

# Anse Chastanet Weekly Culinary Events

## MONDAY

### The Emerald Estate Cacao Tree to Chocolate Bar Tour

In this class we would like to indulge you further into the world's favorite aphrodisiac... chocolate. Our chocolate alchemists will host you on our Emerald Estate Cacao Tour to show you the complete cycle of Tree to Bar production. We will discuss the history of chocolate in the Caribbean and the production process. To start off we will visit the Emerald Estate to witness the natural side of cacao including tasting raw cacao while discussing the fermentation, sun drying and polishing of the beans. Then travel back to our own Chocolate Lab to elaborate on the technical part of making the perfect chocolate bar. This 2 hour guided experience takes you through cacao bean roasting, grinding and conching in the making of our chocolate to create the perfect snap and shine. Along the way you will enjoy an invigorating cup of local cacao tea and our organic chocolate bars that range from 60%, 70% and 92% Bittersweet.. A complimentary Bar of Emerald Estate Organic Chocolate will be our treat to you as souvenir to take home.

*Monday from 9:00 - 11:00 am*

*\$75 per person; sign up at Guest Services. Minimum 2, maximum 6 persons per session*

### Caribbean Beach Tandoori Cooking Class

Join our very own local Chef Ruban Kumar to witness his East Indian Saint Lucian Fusion Cuisine and uncover the spicing secrets of Tandoori Cooking in the Caribbean. His team of Chefs will share the special techniques used in spicing up a great Tandoori chicken. Learn the trade secrets of how to blend spices to accompany any dish.

*Monday from 4:00 - 5:00 pm in the Apsara Restaurant*  
*\$55 per person; sign up at Guest Services*

## TUESDAY

### Chocolate Sensory Tasting

Join us on an awakening journey through the flavor palate of cacao and chocolate. We will start by tasting the cacao bean, which is the very first step in chocolate production, and end with the strongest type of cacao mass while sampling all in between. We will focus our attention on how to truly appreciate chocolate as it should be tasted and educate ourselves on its distinct differences. As a culmination of the sensory tasting session sample some of our homemade truffles and a taste of Emerald Estate Organic Chocolate bar.

*Tuesday from 10:00 - 10:30 am in the Emerald Restaurant*  
*Complimentary; sign up at Guest Services*

### Discover Chocolate

For this tantalizing interactive experience following the Chocolate Sensory Tasting, we will move to the Chocolate Lab to discover just how chocolate is made. We are a Tree to Bar organic boutique chocolate producer using only Emerald Estate Organic Cacao. Join our chocolate alchemists to learn the basic techniques of making chocolate, tempering chocolate, creating your own fudge and making a personalized chocolate bar. The best part...you take home what you make! So, if you've ever pondered the alchemy involved in creating the finest of chocolates, enroll in this Discover Chocolate workshop and learn this delightful art for yourself. This class is hands on so be prepared to be covered with chocolate!

*Tuesday from 10:30 - 11:30 am in our Chocolate Lab*  
*\$45 per person; sign up at Guest Services. Minimum 2, maximum 6 persons per session*

## WEDNESDAY

### Join our Morning tour of Emerald Estate Cacao Plantation and Emerald Organic Farm Hosted by our Executive Chef

The resorts organic farm, Emerald Estate, located in the Soufriere hills, is an integral part of our cuisine at Jade Mountain. The farm produces a wide variety of items including vanilla beans, bay leaf, nutmeg trees, cinnamon, and numerous varieties of mango, sour orange, coconuts, leaves, greens, vegetables and herbs, all brought daily to our kitchens. Included in this visit is an interactive cooking class.

*Wednesday from 9:00 - 11:00 am*  
*\$95 per person; sign up at Guest Services*

### The Emerald Estate Cacao Tree to Chocolate Bar Tour

*Wednesday (See description on Monday) from 2:00 - 4:00 pm . US\$75 per person; sign up at Guest Services.*  
*Minimum 2, maximum 6 persons per session*

## THURSDAY

### Farm to Table Emerald's Vegan Luncheon Cooking Class

Learn the history and how to prepare authentic Creole cuisine with a twist using local ingredients grown at our own Organic Emerald Farm. The theme is a mosaic of dishes from throughout the Caribbean using ingredients that were harvested fresh that morning and prepared by our Vegetarian Chef, Frank Faucher, who has over 15 years experience in blending local

ingredients together to create cuisine that is truly unique for the vegetarian enthusiast.

*Thursday from 1:00 - 2:00 pm in the Emerald Restaurant*  
*\$45 per person; sign up at Guest Services*

### Discover Chocolate

*Thursday (See description on Tuesday) From 10:30 - 11:30 am in our Chocolate Lab \$45 per person; sign up at Guest Services. Minimum 2, maximum 6 persons per session*

### Chocolate, Wine and Paradise

Learning how to taste wines is a straightforward adventure that will deepen your appreciation for both wines and wine makers. Now we take it one step further to matching and tasting wine with our own hand made organic Emerald Estate Chocolate. Look, smell, taste - starting with your basic senses and expanding! From there you will learn how to taste wines and chocolate like the pros in no time!

*Thursday from 5:30 - 6:00 pm - located in the Jade Lounge. \$45 per person; sign up at Guest Services.*  
*Minimum 2 persons*

## FRIDAY

### The Emerald Estate Cacao Tree to Chocolate Bar Tour

*Friday (See description on Monday) from 9:00 - 11:00 am. US\$75 per person; sign up at Guest Services.*  
*Minimum 2, maximum 6 persons per session*

## SUNDAY

### Saint Lucian Rum Mixology Class

For those who enjoy Caribbean rum, explore the fine craft of mixing cocktails using the basic techniques and tricks of our bartenders. Learn how to make Mojitos, Pina Coladas, and our most popular Coco Doux in our weekly Mixology Class. If you already have a favorite from our Cocktail Menu, we would love to show you how it is made.

*Sunday at the Beach bar from 4:30 - 5:30pm.*  
*Complimentary; sign up at Guest Services*

## AVAILABLE DAILY ON REQUEST

### Premium Rum Tasting

Join us for this exclusive premium rum tasting in the Anse Mamin ruins. An exciting opportunity to sample various Caribbean premium rums in a historic setting.

*Available on request from 4:00 - 5:30 pm.*  
*\$55 per person; please book with Guest Services*