Three Trees- Doi Saket

Professional Thai Cooking Classes

THAIFOODMASTER AT THREE TREES

Three Trees- Doi Saket

Professional Thai Cooking Classes

THAIFOODMASTER.COM

CELEBRATING THE ART OF SIAMESE CULINARY WISDOM AND THAI CUISINE

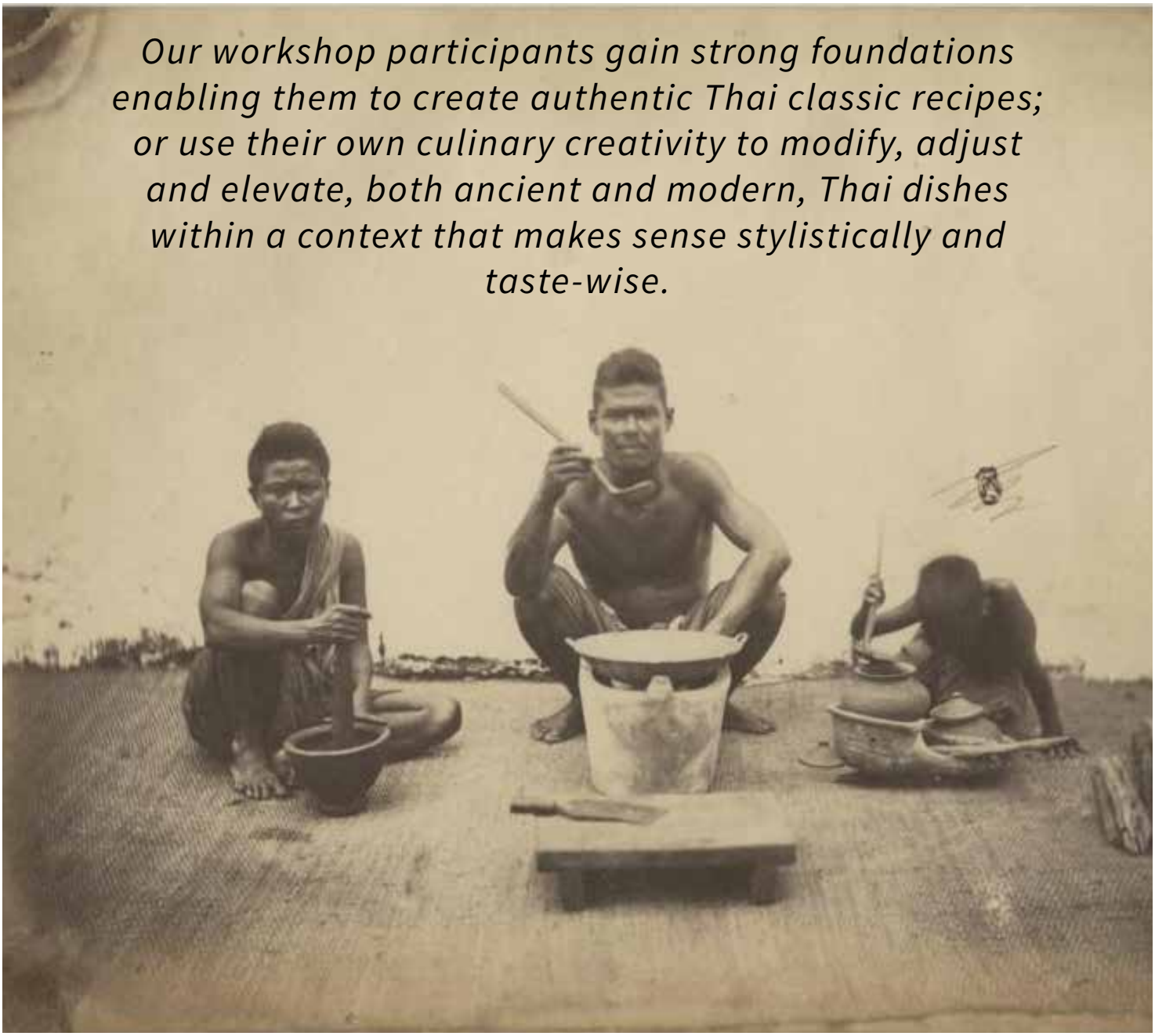
Thaifoodmaster stands up to educate the International community about authentic home-style Thai food cooking.

