



## Simplicity: The Basic Cooking Class

Introduction and basic guidance of cooking, and mindful dishes for everyday wellness using Indonesian recipes with a twist of healthy touch.

### Price

Rp 490,000 per person (minimum 2 participants)

### Duration

3 hours of basic of mindful cooking and nourishing culinary exploration.

### Program Highlights

This class is designed for individuals, especially beginners, who want to cook with confidence while embracing nutritious, clean, and mindful eating. With step-by-step guidance, you will learn how to create depth and balance in dishes made from scratch, drawing inspiration from Indonesian culinary traditions.

During the session, you will gain practical knowledge of conscious cooking, practice essential techniques, and explore simple Indonesian recipes that form the foundation of intentional, wellness-focused meals.

### Learning Outcome

By the end of this program, you will:

- Learn foundational cooking techniques such as preparing rice mindfully, controlling heat with confidence, understanding water ratios, and appreciating the texture and aroma that come from traditional pot cooking.
- Explore essential marination principles by balancing salt, aromatics, and natural seasonings to build deep flavor without relying on processed ingredients.
- Practice layering herbs and spices through slow simmering and mindful flavor-building, using botanicals like turmeric, ginger, lemongrass, and lime leaves. This simple yet transformative skill is central to Indonesian cooking.
- Understand the variety and versatility of proteins, including how to prepare plant-based options in multiple ways, create balanced marinades, and pair them with clean sauces to support nutritious everyday meals.
- Discover mindful approaches to sweetness by creating desserts that satisfy gently, using natural ingredients and techniques that highlight purity rather than excess.

### Experience

This class is more than cooking; it is about cultivating wellness through simplicity. You will learn mindful approaches to basic cooking that transform everyday ingredients into nourishing meals, reconnect with the joy of preparing food consciously, and bring home practical skills that enrich daily life. By the end, you will not only master techniques that support natural nutrition but also embrace a lifestyle of mindful eating that nurtures body, mind, and soul.



## Basic Cooking Knowledge

### Mindful Ingredients

Understanding the art of cooking begins with the ingredients we choose. By selecting natural, organic, or free-range options, we enhance both the flavor and the quality of our meals while reducing exposure to unwanted chemicals. Cooking with clean and wholesome ingredients becomes a simple yet powerful way to support long-term health, ensuring that every dish nourishes the body while honoring the balance of nature.

### Spices and Herbs in the Meal

Herbs and spices such as lemongrass, lime leaves, coriander seeds, turmeric, ginger, and galangal enrich daily meals and support mindful cooking. These traditional botanicals are more than flavor enhancers; they are rich in antioxidants, anti-inflammatory compounds, and digestive benefits. Regular use of natural seasonings strengthens immunity, improves digestion, and brings a sense of vitality, enriching our quality of life through food that heals as much as it delights.

### Understanding Nutritional Value and Benefits

Making the most of these choices also means understanding their nutritional value. By exploring elements such as the glycemic index, fiber content, amino acids, minerals, and natural enzymes found in different foods, we can select ingredients that support balanced health, steady energy, and harmony in daily living. This knowledge empowers us to cook not only with taste in mind but with intention, creating meals that truly serve both body and spirit.

### Non-Toxic Cooking Tools

In every home, the kitchen is a place of comfort and nourishment, yet hidden dangers may lurk among the tools we use daily. From worn-out nonstick pans to plastic utensils that release harmful chemicals under heat, everyday cookware can quietly compromise our health. As awareness grows about the materials we cook with, it becomes essential to consider not only what we eat but also how we prepare it.

### Healthy Cooking Methods

Cooking methods play a significant role in determining whether the food we prepare supports our health or works against it. When ingredients are overcooked, their nutritional value drops, and important compounds like phytonutrients and natural enzymes diminish, leaving the food less vibrant and less beneficial. By choosing gentler, more mindful cooking techniques, we preserve these nutrients and honor the natural qualities of each ingredient. This approach reflects a broader philosophy of cooking and consuming with intention, creating a balanced lifestyle where nourishment, awareness, and enjoyment come together in every meal.

### Real Food Concept — Food is Medicine

The real food concept embraces the understanding that food is medicine. Healthy cooking is not only about satisfying hunger but about elevating the mind, body, and soul through nourishment. Truly great food delivers genuine benefits to the body while offering a joyful harmony of flavors that delight the senses. By being conscious of what we consume and choosing ingredients that honor our natural systems, we show fairness and love to ourselves. In doing so, we allow the body to blossom, thrive, and perform at its highest state, a celebration of health, vitality, and balance through every meal.



## Cooking Program

### Brown Rice: Whole Grain Nourishment

Returning to traditional methods for better taste and nutrition, this lesson teaches how to cook brown rice in pots. A gentle and grounding source of energy, it highlights the value of whole grains in everyday wellness.

### Garlic Pepper Chicken

A straightforward, everyday marination that serves as a flavorful base. From soups to salads and sandwiches, it opens the door to many delicious possibilities.

### Soto Ayam

Spices and herbs are a natural way to support balance and health in daily cooking, and Soto Ayam beautifully embodies this principle. This Indonesian aromatic simmered dish is a gentle and nourishing turmeric-lemongrass chicken soup that enriches your repertoire. It brings together rice noodles, boiled organic egg, and cabbage in a golden turmeric broth, topped with potato crisps, leek, shallot crisps, and a touch of lime for brightness. Served with candle-nut sambal for extra depth, this lightly spiced soup is both comforting and fulfilling. As nature provides its goodness for our wellbeing, we are reminded to use natural spices and herbs regularly. In doing so, we strengthen immunity, improve digestion, and bring a sense of vitality, enriching our quality of life through food that heals as much as it delights.

### Tofu and Tempe Side Dishes

- Classic salty marinade, straightforward and satisfying.
- Two options: a herby aromatic marinade or a slow-simmered version, each infused with fresh herbs and spices for depth.
- Crispy tofu and tempe in batter, golden, crunchy, and irresistible.

Paired with teriyaki, vegan mayo, tzatziki (yogurt dill sauce), or sambal for a variety of tastes.

### Simple Dessert

A sweet finale to complete your mindful dining experience, mildly sweet, refreshing, and balanced.

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