apple Spice Tart
4	Vinitha Ang	19 <sup>th</sup> Apr (Sat)	Vinitha's Residence	Malaysian Vegan Cuisine: - Brown Rice Nasi Lemak with homemade Veg Sambal Chili - Tofu Otah - Ramen Mee Rebus

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5	Vinitha Ang	26 <sup>th</sup> Apr (Sat)	Vinitha's Residence	Raw Vegan Cuisine III: <ul style="list-style-type: none"> <li>- NutriVegan Rojak</li> <li>- Raw Hawaiian Vegan Pizza with homemade Nut Cheese</li> <li>- "No Bake" Macaroon.</li> </ul>
6	Rosalind Lim	3 <sup>rd</sup> May (Sat)	ONAKA	Japanese / Shojin Ryori (Zen Buddhist cuisine): <ul style="list-style-type: none"> <li>- Daikon, Edamame &amp; Seaweed Salad with Sesame Dressing</li> <li>- Cold Somen Noodles with Dipping Sauce</li> <li>- Grilled Eggplant with Miso</li> </ul>
7	Rosalind Lim	10 <sup>th</sup> May (Sat)	ONAKA	Japanese / Macrobiotics Diet & Lifestyle: <ul style="list-style-type: none"> <li>- Nori Seaweed Roll (no rice) with Wasabi Sprouts and Walnut Spread</li> <li>- Barley Miso Soup; Japanese Rice with Gomashio</li> <li>- Tofu Chawan Mushi</li> </ul>
8	Rosalind Lim	17 <sup>th</sup> May (Sat)	ONAKA	Thai / Herbs and Spices for natural flavours: <ul style="list-style-type: none"> <li>- Tom Yam Soup with Young Coconut</li> <li>- Fruit &amp; Veggie Salad with Tamarind Dressing</li> <li>- Warm Quinoa with Tofu &amp; Tempeh</li> </ul>
9	Rosalind Lim	24 <sup>th</sup> May (Sat)	ONAKA	Korean Cuisine: <ul style="list-style-type: none"> <li>- Kimchee</li> <li>- Seaweed Soup</li> <li>- Bibimbab</li> <li>- Poached Pear with Cloves &amp; Peppercorns</li> </ul>
10	Rosalind Lim	31 <sup>st</sup> May (Sat)	ONAKA	Western / Cooking with soy: <ul style="list-style-type: none"> <li>- Breakfast Scrambled Tofu</li> <li>- Tofu Pesto Bruschetta with Cherry Tomatoes</li> <li>- Vegan Tempeh "Meat Balls" with Marinara sauce</li> </ul>

11	Upasana Chakraborty	7 <sup>th</sup> Jun (Sat)	Upasana's residence	Indian Cuisine: <ul style="list-style-type: none"> <li>- <i>Appetizer:</i> Bhel Puri</li> <li>- <i>Main Course:</i> Pulao</li> <li>- <i>Dessert:</i> Pumpkin Halwa</li> </ul>
12	Upasana Chakraborty	14 <sup>th</sup> Jun (Sat)	Upasana's residence	French Cuisine: <ul style="list-style-type: none"> <li>- <i>Appetizer:</i> French Onion Soup</li> <li>- <i>Main Course:</i> Ratatouille</li> <li>- <i>Dessert:</i> Sweet Crepes</li> </ul>
13	Upasana Chakraborty	21 <sup>st</sup> Jun (Sat)	Upasana's residence	Italian Cuisine: <ul style="list-style-type: none"> <li>- <i>Appetizer:</i> Bruschetta</li> <li>- <i>Main Course:</i> Ravioli</li> <li>- <i>Dessert:</i> Vegan Tiramisu</li> </ul>
14	Upasana Chakraborty	28 <sup>th</sup> Jun (Sat)	Upasana's residence	Spanish Cuisine: <ul style="list-style-type: none"> <li>- <i>Appetizer:</i> Gazpacho</li> <li>- <i>Main Course:</i> Fajitas with Salsa</li> <li>- <i>Dessert:</i> Sweet Quesadilla</li> </ul>
15	Upasana Chakraborty	5 <sup>th</sup> Jul (Sat)	Upasana's residence	Nutritious "Fast" Food: <ul style="list-style-type: none"> <li>- <i>Appetizer:</i> Salad Cups</li> <li>- <i>Main Course:</i> Oat Patty Burger</li> <li>- <i>Dessert:</i> Apple Turnover</li> </ul>

