



CAPTURING THE TASTE OF YOUR HOLIDAY - COOKING COURSES IN HOTELS WORLDWIDE



Somehow, the food on holiday always tastes better. Everything smells different, feels different - and we are also much more relaxed. If you want to bring the holiday feeling into your kitchen at home, you can learn in many hotels how to prepare typical local specialities.

Thai curry in the forests of Phuket

Keemala is a "Villa Wonderland" in the middle of the forests of Kamala, on the Phuket peninsula. The enchanting gardens invite you to wander - and to cook! In the heart of the resort is the Enchanted Garden, an oasis of herbs, vegetables and fruit are organically grown and harvested for the kitchen and spa. If you've always wanted to learn how to prepare a traditional Thai curry or coconut milk, you can harvest the ingredients in the garden and prepare them outdoors.



Vegan Dream Kitchen

For all those who eat purely plant-based food, dreams come true at the agrivilla i pini. Finally, no need to inquire about an alternative to cow's milk for coffee or eating vegetarian side dishes at the evening buffet, because in the organic agrivilla in Tuscany everything is vegan anyway. The selection of regional and seasonal

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delicacies is vast and a look behind the scenes is not to be missed. The cooking courses at i pini offer vegan cooking ideas for the home and the dishes for every occasion are not only fun to prepare, but also good for the body. The ingredients are naturally harvested in their own organic garden and the guests get to know the herbs and plants as well as other travellers. After all, it's not only fun eating together, but cooking together as well.



Ayurvedic cuisine in the Alps

At 1044 metres above sea level, the HUBERTUS offers an unplugged escape from everyday life - and an opportunity to learn how to cook! Gabriel Simon-Pinero, the Cook Coach of the Allgäu hotel, travelled the globe from his early childhood years and brought knowledge with him from all over the world that he loves to share. Gabriel found his home in Ayurvedic cuisine and now shows his guests how to use their culinary skills in a relaxed and effective way to maintain and promote their health with the help of fresh herbs and beneficial spices. Whether whole meals or small snacks, cooking is an art of living and is enjoyed with all the senses. The HUBERTUS *unplugged* cooking courses focus on the joy of experimentation and fun.



Thai cuisine in a green paradise

Thai cuisine is famous for its variety of spices. And who better to teach you how to use them than those who use them on a daily basis? That's why the cooking classes at Tongsai Bay on Koh Samui are run by the resort's chefs. The first step is a visit to the organic garden, where the chefs tell the guests everything about the different fruits, vegetables and herbs and of course harvest them together. Back in the kitchen, a curry paste is prepared completely by the guests themselves, which is also used in the following home-cooked 4-course menu - which is of course enjoyed together. The balance of hot, salty, sweet and sour is critical for delicious Thai dishes. This is exactly what guests can learn at Tongsai Bay - to impress family and friends at home after their holiday.





Traditional harvesting in Peru

The "Earth to Table" concept of the Inkaterra Hacienda Urubamba even gives guests the opportunity to participate in the harvest on the 10-acre organic farm themselves – all with the help of traditional tools and oxen. On a trip to the Inkaterra Ecological Farm, guests learn all about the harvesting of plants throughout the year, how to use them and their natural characteristics. Moreover, most of the food waste from Inkaterra hotels is used as fertilizer. The food leftovers are processed into organic humus, which is then distributed to the Inkaterra Hacienda Urubamba's own vegetable fields.



From shrub to mouth: experience organic with all your senses

Whether organic cuisine or a natural garden - at the Biohotel Sturm guests can experience the food and its preparation with all of their senses. The herb and snack garden invites you to stroll, pick and taste and the plots, trees and shrubs are filled with delicious treasures depending on the season. The hotel restaurant schulze|s is a Slow Food member and also uses the produce of its own garden in its kitchen. Anything that cannot be used in the organic restaurant is processed into delicious jams, chutneys, syrups or lemonades in the kitchen house. Guests are welcome to take a longer look over the shoulder of the kitchen team - or simply help themselves!



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