

Jul to Dec 2013



# SPIRIT HOUSE

Restaurant & Cooking School

## FROM PADDOCK TO FOOD ICON IN 21 YEARS

The gardens have grown and the fenceline is now the side car park.

The restaurant sits at the top of the lake behind the tanks

The pole and the van are now the cooking school



21 years ago we had a dream - to build an Asian garden centre and small eatery in a tropical garden on five acres of flat horse paddock.

To kick start the dream, we started planting, with the help of landscape gardener, Felix Adena, a lush rainforest complete with tranquil ponds and bubbling stream. The picture above, taken in 1992, certainly says it all and saves 1000 words!

Three years later, when the garden could offer some shade, we opened Spirit House. With a staff of 8, led by Head Chef, Annette Fear, the eatery served morning and afternoon teas together with a light Asian lunch menu. Our dream of a relaxed, semi-retirement, small business was now reality.

Except that the small eatery has now grown into a 100 seat restaurant, employing 50 staff with an annual payroll over \$2 million.

The original garden and shop is now a busy Cooking School, and the huge trees and stands of bamboo, while much admired and photographed by guests, are the nemesis of our gardener Blake..

In 1997, our signature dish, the Crispy Fried Whole Fish with Tamarind Chili Sauce, was listed on the menu at \$19.50. In 2013, we can't buy the fish for that price.

It's amazing how time and money flies! Constantly growing and evolving, we seem to be forever investing in new equipment, renovating the gardens and buildings as the property ages along with the owners.

21 years is a long time in business - a real milestone in fact. Especially when you consider that nearly 50% of new businesses fold in their first year.

After 5 years, nearly 80% will no longer exist and in 10 years, 96% will be distant memories of dreams turned sour.

But that's the point about dreams - sometimes they don't come true, or they turn into nightmares.

Or, as in the case of Spirit House, sometimes a very small dream becomes a very large reality with the lives and futures of 50 staff and their families depending on our continued success.

Happy 21st Birthday, Spirit House.

### COOKING SCHOOL

Hands-on cooking classes, a great way to make new friends and learn new skills.

Classes are held daily from 9.30am and Fri. to Sat. nights from 4.30pm.

Bookings:  
[spirithouse.com.au/school](http://spirithouse.com.au/school)  
(07) 5446 8977

### RESTAURANT

A small slice of Asia on the doorstep of the Sunshine Coast.

Open every day for lunch from noon and Wed. to Sat. nights from 6pm.

Bookings:  
(07) 5446 8994

Menus etc.  
[spirithouse.com.au](http://spirithouse.com.au)

### VOUCHERS

Spirit House Gift Vouchers make the perfect present. Vouchers can be used in the restaurant, cooking school or shop - valid for 12 months

You can buy vouchers online: [spirithouse.com.au/vouchers](http://spirithouse.com.au/vouchers) or give our friendly office a call on 07 5446 8977

WWW.SPIRITHOUSE.COM.AU

20 NINDERRY RD, YANDINA, QLD. - PH: (07) 5446 8977



## A BRIEF HISTORY

Over 21 years we have had our ups and downs – a veritable see-saw ride.

**1992:** Horse paddock purchased, landscaping begins.

**1995:** Restaurant opens serving morning and afternoon tea plus a light lunch.

**1998:** Won our first American Express Best Restaurant award. Asked local Council for a road sign.

**1998:** Cooking School opens with classes three times a week

**1999:** We ran our first, and last, kid's cooking class during which one child vomited and three cried wanting to go home!

**2000:** Launched basic website and won third American Express award. 25 staff were employed.

**2004:** Spirit House "Thai Cooking" recipe book was published. Still the most popular of our 4 books.

**2005:** Won the Australian Tourism Restaurant Award - and State Tourism awards in the following years.

**2006:** Acland and Annette flew out with a group of 8 clients on first Tag-Along Tour to Bangkok.

**2009:** Landscaped an Asian style function courtyard for weddings and events. Changed menu to a shared dining style experience.

**2010:** Won the Weekend Australian Newspaper's prize for *Australia's Best Food Experience*.

**2013:** 50 staff employed and Spirit House is a great destination restaurant not only for the coast but Queensland as a whole. We have given up asking Council for a road sign!

**Just for fun:** Since opening we've sold nearly 50,000 whole crispy fish - our signature dish - which has been on the menu since the very first day.