Instructors' biographies :

### **Vinitha Ang :**

Ms Vinitha Ang Siew Teen is a Registered Nurse with more than 20 years of experience in nursing & allied health care profession. She is also trained in nutrition & psychology with a master degree in health care management. Having nursed her parents thru' their battle with cancer, she decided to change her diet from non-vegetarian to vegetarian in 2004, and later to taking more organic / natural wholesome food.

In January 2007, she started her family's retail business in providing organic natural products, ranging from fresh produce and groceries to personal health care products. Having observed that there is a gap in Singapore market for healthier organic vegetarian food and with a mission to educate more people towards healthier eating and healthier lifestyle, she started NutriHub – the Organic Fusion Café in June 2008 in Cuppage Plaza. And later, relocated to Chinatown in 2011, but has ceased the cafe business since May 2012 to focus on culinary education.

In June 2012, she started a new company "NutriHub Culinary Art" to focus on Culinary & Healthy Living education. Since 2008, she had conducted numerous NutriMeal cooking, Raw Vegan Cuisine as well as Vegan Baking classes for both individuals and groups.

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**Rosalind Lim :**

*Co-founder of Onaka Healing Kitchen, 2008 General Manager of Onaka Foods Pte Ltd*

*Co-founder of Royal Pine TCM & Wellness Clinic, 2010*

*Conscious Cuisine Chef*

*Nutrition & Wellness Coach*

Having worked for more than 20 years in various FMCG industries, Rosalind held several senior management positions before deciding to fulfill her entrepreneur dream in setting up Onaka Healing Kitchen, a cooking studio and juice bar with her partners in 2008.

Onaka Foods Pte Ltd currently operates Onaka Restaurant & Wine Bar at ARC and Onaka Juice Bar at Rochester Park. The company together with a strategic partner is in the process of venturing into other healthier food and beverage options targeting at companies, hospitals and schools. With a passion in culinary arts and nutrition and a background in management, Rosalind plays a key role in developing the vision, leadership, and strategies for Onaka. Besides running the business, she teaches Conscious Cuisine and provides nutrition and wellness consultancy to private business and individuals.

In 2010, she was engaged as the natural chef consultant for the healthy café at Verita Advanced Wellness Centre. In 2012, she promoted creative Conscious Cuisine in several key events: a cooking class on Sustainable Seafood at the Singapore Food Festival in July, a series of recipes and cooking class for USDA Organic Trade Commission from Sept to Dec, and an interactive cooking class on Raw Foods & Superfoods at the Asian Food Channel cooking studio for American Express in Nov. Recently, she represented Thermomix and conducted a cooking demo at the Savour event in April 2013. Rosalind also volunteers at ACMI and teaches “Healthy Cooking for the Family” to domestic helpers on alternate Sundays. With wholesome food as the foundation to grow on, she promotes a healthy lifestyle that includes a physically-fit body, a positive and peaceful mind, and a joyful soul.

**Upasana Chakraborty :**

Upasana belongs to a family who has been into food business for generations. Her great grandfather used to run his own sweet shop in Punjab of Pakistan. After Indian Pakistan Partition, her great grandparents made living making sweets and snacks in verandah of New Delhi, India home and selling it. Hence she inherited the passion for cooking. She loves exploring new dishes and mixing and matching all I learn into something incredible. When not working as a finance manager, she would be found watching Chefs competing in Food Channels and learning something new from them. She is always on a quest to explore new ways of cooking which led her to Vegan Culinary Certification from The Veg School Singapore where she learnt Chinese, Baking and Preserving vegan food. She also runs her own cooking classes teaching healthy vegetarian cuisines from all over the world. For more information please visit her website: [www.ghaasphuus.com](http://www.ghaasphuus.com) and Facebook page: [www.facebook.com/ghaasphuus](http://www.facebook.com/ghaasphuus)

**Investment:** SGD1800

**To register:** [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

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