

THAI CHEF SCHOOL
PAN ASIAN CULINARY TRAINING
 Learn Thai, Chinese, Japanese, Vietnamese, Korean
 10 June 2019-21 February 2020
6 WEEKS ROTATING TRAINING SCHEDULE

NOTE: 6 weeks course is accredited by Thai Ministry of Education

KOREAN

WEEK #6 10-14 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI

WEEK #1 17-21 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI

WEEK #2 24-28 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 1-5 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 8-12 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 15-19 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 22-26 July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI**WEEK #1 29 July-2 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI**WEEK #2 5-9 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 13-16 August (Monday holiday, class compressed into 4 long days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 19-23 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 26-30 August**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 2-6 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI**WEEK #1 9-13 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI**WEEK #2 16-20 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 23-27 September**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 30 Sept-4 Oct**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 7-11 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 14-18 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI**WEEK #1 21-25 October**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI**WEEK #2 28 Oct-1 Nov**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 4-8 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 11-15 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 18-22 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 25-29 November**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI**WEEK #1 2-6 December (Closed on Thursday, all dishes covered in 4 long days)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI**WEEK #2 9-13 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 16-20 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 23-27 December**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 30 Dec-4 Jan (closed Tuesday & Wednesday, class on Monday & Thursday-Saturday)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 6-10 January, 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	

THAI**WEEK #1 13-17 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED CURRY PASTE (prepare)	GREEN CURRY PASTE (prepare)	PINEAPPLE FRIED RICE	MASSAMAN CURRY (prepare)	GLASS NOODLES SALAD
RED CURRY WITH ROASTED DUCK	GREEN CURRY CHICKEN	STIR FRIED CHICKEN WITH CASHEW NUTS	MASSAMAN WITH CHICKEN	PRACTICAL COOKING TEST
RUBIES IN COCONUT MILK	STEAMED FISH IN SOY SAUCE	PAD THAI	CHICKEN SATAY	

THAI**WEEK #2 20-24 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOM TAM	SWEET CHILI DIPPING SAUCE	FRIED SHRIMP WITH TAMARIND SAUCE	TOM YUM GOONG	LEMONGRASS SALAD
SPICY PORK SALAD	PLUM DIPPING SAUCE	TOM KHA GAI	GRILLED BEEF SIRLOIN	PRACTICAL COOKING TEST
MANGO STICKY RICE	FRIED FISH CAKES	STIR FRIED MORNING GLORIES	FRIED FISH IN 3 FLAVOR SAUCE	
	FRIED SPRING ROLLS			

CHINESE**WEEK #3 27-31 January**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOW MEIN	KUNG PAO CHICKEN	MAPO TOFU	DUMPLINGS	BARBECUE PORK
SWEET & SOUR PORK	GENERAL TSO'S CHICKEN	SZECHUAN CHICKEN	SHUMAI	PRACTICAL COOKING TEST
	WONTON SOUP	CHINESE FRIED RICE		

VIETNAMESE**WEEK #4 3-7 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SHRIMP WITH SUGAR CANE	RICE PAPER WITH STIR FRIED CHIVES	STEAMED FISH SALAD	VIETNAMESE NOODLES	GRILLED PORK SKEWER WITH VERMICELLI
VIETNAMESE DIP	RICE PAPER WITH PORK FILLINGS	FRESH SPRING ROLLS	BRAISED PORK	PRACTICAL COOKING TEST
	VIETNAMESE PORK SAUSAGE RICE PAPER WRAPS	FRIED SPRING ROLLS	VIETNAMESE CREPES	

JAPANESE**WEEK #5 10-14 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET JAPANESE OMELETTE	SUSHI RICE	SUSHI RICE	TEMPURA SAUCE	JAPANESE SEAFOOD PANCAKE
MISO SOUP	NIGIRI SUSHI	NORIMAKI SUSHI	EBI TEMPURA	PRACTICAL COOKING TEST
PICKLED MACKEREL	BATTERA SUSHI	URAMAKI SUSHI	SHREDDED VEGETABLE TEMPURA	
			ASSORTED TEMPURA	

KOREAN**WEEK #6 17-21 February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CABBAGE KIMCHI	STIR FRIED SWEET POTATO NOODLES	KIMCHI STEW	SAUTEED RICE CAKE	KOREAN SEAWEED WRAPS
PICKLED RADISH	BLACK BEAN SAUCE NOODLES	MARINATED GRILLED BEEF	CHICKEN GINSENG SOUP	PRACTICAL COOKING TEST
KOREAN SIDE DISH	SPICY COLD NOODLES	KIMCHI FRIED RICE	SEAFOOD PANCAKE	