



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

Thai Cookery Class with Courageous Kitchen

Tour City

Bangkok

Tour Snapshot

Do you love Thai food? Do you want to learn how to make some of your favourite dishes? Do you want to give back to the local community during your stay in Bangkok? If so, this tour is for you! We'll shop for the ingredients at our favourite local neighbourhood market before heading to a typical Thai home to cook three tasty treats with the help of Courageous Kitchen, an inspiring non-profit organisation that encourages community leadership through the power of food!

Highlights

- Experience the sights and smells of a bustling local Thai market
- Discover some of Bangkok's legendary street food
- Choose from a menu of our favourite Thai dishes to cook with a local leading the way
- Learn Thai cooking techniques using fresh local ingredients
- Help the community — proceeds from these tours will help fund food aid and educational activities for vulnerable refugees

in Bangkok

- This tour is 100% plastic free

Inclusions: Local English-speaking guide, all food, use of cooking equipment.

Exclusions: Additional food and drinks, souvenirs and personal shopping, transportation to/from the meeting and end points, tips/gratuities for your guide.

Schedule details

- Duration: 4 hours
- Meeting point:
Tinpresso Coffee Shop, 341/1 Wachiratham Sathit 21 Alley, Khwaeng Bang Chak, Khet Phra Khanong, Bangkok.

View on [Google Maps](#)

Tinpresso address in Thai for taxis: ????????? 341/1 ??? ?????????????? 21 ???? ?????? ??? ???????
???????????????? 10260

- {label-what3words-location}
- Starting time: 10.00 AM
- Ending point:
Courageous Kitchen's house

Full Itinerary

Want to experience an authentic local neighbourhood in Bangkok? Want to learn how to make some delicious Thai dishes? This tour is more than just a cooking class! Tucked in behind the skyscrapers and shopping malls, we'll introduce you to an old-school local market, pick up some ingredients, and taste some street-side snacks before heading to a typical Thai home to learn how to cook some tasty Thai food. You can choose your own dishes from a menu of our favourites, and we'll even send you a couple of recipes to practice with when you get home.

Once you meet your guide, you'll have the chance to take a look at our menu from which you can choose a soup, a main course and a dessert to learn to cook later. If you like it spicy you might pick *Tom Yum* soup – a Thai classic full of fragrance and flavour. Maybe you'd like to try *Pad Krapow* for your main course, a spicy basil stir fry that some might say is the unofficial Thai

national dish. And to finish, perhaps you'd like to make some delicious and delicate *Crispy Lotus Cookies* which will be served with ice cream for dessert.

Once we know what we're going to cook we'll head to the local neighbourhood market where you'll be introduced to the most important ingredients in Thai cuisine. We'll choose some seasonal, local fruit to enjoy together later, and pick up what we need for our cookery class. There will be plenty of chances to chat with local vendors along the way, and if you want to learn a few words of Thai we can definitely help you with that, too.

On our way out, we'll try some street-side snacks to keep us going until lunch is ready, then head to Courageous Kitchen's house to begin the demonstration. Courageous Kitchen is a remarkable not-for-profit organisation that works with local children to teach them about the importance of nutrition and arm them with the tools they need to feed themselves and their families in the future.

We'll have a refreshing local drink before embarking on our culinary journey and then the cooking can begin!

After all your dishes are made we can relax, eat and get to know each other better. We will also enjoy the local seasonal fruit we picked up at the market earlier. Find out more about the charity and the inspiring work it does with the local community, or grill your hosts on everyday life in suburban Bangkok.

The tour will finish here at Courageous Kitchen's house. Before you go, if you pass your email address to your guide, we'll send you our mini-cookbook with a couple of recipes and a few of those tricky Thai words that you won't want to forget.

Don't forget to ask your guide for advice on what else there is to see, do, and eat during your stay in Bangkok. Your guide will be happy to help you get back to the BTS Skytrain or to find a taxi back to your accommodation.

We hope that you enjoy using your newfound cooking skills for your friends and family back home, and we'd like to thank you for supporting such a great, local cause.

Additional information

Inclusions: Local English-speaking guide, all food, use of cooking equipment.

Exclusions: Additional food and drinks, souvenirs and personal shopping, transportation to/from the meeting and end points, tips/gratuities for your guide.

Dress standard: Light-weight clothing and closed-toe shoes are recommended.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: Children ages under 10 are not permitted on this tour.

Dietary Notes

We can accommodate vegetarians and other dietary restrictions. Please notify us in advance if you have any special dietary requests. You can do so in the 'additional information' box at checkout or by emailing us at info@infocus.bangkokurbanadventures.com.

Local contact

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