# AUGUST MAKE-OVER MONTH

After 15 years of wear and tear, the cooking school is looking a little like the owners - very old and tired!

It's definitely time for a kitchen make-over, (such a pity it can't include a face lift too).

We invite Penny and her Noosa team from Sydney-based In Design International ([indesigninternational.com.au](http://indesigninternational.com.au)) to draw up plans for a renovation miracle, and those girls sure don't disappoint.

With a flurry of tape measures, paint colour charts, catalogues of floor tiles and bench tops, we are quickly overwhelmed with pages of detailed drawings and creative suggestions.

It's like having someone come into your house and move all the furniture around. When they've finished, you gasp in amazement "why didn't we think of that?"

Riding in to the appliance rescue, come the guys from Fisher & Paykel who are generously fitting out many Australian cooking schools.

What better way to showcase their induction cook tops, wok burners, their so-very-cool 'cool drawer' fridges and, last but certainly not least, their fantastic new BBQ - you almost need a licence to drive it.

The male chefs are agog, much discussion about recipes for spit roasting suckling pigs or whole sides of salmon, as they sip on a beer and figuratively kick the BBQ tyres.

Just as we gratefully close the lid on our box of kitchen blessings, an offer arrives from Hettich Australia who manufacture innovative cabinet hardware with LED lighting, plus superb quality fittings such as soft closing drawers, to contribute some of their cabinetry products.

We pinch ourselves, check the calendar to see when all these workmen and plans can come together.

August 2013 is nominated as Makeover Month. The school will close for the whole month for the kitchen re-birth. We'll re-open on September 4th with a swish modern kitchen and a new program of classes to show it all off. Can't wait to invite you all for a look and cook!



# Just Desserts

## New Kitchen, New Classes, New Faces

The August renovations of the school kitchen means we can cater for larger corporate and private groups - something that has frustrated many a convention organizer in the past.

Regular classes continue to cater for 16 people, however the chefs have designed new class formats for larger groups and hen's parties, which will be fun, informal and a great way to learn.

With renovations dominating our minds, the school chefs have revamped the class program and added some new classes as well as updating some of our more popular titles with new recipes.

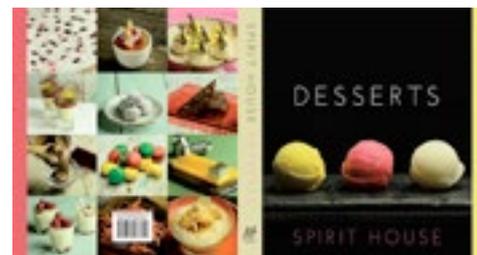
Our new-look kitchen will also introduce some new-look chef faces.

With Annette heading to Europe in August on her well deserved, long

service leave, Simon Townsend, one of the Restaurant Chefs, is coming over from the dark-side to help out until she returns in December. Simon has created four stunning new Thai and Vietnamese cooking classes.

Dessert sous chef, Libby Bott, who contributed so many recipes to the new Spirit House dessert book, will share chef secrets with you in her class, *Elements of Desserts*, which includes sumptuous recipes and garnishing techniques for creating classic desserts with modern Asian twists.

All in all, this Spring/Summer will be an exciting time with a new kitchen, some new faces and new classes. So book on-line now. [www.spirithouse.com.au/school](http://www.spirithouse.com.au/school)



## Spirit House Dessert Book – In Stores Now

Restaurant Chefs, Nadine, Nathan, Libby and Renee, have created over 100 dessert recipes to delight the sweet-tooth in you.

On sale for \$30, the 200 pages are jam packed with recipes sorted into 4 categories - Fire, Ice, Treats and Bling.

Many of the cake and dessert recipes are gluten free, there's some great sweet treats to enjoy with coffee, while in the Bling section, the chefs lead you through some professional garnish techniques.

The waiters managed to sneak in a small selection of their Asian inspired cocktails too - a perfect way to kick start an evening's entertaining.



## Chilli Chocolate Brownie

### For the Brownie:

225 G	DARK CHOCOLATE, broken into chunks
140 G	UNSALTED BUTTER
200 G	CASTER SUGAR
1 TEASPOON	VANILLA EXTRACT
½ TEASPOON	GROUND STAR ANISE
¼ TEASPOON	CHILLI POWDER medium heat
45 G	PINE NUTS
1	PUNNET FRESH RASPBERRIES
2	EGGS
1	EGG YOLK
85 G	PLAIN FLOUR, SIFTED

### To Serve

DUTCH COCOA POWDER, FOR DUSTING

### CHILLI BROWNIE

Preheat oven to 180°C. Line a 20 cm square tray with baking paper. In a heatproof bowl, place 200 g of the chocolate and all the butter and melt over a pan of simmering water.

