



## Mindful Salad Dressing Class

Discover the foundations of simple, healthy, and mindful salad dressings. This class guides you through essential techniques and flavor principles so you can confidently craft nourishing dressings from scratch. Each recipe is designed to support a balanced lifestyle while celebrating clean, natural ingredients.

### Price

Rp 490,000 per person (minimum 2 participants)

### Duration

3 hours of creative, nourishing kitchen discovery

### Program Highlights

Explore nine mindful dressings chosen for their clean ingredients, balanced flavors, and ability to elevate whole foods without overpowering them:

- Lemon Vinaigrette
- Honey Mustard Dressing
- Balsamic Vinaigrette
- Tahini Dressing
- Yogurt Herb Dressing
- Japanese Sesame Dressing
- Indonesian-Inspired Tamarind and Palm Sugar Dressing
- Indonesian-Inspired Peanut Butter Gado-Gado Dressing
- Indonesian-Inspired Tahini Gado-Gado Dressing

Each dressing teaches a different principle of mindful, intentional flavor building.

### Learning Outcomes

By the end of the class, you will understand how to balance oil and acid, choose healthy fats, use natural sweeteners, incorporate herbs and aromatics, adjust texture, and season with intention. You will gain practical skills in emulsifying, creating consistent creaminess, working with aged vinegars, preparing tamarind water, and harmonizing sweet, tangy, and umami elements. Most importantly, you will leave with the confidence to craft your own nourishing dressings that support a balanced, mindful lifestyle.

### Experience

In this hands-on class, you will mix, whisk, taste, and adjust each dressing while tuning into flavor, texture, and intention. You will craft your own personalized dressing using the principles learned, gaining confidence to create healthy, delicious dressings at home. The session is interactive, creative, and rooted in mindful eating, transforming simple ingredients into nourishing expressions of wellness.



## Basic Dressing Knowledge

Participants will learn the essential foundations of mindful dressing creation:

- Oil-to-acid balance for harmonious flavor.
- Choosing natural healthy oils such as virgin coconut, olive, avocado, or cold-pressed nut and seed oils.
- Using natural sweeteners like honey, palm sugar, or organic cane sugar.
- Incorporating herbs and aromatics for depth without additives.
- Adjusting texture using yogurt, tahini, or water.
- Mindful seasoning to enhance flavor without excess salt.

## Dressing Program

### Lemon Vinaigrette

Bright, cleansing, and naturally low-fat, this vinaigrette brings a refreshing lift to any salad. Made with fresh lemon juice, a touch of healthy oil, and light seasoning, it awakens the palate without overwhelming it. Its crisp acidity helps balance richer ingredients, making it an ideal everyday dressing for those seeking clarity, simplicity, and a clean flavor profile.

### Honey Mustard Dressing

A sweet and tangy classic that blends natural honey with smooth mustard for a comforting yet lively flavor. This dressing encourages mindful portioning thanks to its satisfying richness and balanced sweetness. It pairs beautifully with hearty greens, roasted vegetables, or grain bowls, offering a gentle harmony of flavors that feels both familiar and uplifting.

### Balsamic Vinaigrette

Deeply flavorful and naturally rich in antioxidants, this vinaigrette showcases the complexity of aged balsamic vinegar. With just a few clean ingredients, it delivers a velvety sweetness and subtle acidity that enhance salads without masking their freshness. Its elegant depth makes it a versatile choice for both simple greens and more robust vegetable dishes.

### Tahini Dressing

Creamy without dairy and wonderfully nutrient-dense, this tahini-based dressing brings a grounding, earthy richness to your plate. Blended with lemon, garlic, and water for a silky texture, it offers a wholesome alternative to heavier cream dressings. Its satisfying body makes it perfect for drizzling over roasted vegetables, grain bowls, or hearty salads.



### Yogurt Herb Dressing

Light, probiotic-friendly, and cooling, this dressing combines creamy yogurt with fresh herbs for a soothing, aromatic finish. Its gentle acidity and refreshing herbal notes support digestion while adding brightness to any dish. Ideal for warm climates or spicy meals, it brings a calming balance to bold flavors and crisp vegetables.

### Japanese Sesame Dressing

A creamy, nutty dressing made from toasted sesame seeds, soy sauce, rice vinegar, and natural sweetness. Its smooth texture and umami-rich profile make it deeply satisfying without feeling heavy. This dressing pairs beautifully with fresh greens, tofu, or steamed vegetables, offering a harmonious blend of nuttiness, acidity, and subtle sweetness that feels both comforting and refined.

### Indonesian-Inspired Tamarind and Palm Sugar Dressing

A bright, tangy-sweet Indonesian dressing crafted from fresh tamarind water, palm sugar, and a delicate touch of salt. Naturally refreshing and supportive of digestion, it brings a lively balance to any salad or vegetable dish. Finished with crushed walnuts and a mix of wholesome seeds, it offers a nourishing boost of plant-based protein and satisfying texture. This is a vibrant expression of Indonesian flavor in a mindful, modern form.

### Indonesian-Inspired Gado-Gado Dressings

Honoring Indonesia's iconic peanut sauce in two mindful variations. The Peanut Butter Gado-Gado Dressing offers a creamy, savory-sweet balance with peanut butter, lime, garlic, and sweet soy. The Tahini Gado-Gado Dressing reimagines tradition with sesame paste for a lighter, earthy profile. Together, they highlight the versatility of gado-gado and bring a fresh, nourishing twist to this beloved flavor.