

THREE GOOD SPOONS

Experiences | Yangon



OVERVIEW

Three Good Spoons is a social business that provides fee-based classes to help improve the kitchen skills, nutrition and hygiene awareness of housekeepers, domestic helpers and home cooks. Any profit made from this then goes towards funding the free and heavily subsidised hygiene, nutrition and cooking classes offered to disadvantaged and unemployed women. If this wasn't already a good enough reason to get behind the brand, Three Good Spoons are now offering introductory Myanmar cooking classes to tourists and Yangon residents, with the aim of this being to generate an extra source of income that will help to further fund the social enterprise's existing and future training initiatives. With a morning market visit and the chance to cook three typical Myanmar dishes, these classes will ensure you're ready to impress both culinary and culturally at your next hosted dinner session.



PACE

Easy going



TOUR PERIOD

Half day (morning)



HIGHLIGHTS

- The money spent on this class will go towards funding the free hygiene, nutrition and cooking classes Three Good Spoons offers to disadvantaged and unemployed women.
- Awaken your senses with the sounds, colours and smells at a local market.
- Cook alongside experienced chefs such as Kevin Monin, a former private chef whose experience spans from working with multiple US ambassadors to a German geologist who carried out two years of practical research in the wild and remote hills of Chin State.
- Learn how to cook a typical Myanmar salad, main and dessert.
- Eat your delicious creations for lunch.



ITINERARY IN DETAIL

Meet with your guide and driver early this morning and transfer to a local market (in time for 08:00), where we'll meet with a representative from Three Good Spoons. As we awaken our senses to the sounds, colours and smells, a brief explanation will be provided on how the company goes about sourcing the ingredients used in its classes. Whilst exploring, you'll also get the opportunity to meet with some of the preferred suppliers (assuming they're around) and strike up leisurely, unforced conversation. Having navigated the market and learnt a few tricks of the trade, we'll take a short drive to the Three Good Spoons office. Located in a residential building on the busy intersection of Dhammazedhi and U Wisara Road, the space the office occupies is contrastingly peaceful.

Once inside, a brief introduction will be given about Three Good Spoons and what the social business aims to achieve with these recently introduced classes.

You'll then be led to the kitchen where the Tree Good Spoon's Chef Trainer, will take over. The backgrounds of these trainers are just as impressive as their cooking skills. Take Kevin Monin for example; having worked with former US ambassadors and cooked in dense jungles with leopards and snakes, this talented former private chef has plenty of interesting stories to tell. We understand he's also had the opportunity to cook for General Nay Win, Myanmar's former military dictator.

As the popular saying goes, behind every great man there's a great woman; well in Kevin's case there's two. Helping to keep the operational side of things in check are Sandar Win and Thwe Moe Thu (also known as Bridjit), two ladies without whom the kitchen would be nowhere near as efficient, immaculately organised and hygienically conscious.

Sandar is of Shan ethnicity and as you'd expect, very talented at preparing her home region's food, which in our opinion is the best in Myanmar. She has limited work experience and applied to be a Three Good Spoons kitchen assistant after seeing their Facebook page and recipe photos. She has lived in Myanmar all her life and has relished the opportunity to earn certificates in Basic First Aid, Nutrition and Hygiene. She speaks limited English with a fantastic smile.

Bridjit is Bamar and has a degree in Philosophy from a Yangon university, plus 8 years' experience as a domestic worker in Singapore. She has excellent English skills and is a natural communicator and coordinator, delivering hygiene training and handling customer inquiries effectively. She has quickly applied new skills in computing to bring value to the company's small busy team.

With the help of this talented team you'll learn how to cook a typical Myanmar salad, main and dessert. Wanting to keep the lessons as fresh as the ingredients sourced from the local market, the dishes featured in the classes tend to change on a daily basis. Creations you might expect to find are mohingar (a fish broth soup commonly eaten for breakfast), ohn no khao swe (a creamy coconut noodle soup with chicken), tea leaf salad, tomato salad, wing bean salad, coconut "agar agar" jelly and golden rice (shwe htamin).

Supporting a very good cause and learning how to cook some of Myanmar's culinary favourites aside, you'll also get the chance to sit down and enjoy your masterpieces for lunch. Shortly after being seated at the long table that occupies the communal dining area, you will be waited on by the Three Good Spoons team until the last dish has been gobbled up. Having refuelled and said your goodbyes, return back to your hotel or continue touring with your guide.



INCLUSIONS

- Transportation to/from hotel in an air-conditioned vehicle
- Morning market visit
- Three Good Spoons class
- English speaking tour guide (for other languages, please enquire)
- Drinking water and hand towel



EXCLUSIONS

- Anything not mentioned



NOTES

- The market tour and cooking class combination is available on a private basis only.
- We are unable to guarantee the attendance of any of the individuals mentioned in the itinerary in detail section.
- Brace yourself, an early start will be required for the market visit; the Three Good Spoons representative will be ready and waiting at 08:00. The experience will then last for approximately one hour.
- Classes run from 09:30 in the morning until 12:30.
- For private bookings, the maximum group size is 6.
- Minimum age is 6-years-old, with children aged 6-12 receiving a 50% discount (proof will be required).
- Tour Mandalay's guide will not accompany you for this excursion.
- From November to February and availability pending, classes run every day. Outside of this period, it will be necessary to make an advanced request.
- You should wear cool comfortable clothing and, if possible, for comfort and safety bring a pair of clean rubber-soled flip flops/slippers to wear in the kitchen.
- To ensure the highest standard of hygiene, we will not source any food from the market for this excursion.
- Three Good Spoons reserves the right to cancel a class due to unexpected circumstances, such as illness, damage to equipment or training venue and severe weather events.
- Three Good Spoons is a NON-TIPPING organisation. If you'd like to support their work, please spread the work on Facebook, TripAdvisor, Instagram and other social networks.

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