Stir once, making sure the butter and chocolate have completely melted.

Stir in sugar, vanilla, star anise, chilli powder, pine nuts, raspberries and the extra chocolate chunks.

Mix well, then add the eggs and sifted flour.

Bake for 35 minutes then cool, cut into desired size pieces.

### TO SERVE

Dust with dutch cocoa powder. Serve with freshly brewed coffee or tea



From left to right: Nathan Lastavek, Nadine Guidi, Renee Kenniwell, Libby Bott.

If you're not the greatest dessert cook Nathan has these words of wisdom; "Don't be deterred if the recipes don't always work the first time - motivation to improve is what keeps professional chefs coming back to their stoves each day, the continual striving to perfect a dish".

The recipes really have been designed for the home cook - they require no special gadgets or appliances, nor esoteric ingredients. Just a sweet tooth, a beater and an oven!

Spirit House Desserts is available here, in good book stores, or from our website - [www.spirithouse.com.au/shop](http://www.spirithouse.com.au/shop).

# From the Thai Tours

## THE SACRED TATTOOS OF MASTER GOP

### THE REASON WHY WE TRAVEL

While our tag-alongers were back at the hotel lounging by the pool drinking cocktails, Jackie, our functions manager, Dan, restaurant chef, and I slipped out to find a temple specialising in Thai sacred tattoos so Jackie could add to her body's eclectic collection.

Traditional Thai tattoos are made using a long stick with a sharp metal tip, tapped rhythmically by hand.

We arrived at the temple and were shown a book of the Sak Yant (sacred tattoo) designs, but Jackie couldn't really find a design she liked. Then things became mystical - while we were umming and ahing over the design, a lady cut in front of us and the tattoo master pressed a rubber stamp on her shoulder, pulled out his tattoo gun and started to trace the design - this is not what we had in mind when we investigated Sak Yant back in Australia.

It was then I overheard our driver chatting with an old man at the temple about his dream in which his dead mother had come to him and told him to get a sacred tattoo. The old man seemed to know a great deal about tattoos and visitations from dead mothers, so I politely asked him if he had heard of Master Gop.

The next thing we know we are in the van following some vague directions to Master Gop's studio/shrine in the back blocks of Ayutthaya.

At Master Gop's residence, we are ushered in to his Buddha shrine room and shown a book of impressive Sak Yant. Jackie immediately finds a design she loves and, more importantly, the spiritual power it bestows upon the wearer.

Looking like a scene from a Chinese classic Kung Fu film, Master Gop, covered in sacred amulets, invites us to sit. He is serene, humble and peaceful. The day we are there is his usual day off - which he spends carving small spiritual amulets. But he's happy to stop for a cigarette, take a break and tattoo Jackie to boot.

I'm not getting in to the debate about whether you choose the sak yant, or the sak yant chooses you - but in the time it took to write that, Jackie is reclining comfortably and Master Gop has selected a long bamboo needle and is slowly tapping away the design. No rubber stamp, just two guide lines and years of skill.

The only sound is the rhythmic tapping of the amulets on his wrist

and the occasional yapping of the village dogs.

Now here's the cool part - no blood, no pain, no stamps, just a master serenely creating magic.

The tattoo is finished, but Master Gop isn't - prayers and chants need to be said as a special oil is rubbed into the tattoo to 'charge' the sak yant with its magic power.

A donation is made. Master Gop instructs me to help Jackie light five incense sticks so she can make additional prayers for health, wealth and happiness etc. Fifteen minutes later, we are back at the hotel in the pool with a beer, talking about this amazing experience.

I guess this is the thing about travel, and tattoos too. You can get a tattoo at any tattoo parlour anywhere, but Jackie's tattoo comes with a story. It's the story that turns the ordinary into something extraordinary.

In Bangkok, you can buy Thai silk everywhere, but when I take you to a little village across the canal from Jim Thompson's house, where families still weave silk in the traditional way, you can buy a silk piece that comes with a story - and that's why we travel!

### New Tag-Along Tours

If you can't get enough of Vietnamese food then we will put you to the challenge with new tours to Ha Noi in September and again next year in March.

