

Intensive Training Programs at **SITCA**



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Why SITCA

The number of Thai restaurants worldwide has exploded. The coming years will see more establishments open, bringing more competition. As in any area of the restaurant industry, those employing the best chefs will enjoy the greatest success.

Whether you are considering a career in the culinary arts or currently work in or own a Thai restaurant, there is no better way to improve your chances of succeeding than to study with Thai culinary masters in the cuisine's country of origin.



Benefits of Training in the Kingdom

There are many traditional ingredients and regional dishes largely unknown to Thai food lovers and chefs outside of Thailand. You will become acquainted with these during your training at **SITCA**, where you will acquire the knowledge needed to make substitutions where necessary, and learn ways you can approximate these dishes in your kitchen using the ingredients you can obtain locally. This is knowledge very few foreign chefs are privileged to acquire.

The Thai culinary arts are more than just cooking. At **SITCA** you will acquire rarified skills which will add refinement to any dining experience. These skills will add incalculably to your resume or restaurant. There is no place in the world you will receive more expert and patient instruction than at **SITCA**.



SITCA's Qualifications

Since opening in 1999, **SITCA** has become one of the Kingdom's most respected and established private culinary institutes, providing English language instruction in the Thai culinary arts.

Our daily cooking classes and fruit and vegetable carving courses are recommended on *Trip Advisor*, by *Frommer's*, *Lonely Planet*, and the *Rough Guide to Thailand*, and have been written about in *Bangkok Post*, *The International Herald Tribune*, and many culinary publications worldwide, as well as being featured on BBC World TV and other TV broadcasts in many countries.

Before co-founding the Institute in 1999, director Roongfa Sringam was employed for over 10 years in the kitchens of 5 star hotels in Thailand which cater to a clientele consisting largely of visiting foreigners. She is one of Thailand's foremost experts in the preparation of traditional Thai cuisine for the palates of a non-Thai clientele; as are all instructors employed at **SITCA**.

An award-winning master fruit and vegetable carver, among other honors, in May of 2001 Roongfa was invited to give a demonstration in the art of Thai style food carving to students and faculty at world renowned *Culinary Institute of America* in Hyde Park New York.



SITCA occupies a three story facility just steps from Chaweng Beach. Our two spacious and purpose-built teaching kitchens and dining room, are perfectly suited to the needs of professional training in the relaxing environment of Samui Island.

Participate in our Six Day or Twelve Day Program



Six-Day Thai Cuisine Immersion - 52,500 baht

Sixty dishes are learned hands-on in 6 intensive days. Just as in our longer Training for Professionals program, the curriculum has been painstakingly designed to expose students to all important areas of the cuisine, including salads, curries, soups, stir-fries, steamed dishes, and desserts. Every student prepares every dish. Sessions take place beginning the third Monday of every month. Instruction is Monday through Saturday for one week and begins each day at 10:00 am.

Twelve-Day Training for Professionals - 105,000 baht

Those who participate in this 12-day program prepare over 100 recipes hands-on, learning details about the preparation of authentic Thai dishes to which non-Thais are rarely exposed. A full day's instruction in the basics of the art of Thai style fruit and vegetable carving is also included. (Those who wish to receive additional training in this area can make special arrangements to do so.) Sessions take place beginning the first Monday of every month. Instruction is Monday through Saturday for two weeks and begins each day at 10:00 am.

All instruction is in English and is designed to train students to prepare traditional and authentic Thai cuisine to a professional standard. You will eat what you cook, so you need only plan to budget for your daily breakfast. The cost of accommodation is not included in the tuition fee. For conversion of your currency into Thai baht, go to: <http://www.xe.com/ucc/>

Students receive SITCA's framed certificate of achievement upon completion of the above programs.

