

MINDFOOD

#SMARTTHINKING

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**BORING
OR BORED?**
HOW TO REAP
THE BENEFITS

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FOOD & DRINK
MAKE YOUR
OWN ORGANIC
PROBIOTIC TONIC
**PLUS LUNCH BOX
INSPIRATION
FROM AROUND
THE WORLD**

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**EMMA
THOMPSON**
*"Just get out of your
comfort zone."*

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**FUTURE
BEAUTY**

**NEW TECHNOLOGY
THE END OF
ANTI-AGEING**

+ **INNOVATIONS,
TRENDS &
TREATMENTS**

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Issaya Cooking Studio

Celebrity chef Ian Kittichai is behind this cooking studio, an offshoot of his popular restaurant Issaya Siamese Club. Modern, light and bright, the studio is a great place to learn about a wide range of Thai dishes, from classic fare to plates that showcase Kittichai's passion for molecular gastronomy.

A revolving menu means repeat participants can extend their culinary repertoire, preparing everything from complex pastes and sauces to Kittichai's signature lamb shank massaman curry and smoky grilled chicken.

The mixology class is a fun add on, with bartenders teaching participants how to make several cocktails incorporating Thai flavours, and a Guest Chef Programme sees chefs from across the globe lead budding cooks in themed cooking classes. issayastudio.com/

**Soak Up Skills As Bangkok Floats By**

Immerse yourself in the traditions and atmosphere of Thailand while learning to cook on a cruising classroom on the Chao Phraya River.

ANANTARA SPICE SPOONS

Much more than just a cooking class, Spice Spoons at the Anantara Riverside Bangkok Resort offers a rich and interactive immersion in Thailand's culinary traditions. The experience begins with a visit to a local market – with your transport either a traditional longtail or *tuk tuk* – where your host talks through the cultural significance of Thai cuisine as well as the health benefits, indigenous ingredients and substitutes you can use at home. There's a choice of locations when it comes to lessons: you can cook your favourites in a step-by-step class in a purpose

designed studio with a garden and river view, or aboard a beautifully restored antique rice barge as you cruise the Chao Phraya River.

The latter is a particularly memorable way to experience one of the world's most popular cuisines. Sip iced lemongrass tea and soak up the atmosphere while talented chefs show you how to make delicacies such as Thai fishcakes, coconut chicken soup and crispy fish with spicy mango salad.

You'll leave with impressive new skills and a certificate, apron, chopping block and a box of recipe cards so you can continue making at home. bangkok-riverside.anantara.com

BLUE ELEPHANT

Located in a beautiful Thai-Chinese house on Sathorn Road, Blue Elephant's cooking classes not only guarantee insights into typical Thai flavours but are also a hands-on way to learn tips and tricks for preparing popular dishes. In modern kitchens you'll create four dishes – menus change daily and might include hot-and-sour soup with prawns, stir-fried red tilapia with tamarind sauce or green curry with chicken.

For a more immersive experience, book the Ancient Thai Cuisine Cooking Course, which will see you prepare 10 of the country's most applauded dishes from days gone by, including jasmine cake made from mung beans and steamed minced chicken and crab. blueelephantcookingschool.com/bangkok