We're back in Thailand again in 2014 and, at the time of writing, have one or two places left in our 2013 July tours.

#### DATES:

##### **Ha Noi - VIETNAM:**

Sep 9th - 11th . . . 2013

Sep 12th- 14th . . . 2013

Mar 20th - 22nd . . . 2014

Mar 23rd - 25th . . . 2014

##### **BANGKOK - THAILAND**

Jul 2nd - 5th . . . 2013

Jul 8th - 11th . . . 2013

Mar 4th - 7th . . . 2014

Mar 10th - 13th . . . 2014

Our tag-along concept means you make your own way to Thailand or Vietnam and can stay in whatever hotel you choose. Simply meet us each day for our fun-filled food adventures.

If you'd like more information plus watch a neat four minute video that explains our Thai tours, please visit: [www.spirithouse.com.au/tours](http://www.spirithouse.com.au/tours) Tour booking forms are also available on that web page.



This is not Jackie's arm - in a twist of fate, I was telling the folks on our second tour about the magic of Sak Yant and Andrew, a mild-mannered teacher from Brisbane, said he'd always wanted a tattoo.

As you learn on tour - be careful what you wish for - because a short van ride later we were in Master Gop's lair with Andrew choosing an intricate mystical Singha - once the magic words were said, Andrew was blessed with a new power whereby his words will now command respect - handy for teaching unruly students.

# Cooking School

MON	TUES	WED	THUR	FRI	SAT	SUN
1 Wok Stars	2 Elements of Dessert	3 Essentially Spirit House	4 BBQ Hot Plate	5 Modern Asian	6 Chef's Menu	7 Essential Thai #1
8	9	10 Essential Thai #2	11 Asian Entertaining	12 Thai Banquet	13 Essentially Spirit House	14 Gourmet BBQ Seafood
15	16	17 Wok Stars	18 Asian Gluten Free	19 Curry Class	20 Steam, Fry, Simmer	21 Wok Stars
22	23	24 BBQ Hot Plate	25 Curry Class	26 Chef's Menu	27 Seafood, Phuket Style	28 Essentially Spirit House
29	30	31				

COOKING SCHOOL  
CLOSED FOR RENOVATIONS

AUG

MON	TUES	WED	THUR	FRI	SAT	SUN
30 Northern Thai Cuisine						1 House
2	3	4	5 Private Class	6 Asian Entertaining	7 Northern Thai Cuisine	8 Bangkok Dreaming
9	10	11 Chef's Menu	12 Steam, Fry, Simmer	13 Essentially Spirit House	14 Curry Class	15 Seafood, Phuket Style
16	17	18 Simply Asian	19 Modern Asian	20 Private Class	21 BBQ Hot Plate	22 Taste of Vietnam
23	24	25 Elements of Dessert	26 Thai Banquet	27 Wok Stars	28 Essential Thai #1	29 Essential Thai #2

## Asian Gluten Free:

Gluten intolerance would be the most common food allergy restaurant chefs have to cater for. Fortunately with Asian cuisine, there's a wonderfully varied selection of ingredients to draw from. Recipes include: Fresh Vietnamese Prawn Spring Rolls ◊ Black Pepper Caramel Chicken Wings ◊ Dry Red Curry of Crispy Fish ◊ Roast Pork Fillet with Tamarind & Kaffir Lime Leaves ◊ Avocado & Cress Salad with Sesame & Mirin Dressing

## New Asian Entertaining:

Here's an offering of Asian fusion recipes to inspire some home entertaining. Add a fresh tropical fruit platter for dessert and you'll have a dinner party menu everyone will enjoy: Shredded Chicken, Snow Peas & Coriander Salad with Coconut Lime Chilli Dressing ◊ Stir fried Tamarind Prawns with Spring Onions ◊ Green Curry of Chargrilled Pork & kaffir Lime ◊ Crispy Roast Chicken with Black Vinegar & Shallot Dressing

## New BBQ Hot Plate:

Sizzling BBQ & Salad recipes from 4 Spirit House chefs. Seared Scallops with Coconut Chili Jam ◊ Coconut Braised BBQ Pork Neck with Orange, Mint, Tomato Salad ◊ Sweet Soy Ginger Beef with Warm Salad of Snake Beans ◊ BBQ Prawns with Spicy Larb Salad.

