

# MALAYSIAN SEAFOOD AND VEGETABLES FOR WINTER

Saturday, February 10<sup>th</sup>, 2018 from 5 pm to 9.45pm

Saturday, February 17<sup>th</sup>, 2018 from 5 pm to 9.45 pm

Class limited to six people, reserve early via email

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## Cooking Class Menu

Superfood Vegetables Soup with Fresh Mustard Greens, Roasted Fennel and Carrots in a delicious broth ... perfect for those cold winter days

Wok Seared Wild Prawns with Fresh Ginger, Sesame, Curry Leaves & Malaysian Chili Sauce

Pan Seared Salmon with Sweet Tangy Pineapple Sauce over Jasmine Rice ... pure perfection of a homemade pineapple teriyaki sauce, Malaysian style.

Dessert / Wine and Tea



When February arrives, I think most of us, at some point, resolve to adopt some healthier habits for the new year. In this class, we will be combining a variety of organic vegetables and using the freshest seafood to create warm, comforting and healthy meals. Just look at some of the lineup of these immune-boosting ingredients: garlic, ginger, fennel, cinnamon, carrots, parsley, fresh pineapples, turmeric, wild salmon and tiger prawns. Cinnamon lowers blood sugar and turmeric is a powerful anti-inflammatory. Hence, if you are on a hunt for incredibly tasty winter dishes, join us on this culinary journey for well-being, Malaysian style.

Christina Arokiasamy - Travelling Places Through Your Dinner Plate

<https://themalaysiankitchen.com/>

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