Six-Day Thai Cuisine Immersion at **SITCA**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starting time 10:30 am until finished	Barbecued Chicken Satays and Peanut Sauce	Making Coconut Milk, Cream and Oil	Homemade Penang Curry Paste	Homemade Chu Chee Curry Paste	Homemade Green Curry Paste	Homemade Red Hot Curry Paste
	Homemade Tom Yum Paste	Homemade Massaman Curry Paste	Penang Curry with Chicken	Chu Chee Curry with Fish	Green Curry with Beef	Fried Red Hot Curry with Seafood
	Homemade Chicken Stock	Massaman Curry with Chicken	Coconut Milk Soup with Fresh Seafood	Mixed Vegetables Salad with Red Curry Sauce	Barbecued Marinated Chicken	Egg Nets Stuffed with Pork and Shrimp
	Tom Yum Kung (Spicy Prawns Soup)	Steamed Whole Chicken with Mixed Fresh Herbs	Deep Fried Spring Rolls	Chicken Soup with Mixed Herbs	Fried Noodles (Phad Thai)	Dipping Minced Pork with Tomato Sauce and Vegetables
	Homemade Red Curry Paste	Duck Noodle Soup	Barbecued Marinated Chicken with Red Curry Sauce	Deep Fried Crispy Cups with Fried Chicken and Vegetables	Deep Fried Fish Cakes	Mixed Vegetables Soup
	Red Curry with Chicken	Marinated Chicken in Pandan Leaves	Steamed Fish Cakes in Banana Leaves	Noodle Soup with Pork	Spicy Glass Noodle Salad	Deep Fried Prawns with Tamarind Sauce
	Deep Fried Chicken Wrapped in Lemon Grass	Stuffed Squid Soup	Eggplant Salad	Mixed Fruit Salad	Fried Seafood with Garlic and Pepper	Spicy Fried Rice with Seafood and Basil
	Steamed Fish in Plum Sauce	Barbecued King Prawns Spicy Salad	Yellow Rice with Chicken	Deep Fried Fish with Sweet & Sour Sauce	Spicy Fish Soup with Basil	Savory Fried Noodles with Meat and Seafood
	Papaya Salad with Coconut Rice	Fried Rice with Shrimp Paste	Deep Fried Mushrooms on Toast	Chicken Rice	Fried Crispy Pancake with Mussels	Barbecued Fish with Herbs in Banana Leaves
	Sweet Sticky Rice with Mango	Sweet Tako	Mixed Vegetables in Sweet Coconut Milk	Pumpkin Custard	Steamed Sticky Rice and Banana Wrapped in Banana Leaves	Three Colored Dough in Coconut Milk

Training for Professionals at **SITCA** - Week One

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start time 10:30 am until finished	Barbecued chicken satays	Steamed yellow rice with chicken	Small rice noodle with mung beans red curry sauce	Homemade red curry paste	Homemade green curry paste	Homemade red hot curry paste
	Sweet peanut sauce	Crispy golden cups with fried fish herb salad	Steamed chicken rice	Red curry with duck	Green curry with king prawns	Fried red hot curry with seafood
	Vinegar cucumber sauce	Fried snow peas with deep fried marinated fish	Spicy crispy catfish salad	Stuffed squid soft soup	Steamed coconut rice	Glass noodle soup with minced pork
	Spicy prawns soup (<i>Tom Yum Koong</i>)	Homemade massaman curry paste	Stir fried ginger with deep fried king prawns	Barbecued marinated chicken with coconut	Spicy papaya salad	Fried rice with shrimp paste
	Homemade <i>Tom Yum</i> paste	Massaman curry with barbecued king prawns	Coconut milk soup with seafood	Dipping chili and mushroom sauce with boiled vegetables	Barbecued chicken with red curry sauce	Steamed fish with plum sauce
	Homemade <i>Chu Chee</i> curry paste	Stir fried yellow curry powder with blue crabs	Deep fried spring rolls	Stir fried noodles with prawns	Duck noodle soup	Deep fried marinated chicken with lemon grass
	<i>Chu Chee</i> curry with seafood	Deep fried rice vermicelli salad	Steamed sticky rice with banana	Spicy pork salad with roast rice powder	Steamed chicken with mixed herbs	Spicy glass noodle salad
	Deep fried fish salad	Boiled mixed vegetables with red curry sauce		Pumpkin custard	Sesame dough in ginger syrup	Sweet sticky rice with mixed fruit jelly
	Chicken curry puffs	Pandan pudding topped with coconut cream				
	Barbecued fish with herbs wrapped with banana leaves					

Training for Professionals at **SITCA** - Week Two

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 am until finished	Instruction in the basics of the Thai style art of decorative fruit & vegetable carving	Deep fried whole fish in spicy soup	Homemade penang curry paste	Homemade sour curry paste	Steamed fish cakes	Steamed flat rice noodles with vegetables
		Homemade yellow curry paste	Penang curry with seafood	Sour curry with fried fish	Homemade jungle curry paste	Barbecued pork with steamed rice vermicelli
		Yellow curry with chicken	Spicy crispy mixed herbs	Fried marinated chicken wrapped in pandan leaves	Jungle curry with fish	Homemade red hot curry paste
		Wrapped minced pork egg nets	Stir fried stuffed tofu in sweet & sour sauce	Barbecued king prawns salad	Barbecued pork with wild betal leaves	Stir fried red curry with seafood
		Crispy pancake with seafood	Chicken soup with mixed herbs	Fried rice with crispy mixed herbs	Deep fried king prawns in tamarind sauce	Coconut milk soup with fish & turmeric
		Deep fried crispy pork	Sweet ginger fish soup	Deep fried stuffed crab meat in crab shell	Steamed rice with fresh herb salad	Crispy basket salad
		Stir fried mixed vegetables with crispy pork	Fresh spring rolls	Sweet sticky rice with mango	Fried noodle with mixed condiments	Steamed sweet pumpkin cake
		Four color dough in coconut milk	Sweet lotus seeds cake		Steamed Thai pancakes with mung beans	

Learning Materials Provided to Participants of SITCA's Intensive Programs



Note: Participants in the *Six-Day Thai Cuisine Immersion* program do not receive the carving related materials pictured above.