## New Bangkok Dreaming:

Ever reflected that sometimes the dream is better than the reality? Save yourself a Bangkok airfare, head to Yandina and enjoy these beautiful Thai flavors. Recipes include: Crispy cured Fish with Prawn & Coconut Lon ◊ Chilli Jam BBQ Chicken with Green Peppercorns, crispy Lime Leaves and Smoky Tomato Relish ◊ Spanner Crab, Cherry Tomato & Omelette Salad with Siracha & Lime Dressing ◊ Green Curry of braised Beef Ribs, Thai Basil, Eggplant & Pork Floss ◊ Stir fried Water Spinach, Oyster Sauce & Garlic.

## Chef's Menu:

Here's some classic recipes from the Spirit House chefs for you to enjoy when entertaining at home. Recipes include: Steamed Salmon with Green Apple & Cashew Salad ◊ Red Curry of Beef & Peanuts ◊ Star Anise Braised Duck with Cumquats ◊ Pickled Vegetable Salad with Spiced Plum & Ginger Dressing

## New Chop Chop:

By the end of this class you will be chopping, slicing, dicing like a Master Chef! These recipes are specifically selected to demonstrate different knife techniques: Miang Leaf Starter ◊ Pork Meatball & Wood Ear Mushroom Soup ◊ Egg Net of Prawns, Aromatics and Bean Sprouts ◊ BBQ Scallops with Green Chilli Nahm Jim and Herb Salad ◊ Chicken thigh stir fried in Coriander, Turmeric, Garlic Paste with Glass Noodles

## New Elements of Dessert:

Spend a morning with Libby, our restaurant dessert chef, and learn dessert techniques and garnishing tips which will transform a dessert into a visual delight. Take home some of the garnishes and show the family how clever you are. All recipes are gluten free: Raspberry Meringue ◊ Coconut & Lime Pannacotta ◊ Banana Creme Brulee ◊ Dark Chocolate Ginger Fudge ◊ Pistachio Praline ◊ Spiced Creme Anglaise ◊ Pineapple Swizzle Sticks ◊ Salted Peanut Caramel

## Essential Thai #1:

Introduces the basics of Thai cuisine, meet the essential ingredients, wield a wok! Cook Thai Fish Cakes with Cucumber Relish ◊ Penang Curry of Chicken ◊ Stir Fry Beef with Roasted Chili Paste & Thai Basil ◊ Salad of BBQ Seafood with Lemongrass & Ginger.

## Essential Thai #2:

Learn more Thai classic recipes & methods: Tom Yum Goong ◊ Sticky Sweet Pork Salad ◊ Crispy whole fish with Tamarind Sauce ◊ Green Curry of Braised Chicken.

## New Essentially Spirit House:

This class is based on recipes from the Spirit House book "Essentially Thai". Crispy pork and prawn wontons with homemade sweet chilli sauce ◊ Char grilled waterfall beef salad with mint, lime and roasted rice ◊ Stir fried pork with chilli jam, pineapple and Thai basil ◊ Southern style braised chicken curry with turmeric and potatoes ◊ Steamed soy and ginger prawns with sesame, rice wine and shallots

## Gourmet Seafood BBQ:

Lean the Chef's hot tips on how best to prepare and BBQ fresh seafood: Spiced Grilled Kingfish with Mint, Ginger & Tamarind ◊ Hot Smoked Salmon with Thai Pomelo Salad ◊ Chargrilled Garlic Pepper Prawns with Green Chili & Lime Sauce ◊ BBQ Seafood & Glass Noodle Salad with Siracha Dressing

## Modern Asian:

Like most chefs, do you keep a journal of favorite recipes for foolproof entertaining? Then dust off your book and get ready to add these gems to your dinner party repertoire: Prawn Cakes with Lime Chili Dipping Sauce ◊ Coconut Chicken with Cucumber Noodle Salad, Peanut & Sesame Dressing ◊ Steamed Salmon with Black Bean & Ginger ◊ Chili Caramel Pork with Apple & Mint

## Northern Thai Cuisine:

Classic dishes from Chiang Mai and Issan in northern Thailand where distinctive regional dishes reflect both the influence of China and the drier climate: Chargrilled Chicken with Sweet Chili Sauce & Green Papaya Salad ◊ Braised Pork Curry with Star Anise & Cassia ◊ Spicy Issan Fried Fish with fresh Herbs ◊ Pork & Tomato Relish with seasonal Vegetables

# Cooking School

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## Seafood – Phuket Style:

Phuket, a must-see destination high on the list for tourists to Thailand, is rightfully renowned for its seafood. These recipes capture the essence of Phuket beach dining: Crispy Chili Tiger Prawns with Sweet & Sour Tamarind Sauce ♦ Seafood stir fried with Lemongrass, Green Chili & Basil ♦ Yellow Curry of Mussels & Pineapple ♦ Citrus Marinated Scallops with Coconut & Mint.

