



SPICE SPOONS

Much more than just a cooking class, Spice Spoons offers a rich and interactive immersion in Thailand's world famous gastronomy, renowned for its artistry and unique four flavour balance of salty, sweet, spicy and pungent.

Enjoy the opportunity to explore a local market with an expert Thai chef and return to the resort for a tour of our herb garden. Learn about Thai and Southern Thai cuisine's cultural significance and health benefits, indigenous ingredients and cooking equipment, as well as convenient replacements to use at home. Choose from a menu of authentic regional recipes from across Thailand, including age old southern specialties. Cook your favourites in a step by step class in our Spice Spoons show kitchen outside High Tide restaurant, and then savour your creations for lunch in tropical surroundings. Master decorative culinary talents with the option of adding a fruit and vegetable carving class at Eclipse Bar or discover exotic wellbeing with a programme that includes a relaxing Thai massage.

Leave with wonderful memories and impressive new skills to entertain family and friends back home, as well as a Spice Spoons shopping bag containing a certificate, apron and a USB flash drive with all recipes.

To book, please contact the Discovery Host at least 24 hours in advance.



COOKING CLASS PROGRAMMES

THAI CULINARY JOURNEY

THB 2,600++ per person

11.30 am - 2.00 pm

- Welcome drink (non-alcoholic)
- Herb garden and bee hive tour
- Spice Spoons theory and cooking session
- Savour your creations for lunch with a glass of wine

THAI CULINARY JOURNEY WITH LOCAL MARKET VISIT

THB 3,500++ per person

9.00 am - 1.30 pm

- Welcome drink (non-alcoholic)
- Transfer to local market by hotel car
- Guided market tour and ingredient shopping
- Transfer back to the resort by hotel car
- Herb garden and bee hive tour
- Spice Spoons theory and cooking session
- Savour your creations for lunch with a glass of wine

* All Spice Spoons participants receive a Spice Spoons shopping bag containing a certificate, apron and a USB flash drive containing all recipes.

PROGRAMME ENHANCEMENTS

EXTRA CARVING CLASS

THB 950++ per person

Master the intricate technique of carving fruits and vegetables into decorative shapes at Eclipse Bar.

THAI CULINARY & SPA JOURNEY

THB 4,399++ per person

11.30 am - 4.00 pm

- Welcome drink (non-alcoholic)
- Herb garden and bee hive tour
- Spice Spoons theory and cooking session
- Savour your creations for lunch with a glass of wine
- One hour Thai massage

THAI CULINARY & SPA JOURNEY WITH LOCAL MARKET VISIT

THB 5,399++ per person

9.00 am - 4.00 pm

- Welcome drink (non-alcoholic)
- Transfer to local market by hotel car
- Guided market tour and ingredient shopping
- Transfer back to the resort by hotel car
- Herb garden and bee hive tour
- Spice Spoons theory and cooking session
- Savour your creations for lunch with a glass of wine
- One hour Thai massage

EXTRA RECIPES

Add one recipe THB 200++ per person

Add two recipes THB 300++ per person

Add three recipes THB 350++ per person



**TERMS AND
CONDITIONS**

Prices are subject to 10% service charge and applicable government tax. Classes are available for a maximum of four guests per class with the same chosen recipes. Reservations must be made at least 24 hours in advance. Cancellations must be made at least 12 hours in advance, otherwise a 100% charge applies.



MENU OPTIONS

Please select three dishes from any category below. Depending what seasonal produce is available at the local market, chef will happily offer additional dishes to the menu selection.

APPETISERS

Krathong Thong	Light crispy, golden cups with various savoury fillings
Tod Man Pla	Thai fishcakes
Satay Gai	Chicken satay 🌟
Tom Yum Nam Kon Hed	Spicy herbal & milk soup with mushroom 🌿
Por Pia Sod	Vegetable & glass noodle wrapped with rice sheet & spicy sauce 🌿
Satay Ruam Jay	Grilled marinated tofu, mushroom and vegetable with peanut sauce & cucumber relish 🌿
Ma Hor Jay	Sticky cashew nut & honey jam served with fresh pineapple 🌿
Som Tam Jay	Spicy papaya salad 🌿

SOUPS

Tom Yum Goong	Spicy prawn soup 🌟
Tom Kha Gai	Coconut chicken soup

MAINS

Khao Soi Gai	Chiang Mai noodles
Som Tum Tai	Green papaya salad
Yam Mamuang Pla Krob	Crispy fish with spicy mango salad
Pla Goong	Spicy prawn salad
Pla Kapong Nung Manow	Steamed sea bass with lemon

MAINS

Gai Pad Med Mamuang	Chicken and cashew nut stir fry
Phad Thai Goong Sod	Thai fried noodles with prawns 🌟
Chu Chi Goong	Prawn chu chi curry
Massaman Nuea	Massaman beef curry 🌟
Gang Kiew Wan Gai	Chicken green curry 🌟
Gang Kiew Wan Mapraw On	Green curry with young coconut 🌿
Phad Thai Woon Sen	Wok-fried glass noodle with tamarind sauce, Chinese chive and bean sprouts 🌿
Gang Pah Pak Raum	Clear red curry with mixed vegetables 🌿
Khao Ob Sab Pa Rod	Fried rice in baked pineapple 🌿
Khao Hor Bai Boa	Steamed rice with grains & seeds wrapped with lotus leaf 🌿

DESSERTS

Khao Niew Mamuang	Mango with sweet sticky rice 🌿
Ta Ko Sa Koo	Steamed tapioca seed topped with coconut milk curd 🌿
Boa Loy Ng-ah Dam	Stuffed sticky rice dumpling with caramelized black sesame in ginger & honey syrup 🌿
Nam Khing	
Kanom Man Sam Pa Lang	Steamed tapioca potato with shredded coconut 🌿

🌟 Speciality dishes 🌿 Vegetarian dishes

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