



Helping Hands Thai Cooking Classes is an employment initiative from the Klong Toey Community. Your patronage will assist in the support of women and children from within the Klong Toey Community.

I loved the opportunity to experience life in Klong Toey. The market just needs to be seen to be believed while learning to cook authentic Thai food. Was the highlight of my day! The teacher (Pooh) is lovely.

Having the opportunity to see and purchase handmade jewelry and cards at the nearby community centre gave me a real sense of what life is like here.

I've recommended this to my friends who have also enjoyed the experience. The service has been excellent - Highly recommended.

Leanne Green—Sukhumvit soi 61

Payment - Cash only (Unless previously arranged)



Helping Hands Thai Cooking Classes

Thai - Pooh 087 686 3714
 English - Anji 084 901 8717
 Jodie 087 026 4205
 Leanne 089 924 1544

Helping Hands Thai Cooking Classes



*Authentic Thai Food
Cooked by you!*

- Free pick-up
- Minimum booking—2 people
- Groups of up to 10 people can be accommodated

Cooking lessons from:

Monday - Sunday 8:30 am–12:30 pm

1 days notice or more preferred

For bookings please call:
 Thai - Pooh 087 686 3714
 English - Anji 084 901 8717
 Jodie 087 026 4205
 Leanne 089 924 1544

All inclusive price 700 Baht per person

- Pick up/drop off from Emporium Suites, BTS or a nearby hotel/apartment
- Tour of the Klong Toey market
- Transfers to your cooking class in the heart of the Klong Toey community
- Monday to Sunday 8:30am-12:30pm (afternoon bookings available upon request)



We would like to invite you to our cooking classes for an experience of a lifetime while you encounter life within the Klong Toey community.

After picking you up we will go to the market to learn how to select and purchase fresh vegetables and ingredients to suit your set menu choice. Your group can choose one menu and we will teach you how to cook and prepare your own lunch. Recipes from your menu set will also be provided.

Khru Pooh will teach you how to blend the different herbs & spices for the tastiest Thai cuisine while you learn how to create authentic Thai food for yourself.

Please allow approx. 4 hours for this special experience.

Afterwards, you are welcome to take a short walk to see a jewelry and card making project where you are welcome to purchase these products.

We can then assist you to find your way back to the Emporium, BTS or your hotel or apartment.

Menu 1 (per group)

**Tom Yum Goong
(Hot & Spicy soup with Prawns)**

**Som Tum
(Green Papaya Salad)**

**Pat Thai Gai
(Thai Noodles with Chicken)**

Thai mixed Jelly*

Menu 2 (per group)

**Khao Pak Sai Pak
(Fried rice with Vegetables)**

**Geng Kiowan Gai
(Green Curry Chicken)**

**Nuea Pat Met Ma-muang
(Beef with Cashew nuts)**

Banana in sweet coconut sauce

Menu 3 (per group) -not Spicy

**Tom Kah Gai
(Coconut Chicken Soup)**

**Khao Pat sai Gai
(Fried Rice with chicken)**

**Phad Briowan Muu
(Sweet and Sour Pork)**

**Khao Niao Ma-muang
Mango & Sticky Rice* (in season)**

Menu 4 (per group)

**Yum Nua Yang
(Thai Beef Salad)**

**Pat Culi Goong
(Sweet Prawn Curry)**

**Pat Grapow Gai
(Delicately fried Chicken with Basil)**

Typically Thai Fresh Fruit (in season)

Menu 5 (per group)

**Tom Yum Gai
(Hot & Spicy soup with Chicken)**

**Pat Thai
(Thai Noodles with Vegetables)**

**Larb Phet
(Minced duck with Lemongrass)**

**Khao Tom Mut
Sticky rice*, Banana and Bean**

*Please note: Sticky rice takes 24 hours to make and Thai Jelly takes hours to set. These will be purchased for you to taste and a recipe given to you to make at home



- Special requests can be catered for - Prices may vary and prior notice is requested to avoid disappointment.
- Catering available by arrangement
- Waitresses also available