Meals & Accommodations

Lunch and dinner are included in the cost of tuition and will often be taken with our staff and instructors. This will give students the opportunity to learn some of the Thai language with our team in a relaxed and friendly setting.

SITCA can arrange private accommodation at a nearby guesthouse at students' expense. Or if they prefer, students may choose to arrange their own accommodations. Many options for doing so are available on the Internet.

Our facility is located in a side street off the Chaweng Beach road, a three minute walk from the beach. There are several budget price guesthouses in the immediate vicinity, with rooms that are private, clean, comfortable and air-conditioned.

Some guesthouses have safes available to secure valuables at no charge, and laundry service is available at reasonable prices very close by.

Upon receipt of your tuition deposit we will inform you about some of the room options available. We can make a booking for you when your travel arrangements and check-in date have been finalized. You can pay for your room directly to the guesthouse when you arrive. Please note that if we book your room but you do not check-in as planned, you may be subject to a cancellation charge by the guesthouse.

Visas Required by Thailand

Enrollment in our programs does not qualify you for a Thailand student visa. However 28 day tourist visas are granted by Thai immigration on arrival in Bangkok to nationals of many countries. Please check with the Thai embassy or consulate in your country to confirm that this visa is available to you. If not, you may have to apply for a visa at the Thai embassy or consulate in your home country before leaving.

If you wish to extend your stay in Thailand for a week or two beyond the date of your tourist visa you will usually be able to do so at the Koh Samui immigration office for a fee. If not, you will have to leave and re-enter Thailand (at the Malaysia border for example) to continue your travels here.

If you plan to seek employment in Thailand after your study, you should arrive in the Kingdom with a non-immigrant “B” visa, which you can try to obtain from the Thai embassy or consulate in your country. Contact them to learn the requirements. (This visa is usually only granted if you have a letter from a Thailand based company promising employment.)

About Samui Island

Koh Samui lies 80 kilometers off the east coast of Thailand. Short flights leave several times a day from Bangkok. You can also fly here direct from Singapore and Phuket. The island is world famous amongst vacationers for its tropical splendor, bucolic charm, intimacy and easy pace of life.

Nightlife

SITCA is located in Chaweng, the island's most lively village. Known for being home to one Samui's most beautiful beaches, its many restaurants and nightclubs often feature live entertainment, and two or three of its discos are hugely popular, and often packed into the early morning hours.

Eating

Thai and Western-style eateries on Samui range from simple street carts where you can stop for a plate of Phad Thai at 50 baht (US\$1.5), to lavish seafood buffets on the beach at luxury hotels. There are also a good many pizzerias, European-style bakeries, and ice-cream parlors.

Language and Culture

The local language is Thai with a Southern accent, but most everyone involved in commerce speaks English. Ninety percent of the population are Buddhist. Temples and monasteries can be found everywhere in Thailand, and Samui is no exception.

Health, Safety and Wellbeing

Thailand has a constitutional monarchy with a democratic form of government that historically has been interrupted with military coups. As part of a transition to democracy, politics have in recent years become divisive, resulting in sometimes large public demonstrations, almost all of which have taken place in Bangkok and have hardly affected foreign visitors.

A long standing separatist movement in several of the country's southernmost provinces is sometimes violent, but the activities of those behind it have never extended further north than that region.

Thailand remains largely safe for visitors who exercise the same common sense and caution when traveling and staying here that they would at home.

There have been no outbreaks of any serious diseases on Koh Samui in recent years, and according to the authorities, Malaria does not exist on the island. There are several hospitals with modern facilities, and medical clinics and pharmacists exist in every village. While the water supply is relatively clean, you are advised to drink bottled water.

The Climate and the Seasons

Visitors are sometimes incorrectly informed about Koh Samui's seasons by travel agents. Nor are the guide books always accurate. The weather can seem unpredictable at times, because like all tropical islands, Samui sometimes gets downpours, even out of rainy season. Between the months of January and August, most days will be filled with sun. The months of March and April are the hottest. The rains usually come in October, and last until around the end of the year. During this period Samui sees frequent showers alternating with sunny spells.

Arriving by Train and Ferry

If you would like to economize a little, a scenic and inexpensive alternative to flying to Samui from the mainland is to come by rail and boat, a one and a half day's journey from Bangkok. A sleeping berth in an air-conditioned night train is fairly comfortable, or if you've never tried it and are traveling with your partner, a cozy private cabin in first-class can be very romantic.

For More Information

For complete information on all aspects of travel to and on the island including accommodations, we recommend using your favorite internet search engine to find some of the many websites devoted to these topics.