



Secrets to Natural Culinary

Mary Fok, lecturer in East-West vegetarian cooking in a University in U.S., has graciously accepted our invitation again to share her secrets from the kitchen.

With composure of a master chef, calm and magnanimous, Mary agrees to deliver what we request of her to teach, from her 'secret culinary manuals' drawn from more than 35 years of firsthand experience. Considering the limit of only 2 lessons, the demonstrations will focus on principles and tips to good cooking, instead of restricting to recipes. With upper hand knowledge, participants can then apply the principles with greater flexibility to all cuisines.

- The ingredient of love in the art of food preparation
- Quality of taste as affected by techniques of cutting and cooking methods
- Food combination in considering quantity, natural flavor, color, energy level and type of ingredients
- Management of time and heat in cooking
- Rescuing your food when things go wrong in the cooking
- The skill of using natural seasonings for optimal taste and health benefits

Places are limited. We received overwhelming response for the inaugural class last year. So, to avoid disappointment, register fast!

DATE/TIME : First lesson: 1 November 2008 (Sat); 2 - 5pm
Second lesson: 2 November 2008 (Sun); 2 - 5pm

FEES : For 2 lessons: \$98 (members); \$118 (non-members)
(we only accept participants who sign up for both lessons)

VENUE : Lapis Lazuli Light (Singapore)

LANGUAGE MEDIUM:

Mary will teach mainly in Cantonese and Mandarin, though she also speaks English.

Profile brief of Lecturer:

Mary Fok grew up in Macau and migrated to U.S. with husband in 1967. She operated a Chinese Culinary School and provisions shop in 1971. These expanded in 1974 to include a Chinese restaurant with banquet services. She ended the business in 1981 to spend time with family and children. Following year, she joined the Home Economics faculty in local University, lecturing on Chinese culture and cuisine. After graduating from Western Culinary courses, she continues to teach East-West culinary, even vegetarian fare, to date. Since her encounter and learning with Lapis Lazuli Light in the States in 1993, she has devotedly volunteered to help in food fare and marketing in Lapis training workshops. With passion and concern for healthy eating, Mary has not stopped learning in food nutrition and culinary skills, even devising new East and West vegetarian cuisines.