



Project Dignity Pte Ltd
Dignity Kitchen | Dignity Learn | Dignity Mama | Dignity Outreach
Blk 69 Boon Keng Road Singapore 339772
General Enquiries: learn@projectdignity.sg | +65 98539032
Revised: 04/05/21

ITALIAN COOKING WORKSHOP

Course Outline/Description:

- Understand Italian food culture
- Learn more about ingredients used and their origins
- Learn how to prepare equipment and ingredients
- Learn and execute Italian food preparations

Course Fee Breakdown:

Type of NSA courses	Nett Price (before GST)	GST	Full Price (after GST)	NSA subsidy amount	Course Fee payable (after subsidy)
3-hours workshop	\$85.00	\$5.95	\$90.95	\$68.00	\$22.95
A bundle of three 3-hours workshops	\$245.00	\$17.15	\$262.15	\$196.00	\$66.15

*NSA subsidy is only eligible for seniors (Singaporean/PR) who are 50 years old and above***

Course Details:

Course Duration – 3 hours per session

Course Location – 69 Boon Keng Road, Singapore 339772

Course Date – please refer to next page

Classroom capacity – 6 pax (minimum) to 12 pax (maximum)

*These workshops are suitable for 18 years old and above***

Do contact your INTERESTS to us over Whatsapp @ 9853 9032 or Email us @ learn@projectdignity.sg) for upcoming course dates.



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1-Day Italian Cooking Workshop - Mushroom (3 hours per day)

Menu:

- **Bruschetta (Tomato Bruschetta, Mushroom Bruschetta)**
- **Cream of Mushroom**
- **Chicken parmigiana with tomato concasse, cherry tomato and basil salad**

1-Day Italian Cooking Workshop – Caesar (3 hours per day)

Menu:

- **Caesar’s salad with grilled chicken breast**
- **Linguine with mushroom cream sauce**
- **Pan seared salmon fillet with spinach cream and floret of cauliflower, drizzled with basil coulis**

1-Day Italian Cooking Workshop – Tuna (3 hours per day) **[Unavailable]**

Menu:

- **Seared tuna with sesame crust on grilled watermelon and feta cheese**
- **Pumpkin risotto with asparagus spear, shaved parmigiana**
- **Pan seared sea bass fillet on potato fondant, baby vegetables drizzled with pesto**



3-Days Italian Cooking Workshop (3 hours per day) [Unavailable]

Day 1 Cooking Workshop

Menu: **Italian Cooking Workshop – Mushroom**

- **Bruschetta (Tomato Bruschetta, Mushroom Bruschetta)**
- **Cream of Mushroom**
- **Chicken parmigiana with tomato concasse, cherry tomato and basil salad**

Day 2 Cooking Workshop

Menu: **Italian Cooking Workshop – Caesar**

- **Caesar’s salad with grilled chicken breast**
- **Linguine with mushroom cream sauce**
- **Pan seared salmon fillet with spinach cream and floret of cauliflower, drizzled with basil coulis**

Day 3 Cooking Workshop

Menu: **Italian Cooking Workshop – Tuna**

- **Seared tuna with sesame crust on grilled watermelon and feta cheese**
- **Pumpkin risotto with asparagus spear, shaved parmigiana**
- **Pan seared sea bass fillet on potato fondant, baby vegetables drizzled with pesto**



MALAY HERITAGE COOKING WORKSHOP

Course Outline/Description:

- Understand the history and origins of Straits Malay food culture
- Learn more about ingredients used and their origins
- Learn how to prepare equipment and ingredients
- Learn and execute Malay Heritage food preparations

Course Fee Breakdown:

Type of NSA courses	Nett Price (before GST)	GST	Full Price (after GST)	NSA subsidy amount	Course Fee payable (after subsidy)
3-hours workshop	\$85.00	\$5.95	\$90.95	\$68.00	\$22.95
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Revised: 04/05/21

1-Day Malay Heritage Cooking Workshop – Sedap (3 hours per day)

Menu:

- **Sambal Hijau**
- **Sambal Gesek**
- **Ayam Ungkep**

1-Day Malay Heritage Cooking Workshop – Enak (3 hours per day)

Menu:

- **Sambal Belado**
- **Sambal Nasi Lemak**
- **Ayam Masak Bali**

1-Day Malay Heritage Cooking Workshop – Lazat (3 hours per day)

Menu:

- **Mee rebus with tulang**
- **Mee soto with shredded chicken and begedil**



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3-Days Malay Heritage Cooking Workshop (3 hours per day)

Day 1 Cooking Workshop

Menu: **Malay Heritage Cooking Workshop – Sedap**

- **Sambal Hijau**
- **Sambal Gesek**
- **Ayam Ungkep**

Day 2 Cooking Workshop

Menu: **Malay Heritage Cooking Workshop – Enak**

- **Sambal Belado**
- **Sambal Nasi Lemak**
- **Ayam Masak Bali**

Day 3 Cooking Workshop

Menu: **Malay Heritage Cooking Workshop – Lazat**

- **Mee rebus with tulang**
- **Mee soto with shredded chicken and begedil**



BASIC BAKING WORKSHOP

Course Outline/Description:

