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# her world

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**WOMEN BLOGGERS**  
WHO SAYS WE USE  
SEX TO SELL!

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FOR CALLING  
ME STUPID?

**SO YOU WANT**  
TO BE BOSS  
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EXPOSED!

**"Perfect  
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pick this year's favourites

**GIVE SEX AS  
A PRESENT  
AND SEND HIM  
OVER THE EDGE**



# Gourmet gurus

Channelling your inner culinary goddess is the latest must-do for every die-hard foodie. CHRISTINE YEE checks out what's brewing at these cooking classes.

Making dashi, the essential soup base for Japanese dishes.



Shoot Nigella Lawson and Jamie Oliver for cooking up a storm in their own kitchens and making it look so easy-peasy. The good news though: with a steady increase in the number of specialist studios catering to different styles of cuisine, you'll probably be able to whip up what you eat at your favourite fancy restaurant. Pick up your trusty spatula, here's our guide to some of the best classes:

## Sushi for beginners

**Where** California-Asia Sushi Academy, #B1-50, Liang Court (inside Meidi-ya), 177 River Valley Road; Tel: 6339-9626. For class schedules, visit [www.learnssushi.org](http://www.learnssushi.org)

**The experts** Sinma 'DaShow' Tham, 31, and Jernnine Pang, 27, are graduates of the highly-acclaimed California Sushi Academy (famous for being sushi caterers to Hollywood stars like Celine Dion, Whitney Houston and Tommy Lee Jones).

These two self-proclaimed food evangelists are pros at Japanese cooking techniques like making mother sauces (foundation or basic sauces), sushi and sashimi presentation and essential knife skills. Of course, it doesn't hurt to have handsome headmaster Sinma guiding you each step of the way.

**The curriculum** For first-timers who're clueless about Japanese cuisine, Sinma has put together a three-hour class featuring his favourite home-cooking dishes like deep-fried eggplant with miso sauce and teriyaki chicken with sancho (sichuan) pepper. You'll be taught how to boil dashi, the fish soup base that goes into most Japanese sauces, and the secret behind a perfect cup of chawanmushi ("Add three portions of dashi for each egg and sieve the mixture twice to get rid of all air bubbles").

Frustrated by all the mysterious labels on Japanese products? The studio is actually located within Meidi-ya supermarket so the friendly duo can give you a quick grocery tour to stock up your own pantry. Class notes also come with a comprehensive glossary explaining how and when to use each ingredient.

For beyond basics, try the 10-day advanced class, where you learn the finer points of sashimi slicing, sauce brewing and the varieties of cooking techniques like wet and dry agemono (deep-frying).

**Extra extra** Busy executives can sign up for the 45-minute quickie – the Lunch and Learn Express (\$22) which includes a cooking demonstration, starter and main course. The Academy also organises cooking trips to Bangkok and Vietnam.

**Tuition fees** From \$40-\$80 per class. →

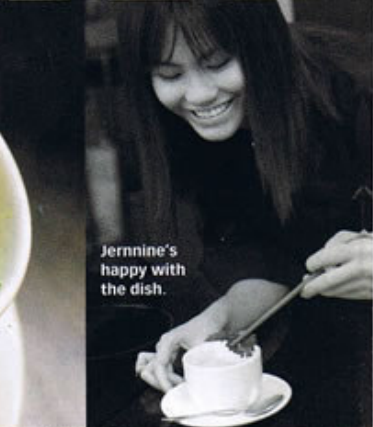
Chef Jernnine's always ready with a smile.



Getting a helping hand from Chef Sinma.



The perfect golden-yellow bowl of chawanmushi.



Jernnine's happy with the dish.



A bit of showmanship never hurts.



Sieving the egg mixture is secret to making good chawanmushi.

Don't stint on sesame seeds: the secret to great flavour and good health.