

Sample Schedule

TIME	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Day	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Theme of the day	Cooked Foundations I <i>Basic Skills: Hygiene & Mise en place, Knife Skills & Stocks</i>	Building Blocks of Flavor <i>Mother Sauces & The Power of Beans</i>	The Alchemy of Transformation <i>Unleashing Flavors with Spices, Aromatics, and Tempeh Crafting</i>	Cooking with a purpose <i>Mastering Techniques for Thoughtful Culinary Creation</i>	Nourishing the Body & Soul <i>Advanced Techniques & Holistic Wellness</i>	Restorative Escape <i>Nourishing Mind, Body & Palate</i>	Project Power-Up <i>Sunday Study Session</i>
8.00h	x	BREATHWORK	YOGA	YOGA	YOGA	<i>Optional Trip</i> Morning/Afternoon FIELD TRIP DAY ----- Tjampuhan Spa ----- * Meet at TS 9.30am	STUDENT'S HOMEWORK START TO WORK ON
09.15h	x		BREAKFAST -----	Demo & Practice Hands-On Breakfast Farinata	BREAKFAST -----		
10.00h	Welcome & Opening Circle	Topic FLAVOR BALANCING	Topic SPICES	BREAKFAST -----	Lecture <i>Nourish with Plants: A Guide to Gut Health, Essential Nutrients, and Protein</i>	* Meet at AR 13.00 am (finish at 15.00h)	Crafting The Missing Dish: A Culinary Alchemy Challenge + 1^o DRAFT IDEA ABOUT PROJECTS
10.30h				x			
11.00h	Intro to Plant Based Cooking	Topic SAUCES	Demo & Practice Hands-On Lunch <i>Kimchi Ribollita</i>	Demo & Practice Hands-On Lunch <i>A Bowl of Rice</i>	Demo & Practice Hands-On Lunch <i>Arepa Two Ways: Jackfruit "Tuna" & Sprouted Chickpeas "Tuna"</i>	Lunch at Alchemy Restaurant Behind the scenes ----- * Meet at AR 13.00 am (finish at 15.00h)	1^o DRAFT IDEA ABOUT PROJECTS
11.30h		Weekly Prep Light Tomato Sauce (Tomato Passata) (For Kimchi Ribollita)					
12.00h		Demo & Practice Hands-On Lunch <i>Bechamel Tart</i>					
12.30h							
13.00h	LUNCH -----	LUNCH -----	LUNCH -----	LUNCH -----	LUNCH -----		
13.30h							
14.00h	Topic HYGIENE & MISE EN PLACE	Weekly Prep Aquafaba Mayonnaise (For Jackfruit Tuna)	Weekly Prep Chickpea Flour Batter (For Chickpea Farinata)	Demo & Practice Learning Afternoon Treat: <i>Pandan Pancake</i>	Demo & Practice Learning Afternoon Treat: <i>Chocolate Pie</i>		
14.30h	Topic KNIFE SKILLS	Weekly Prep Caramel Sauce (For Walnut Toffee)	Weekly Prep Toppings (For Chickpea Farinata)	Weekly Prep Cooking Jackfruit (For Burger Patty) Cooking Sprouted Chickpeas (For "Tuna" Arepa)			
15.00h		Topic UNLOCKING THE POWER OF BEANS & PULSES	Workshop THE ART OF TEMPE MAKING	Weekly Prep Whip Cream (For Chocolate Pie)	Weekly Prep Jackfruit Patty (Alchemy Burger) Cashew Mozzarella Part I (For Hallou & Mi Salad) Activated sunflower seeds (For Hallou & Mi Salad)		
15.30h	Topic STOCKS & BROTHS			Topic Intro to PROJECTS: <i>Crafting The Missing Dish: A Culinary Alchemy Challenge</i>	End-Day Session KIRTAN		
16.00h	Demo & Practice Light Stock	Topic SPROUTING BEANS				OFF	
16.30h	Demo & Practice Dark Stock	Weekly Prep Demi Glace (For A Bowl of Rice)					
17.00h	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day		
17.30h	x	x	x	x	x		

Sample Schedule

TIME	MONDAY DAY 8	TUESDAY DAY 9	WEDNESDAY DAY 10	THURSDAY DAY 11	FRIDAY DAY 12	
Day						
Theme of the day	Crafting Gluten-Free Goodness <i>Breads, Salads, and Sweet Creations</i>	Wild Plants & Beyond <i>Innovative Plates and Project Planning</i>	Comfort Foods Reimagined <i>New Techniques and Flavor Combinations</i>	Crafting The Missing Dish <i>Reflective Learning & Project Development</i>	Celebrating Your Culinary Growth <i>Project Presentation & Graduation Ceremony</i>	
8.00h	YOGA	BREATHWORK	YOGA	YOGA	YOGA	
09.15h	BREAKFAST -----	BREAKFAST -----	Demo & Practice Hands-On Breakfast TaroPancakes	BREAKFAST -----	BREAKFAST -----	
10.00h	Topic GLUTENFREE BAKING	Masterclass WildPlants from Bali by Dewa Ayu Made	BREAKFAST -----	PROJECT PREPARATION	PROJECT PREPARATION	
10.30h			Demo & Practice Hands-On Lunch <i>Mozzarella Halloumi Salad</i>			Demo & Practice Hands-On Lunch Jackfruit Burger
11.00h	Demo: Seed Bread					
11.30h	Demo & Practice Hands-On Lunch <i>Green Waffles</i>					
12.00h						
12.30h						
13.00h	LUNCH -----	LUNCH -----	LUNCH -----	LUNCH -----	PROJECT PRESENTATION + LUNCH	
13.30h						
14.00h	Demo & Practice NewYork Cheesecake w. Poached fruits	Weekly Prep TaroPancakes (For Learning Breakfast) Goji & Beet Ketchup (For Learning Lunch) Tomato & Figs Jam (For Learning Lunch)	Demo & Practice CarrotCake	PROJECT PREPARATION	CLASS FEEDBACK	
14.30h						
15.00h						GRADUATION CIRCLE
15.30h					One on One I <i>Dish Planing & Group Collaboration</i> Session I: Presenting your idea	
16.00h	Topic GFcookies & CRACKERS	One on One II <i>Collaboration Session II: Interrogating your Idea</i>	Hands on: Shopping List	Project Check-in		
16.30h						
17.00h	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	SHARING & CERTIFICATION	