- Understand the basic art and science of baking
- Learn about baking ingredients
- Prepare and set-up baking equipment
- Understand temperature control, importance of proofing, kneading, and baking
- Execute and make basic breads and buns

Course Fee Breakdown:

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3-hours workshop	\$85.00	\$5.95	\$90.95	\$68.00	\$22.95
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1-Day Basic Baking Workshop – Bread (3 hours per day)

Menu:

- **Milk bread**
- **Cheese bun**
- **Sausage roll**
- **Pumpkin bread**

1-Day Basic Baking Workshop – Cakes & Tarts (3 hours per day)

Menu:

- **American Brownie**
- **Bread and butter pudding**
- **Walnut tart**

1-Day Basic Baking Workshop - Muffins and Scones (3 hours per day)

Menu:

- **Raisin scones**
- **Almond cookies**
- **Double chocolate muffins**



3-Days Basic Baking Workshop (3 hours per day)

Day 1 Cooking Workshop

Menu: **Basic Baking Workshop – Bread**

- **Milk bread**
- **Cheese bun**
- **Sausage roll**
- **Pumpkin bread**

Day 2 Cooking Workshop

Menu: **Basic Baking Workshop – Cakes and Tarts**

- **American Brownie**
- **Bread and butter pudding**
- **Walnut tart**

Day 3 Cooking Workshop

Menu: **Basic Baking Workshop – Muffins and Scones**

- **Raisin scones**
- **Almond cookies**
- **Double chocolate muffins**



CONFINEMENT MEAL WORKSHOP

Course Outline/Description:

- To replenish nutrients lost during pregnancy and giving birth
- To introduce healthy ingredients to participants
- To teach participants fusion cuisine
- To teach participants how to retain nutrients through proper cooking methods

Course Fee Breakdown:

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1-Day Confinement Meal Workshop – Fish and Lamb (3 hours per day)
[Unavailable]

Menu:

- **Norwegian salmon with wolfberry crust, poached spinach in XO sauce**
- **Spiced lamb shank and roasted sweet potato**

1-Day Confinement Meal Workshop – Soup and Pie (3 hours per day)

Menu:

- **Lamb Shepherd’s pie with turmeric scented burnt cauliflower**
- **Cream of pumpkin with nutmeg**

1-Day Confinement Meal Workshop – Stew and Herbs (3 hours per day)

Menu:

- **Sesame oil chicken with dried mushrooms**
- **Ginseng Cornish hen soup with glutinous rice**



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3-Days Confinement Meal Workshop (3 hours per day) [Unavailable]

Day 1 Cooking Workshop

Menu: **Confinement Meal Workshop – Fish and Lamb**

- **Norwegian salmon with wolfberry crust, poached spinach in XO sauce**
- **Spiced lamb shank and roasted sweet potato**

Day 2 Cooking Workshop

Menu: **Confinement Meal Workshop – Soup and Pie**

- **Lamb Shepherd's pie with turmeric scented burnt cauliflower**
- **Cream of pumpkin with nutmeg**

Day 3 Cooking Workshop

Menu: **Confinement Meal Workshop – Stew and Herbs**

- **Sesame oil chicken with dried mushrooms**
- **Ginseng Cornish hen soup with glutinous rice**



VEGETARIAN MEAL WORKSHOP

Course Outline/Description:

- To introduce alternative ingredients for vegetarians
- To introduce healthy ingredients to participants
- To introduce/understand plant-based products
- To learn how to retain nutrients through proper cooking methods

Course Fee Breakdown:

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1-Day Vegetarian Meal Workshop – Korean Delight (3 hours per day)
[Unavailable]

Menu:

- **Bimbimbap**
- **Tteobokki**

1-Day Vegetarian Meal Workshop – Nyonya Delight (3 hours per day)

Menu:

- **Nyonya chap chye**
- **Fruit & Vegetable Rojak**



SINGAPORE HAWKER FOOD WORKSHOP

Course Outline/Description:

- To promote Singapore local delights
- To understand Singapore's food culture
- To learn the basics of food preparation and equipment
- To understand the techniques of cooking the dishes

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**1-Day Singapore Hawker Food Workshop – Hainanese (3 hours per day)
[Unavailable]**

Menu:

- **Hainanese chicken rice (4 learners to a chicken)**
(This dish will be complete with poaching of chicken, chicken rice, soup, chilli sauce, ginger, braised xiao bai cai with oyster sauce)

1-Day Singapore hawker food workshop - Hokkien (3 hours per day)

Menu:

- **Char kway teow with cockles**
- **Fried hokkien mee (Chicken)**



JAPANESE COOKING WORKSHOP

Course Outline/Description:

- To understand types of grains for sushi
- To learn/practice making of sushi maki
- To Learn the basics of food preparation and equipment
- To understand the techniques of cooking the dishes

Course Fee Breakdown:

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1-Day Japanese Cooking Workshop – Sushi (3 hours per day)

Menu:

- **Assorted sushi maki (Crabmeat, salmon and cucumber)**
- **Okonomiyaki – Japanese cabbage pancake with shrimps**

1-Day Japanese Cooking Workshop - Teriyaki (3 hours per day)

Menu:

- **Salmon with home-made Teriyaki**
- **Chawanmushi – Prawns, crab stick, mushroom and chicken**