

# Vegan Culinary Certification Program in Singapore (Batch VI)

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 weekend (either Saturday or Sunday) afternoon commencing 5<sup>th</sup> Mar through to 11<sup>th</sup> Jun 2016

. totalling 45 contact hours (fully hands-on)

. covering minimum 45 vegan recipes, from raw to cooked, from Chinese, Indian, Mexican 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	Halimah Ilavarasi	5 <sup>th</sup> Mar (Sat) [3pm-6pm]	Halimah's residence	<u>Basics of Vegan Baking :</u> <ul style="list-style-type: none"><li>- Basic Chocolate Cake with healthy additions</li><li>- Chocolate Mousse Filling</li><li>- Marble Cake</li></ul>
2	Halimah Ilavarasi	12 <sup>th</sup> Mar (Sat) [3pm-6pm]	Halimah's residence	<u>Basics of Cookie and Brownie Baking :</u> <ul style="list-style-type: none"><li>- Green Tea Almond Cookies</li><li>- Classic Choc Chip Cookies</li><li>- Chocolate Peanut Butter Brownies</li></ul>
3	Halimah Ilavarasi	19 <sup>th</sup> Mar (Sat) [3pm-6pm]	Halimah's residence	<u>Buns and Muffin :</u> <ul style="list-style-type: none"><li>- Basic Sweet Bun</li><li>- Homemade Pumpkin Kaya</li><li>- Blueberry Muffins</li></ul>

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)

Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



4	Halimah Ilavarasi	26 <sup>th</sup> Mar (Sat) [3pm-6pm]	Halimah's residence	<u>American Comfort Food Special :</u> <ul style="list-style-type: none"> <li>- Black Bean Beet Burgers</li> <li>- Homemade Vegan Mayonnaise and Tartar Sauce</li> <li>- Vegan Mac and 'Cheeze'</li> <li>- Apple Crumble</li> </ul>
5	Halimah Ilavarasi	2 <sup>nd</sup> Apr (Sat) [3pm-6pm]	Halimah's residence	<u>Tantalising Thai Food :</u> <ul style="list-style-type: none"> <li>- Thai Mango Sticky Rice</li> <li>- Green Papaya Salad</li> <li>- Thai Pineapple Fried Rice</li> <li>- Thai Lettuce Wraps Recipe</li> </ul>
6	Vinitha Ang	9 <sup>th</sup> Apr (Sat) [2.30pm-6.30pm]	Vinitha's Residence	<u>Introduction and Raw Vegan Cuisine :</u> <ul style="list-style-type: none"> <li>- Introduction to Raw Vegan Diet &amp; Gourmet Cuisine</li> <li>- Healthy Living Healthy Kitchen Principles</li> <li>- "No Flour" NutriVegan Popiah</li> <li>- Tricolor Veggie Pasta with nut-based raw "tuna" (Not-Tuna)</li> <li>- Vegan Fruity Gelato</li> </ul>
7	Vinitha Ang	16 <sup>th</sup> Apr (Sat) [2.30pm-6.30pm]	Vinitha's Residence	<u>Japanese Vegan Cuisine :</u> <ul style="list-style-type: none"> <li>- Vegan Chawanmushi</li> <li>- Fruity Nori Sushi</li> <li>- Burdock root Salad Soba</li> <li>- Prepare Daikon (Chai Po) for Hakka Farmer Tea (Lei Cha) &amp; Sambal Chili.</li> </ul>
8	Vinitha Ang	23 <sup>rd</sup> Apr (Sat) [2.30pm-6.30pm]	Vinitha's Residence	<u>Asian Vegan Cuisine :</u> <ul style="list-style-type: none"> <li>- Brown Rice Hakka Farmer Tea (Lei Cha)</li> <li>- Chili Miso Ramen</li> <li>- Black Sesame Walnut Dessert</li> </ul>
9	Vinitha Ang	30 <sup>th</sup> Apr (Sat) [2.30pm-6.30pm]	Vinitha's Residence	<u>Malaysian Vegan Cuisine :</u> <ul style="list-style-type: none"> <li>- Brown Rice Nasi Lemak with Homemade Veg Sambal Chili</li> <li>- Vegetarian Tofu Otah</li> <li>- Avocado Chendol</li> </ul>

10	Vinitha Ang	7 <sup>th</sup> May (Sat) [2.30pm-6.30pm]	Vinitha's Residence	<u>Korean Vegan Cuisine :</u>  <ul style="list-style-type: none"> <li>- Korean Jap Chae</li> <li>- Brown rice Bibimbap</li> <li>- Citron Tea Pudding</li> </ul>
11	Oh Chong Fah	14 <sup>th</sup> May (Sat) [3pm-6pm]	Oh's residence	<u>Fermented Vegetable Techniques :</u>  <ul style="list-style-type: none"> <li>- German Sauerkraut</li> <li>- Korean Kim Chi</li> <li>- Chinese Fermented Mustard</li> </ul>
12	Oh Chong Fah	21 <sup>st</sup> May (Sat) [3pm-6pm]	Oh's residence	<u>Healthy Salad Dressing &amp; Raw Diet :</u>  <ul style="list-style-type: none"> <li>- Mayonnaise</li> <li>- Thousand Island Sauce</li> <li>- Basil Sauce + Bonus</li> </ul>
13	Oh Chong Fah	28 <sup>th</sup> May (Sat) [3pm-6pm]	Oh's residence	<u>Growing Veggies at Home with/out soil :</u>  <ul style="list-style-type: none"> <li>- Alfafa sprout</li> <li>- Fenugreek green</li> <li>- Green peas green + Bonus</li> </ul>
14	Oh Chong Fah	4 <sup>th</sup> Jun (Sat) [3pm-6pm]	Oh's residence	<u>Organic Bread with/out oven :</u>  <ul style="list-style-type: none"> <li>- Tibetan Flat Bread</li> <li>- 100% Wholemeal Bread</li> <li>- Focaccia + Bonus</li> </ul>
15	Oh Chong Fah	11 <sup>th</sup> Jun (Sat) [3pm-6pm]	Oh's residence	<u>Jam and Spread :</u>  <ul style="list-style-type: none"> <li>- Cinnamon Apple Spread</li> <li>- Spicy Orange Spread</li> <li>- Strawberry Jam</li> <li>- Vegan Kaya</li> </ul>

Instructors' biographies :

### **Halimah Ilavarsi :**

Halimah knew from young that her true love lies in food. Having grown up experimenting with several cuisines and attaining her NITEC in baking certification in Baking Institute Training Centre in 2004, her natural curiosity for food led her to experiment with vegan baking, thus changing her life forever. On a plant based diet for the last four years, Chef Halimah hopes to create vegan pastries and dishes that are equally mouthwatering, delicious and healthier than traditional food. She runs her own home based culinary consulting under the banner of Kalavira Vegan School and also produces videos on vegan baking

### **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.

### **Oh Chong Fah :**

*Certified People's Association Vegetarian Culinary Instructor, 2004*  
*Certificate in Restaurant Management, SCCIOB, 2005*  
*Certificate in Bakery Management, BITC, 2002.*

Mr Oh Chong Fah who is a veteran in healthy vegetarian culinary teachings for over a decade, used to work for Kampung Senang Charity & Education Foundation as a general manager, overseeing the healthy menu design at Eco Harmony Kitchen of Kampung Senang. Mr Oh also operated his own healthy vegan bakery for a few years before he docks on a spiritual career at Poh Ming Tse Temple in very recent days. More about Mr Oh: <http://www.WholesomeLiving-Sg.com>

**Investment:** SGD1800

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

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)  
Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)