## New Simply Asian

Traditional Thai recipes which showcase basic Asian pantry items: Heavenly Beef with Sweet Chilli Sauce ♦ Dtom Kha Gai Chicken Soup ♦ Pork Belly Larb with Chilli Jam & Coconut Dressing ♦ Waterfall Beef Salad ♦ BBQ Sugarcane Prawns

## New Steam, Fry & Sizzle

Create a great dinner party menu while mastering basic Thai cooking techniques: Steamed Prawns with Ginger, Chilli & Coriander ♦ Yellow Curry of Duck with Potatoes and Pickled Green Pawpaw ♦ Stir Fried Chicken with Thai Basil & Bamboo Shoots ♦ finish with a Sweet treat of Chilli Chocolate Brownie

## New Tasting Asian

Makes your mouth water just reading the recipes: Miang of Prawns with Toasted Peanuts & Ginger ♦ Spiced Lemon Grass Pork Satay ♦ Smoked Fish & Coconut Galangal Soup ♦ Steamed Prawn, Chicken & Water Chestnut Dumplings ♦ Steamed Salmon with Ginger, Black Bean Paste

## New Taste of Vietnam

Recipes inspired by the street food enjoyed during our Hanoi Tag-along Tours: Bun Cha Pork - lemongrass, garlic & sweet soy marinated BBQ Pork Belly with Rice Papers, Vermicelli Noodles ♦ Cha Ca - turmeric marinated Fish Fillets pan seared with shallots, garlic, lemongrass tossed with Spinach and Shrimp Paste, Lime sauce ♦ Bahn Xiuu - crispy Pancake of Pork & Prawns with Rice Papers, fresh aromatic Herb Salad ♦ Kem Xio - Green Sticky Rice, Coconut Ice Cream and Toasted Coconut

## Thai Banquet:

Designed to improve your knife skills, these recipes form a balanced menu for impressive entertaining. Coconut poached Chicken & Prawn Salad with Asparagus & Chilli Jam ♦ Braised Beef Shin with Red Dates & Shitake Mushrooms ♦ Yellow Curry of Kingfish with Kipfler Potatoes ♦ Chargrilled Cuttlefish tossed with Green Peppercorns, Basil & Lime Juice.

## New Thai Curry Class:

This class showcases each style of Thai Curry. Jungle curry of salmon, green peppercorns, wild ginger and snake bean ♦ Northern Burmese style Chicken curry with star anise and cassia ♦ Chu Chee prawn curry from Southern Thailand ♦ Pangoeng Curry of Slow Braised Beef and Peanuts

## Wok Stars:

Dazzle your family and friends with Crispy Garlic Pepper Chicken ♦ Steamed Barramundi with Ginger Soy & Rice Wine ♦ Spicy Minced Pork & Tofu ♦ Prawns & Asparagus Stir Fried in Roasted Chilli Jam.

## New Xmas Asian Style:

An Asian banquet for the festive season: Beef tataki with pickled vegetables and wasabi dressing ♦ Steamed Salmon with Yellow Bean and Ginger Dressing ♦ Crisp Roasted Pork Belly with Honey and 5 Spice Plum Sauce ♦ Barbequed Chilli Caramel Spatchcocks with hot and Sour Salad ♦ Coconut Poached Seafood salad with Tea Smoked Quail Eggs ♦ Mango Pannacotta with Tropical Fruits and Honey Wafer

## To Book:

Book and PAY online at [www.spirithouse.com.au](http://www.spirithouse.com.au)

or phone our office during business hours on: 07 5446 8977

## COSTS:

Class fee of \$ 150: includes ingredients, recipes, apron, lunch with wine.

Day classes start 9:30 AM and usually finish around 2:00 PM.

Night classes start 4:30PM and usually finish around 9PM.

## CONDITIONS: (the fine print)

1. Unless described otherwise, classes are NOT SUITABLE for those with food allergies or vegetarians.
2. No Show? Sorry, no refund.
3. Cancellations are non refundable unless 5 days notice.
4. Gift Vouchers MUST be presented on entry
5. Sorry - no babies or strollers.