Three Trees

OUR ADDRESS:

Three Trees Doi Saket
236 หมู่บ้านโปงกุ่ม
หมู่ที 4 ต.ปาเมียง
อ.ดอยสะเก็ด
จ.เชียงใหม่ 50220

Three Trees Doi Saket
236 Moo 4 ,Moo Baan Phong Khum
Tambon Pa Mieng
Doi Saket, Chiang Mai
Thailand 50220



Our workshop participants gain strong foundations enabling them to create authentic Thai classic recipes; or use their own culinary creativity to modify, adjust and elevate, both ancient and modern, Thai dishes within a context that makes sense stylistically and taste-wise.

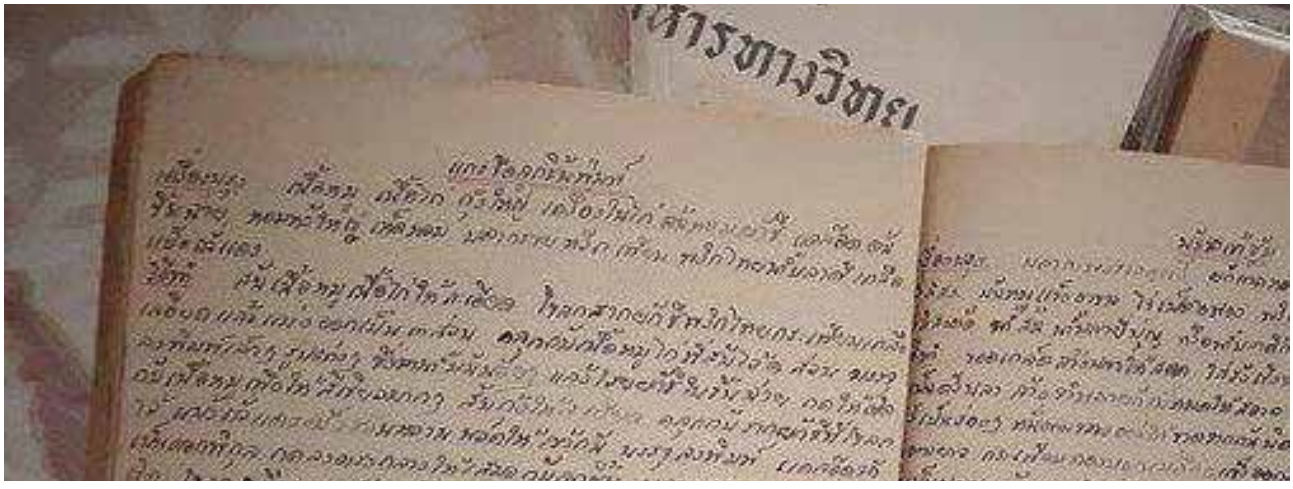
At Three Threes Doi Saket we now present an environment where we recreate the Siamese cuisine of the past, using ingredients from the surrounding land and rivers

OUR METHOD

Our team takes a holistic, analytical approach to every recipe we present. By investigating the origin and evolution of each dish, we unlock the culinary codes of Thai cooking, one step at a time. We reveal the layered histories behind each dish, along with the relevant aspects that helped shaped the Siamese taste awareness. We believe that only after understanding these codes can the professional or the avid cooking enthusiast create authentic Thai classic recipes; or use their own culinary creativity to modify, adjust and elevate Thai dishes within a context that makes sense stylistically and taste-wise.

Over the years, our team has collected and compiled hundreds of cookbooks and recipes, manuscripts, magazines and rare documents, dating from the late 19th century to modern days. This exceptional library – one of the world's most comprehensive – related to food and dining in ancient and modern Siam gives us extraordinary access to firsthand knowledge, and enables detailed research into the culinary evolution of dishes both familiar and unknown in the west.

We bring this philosophy to all our activities



OUR WORKSHOPS

Our workshop participants gain strong foundations enabling them to create authentic Thai classic recipes; or use their own culinary creativity to modify, adjust and elevate, both ancient and modern, Thai dishes within a context that makes sense stylistically and taste-wise.

Called “revelatory” by attendees, our workshops delve deep into Thai culinary codes, providing the history, facts and folklore behind each recipe; the legends, trade routes and migrations, conflicts, social issues and other factors that have influenced a dish’s appearance, taste and composition.

Like learning a language, the most effective method for learning to cook Thai food is immersion. Gaining an understanding of the basic phrases – the flavor profiles that make up each dish – and building on a strong foundation has enabled our students to produce each dish fluently: Thai cuisine without a “foreign” accent.

Taking this immersive experience one step further, we now present an environment where we recreate the Siamese cuisine of the past, using ingredients from the surrounding land and rivers.

What in the West is generally labeled ‘Thai cuisine’ actually comprises seven principal cooking styles, which in turn include hundreds of ethnic and regional varieties – all of which have been shaped and influenced by geopolitical factors, history, trade routes and the accessibility of various ingredients.

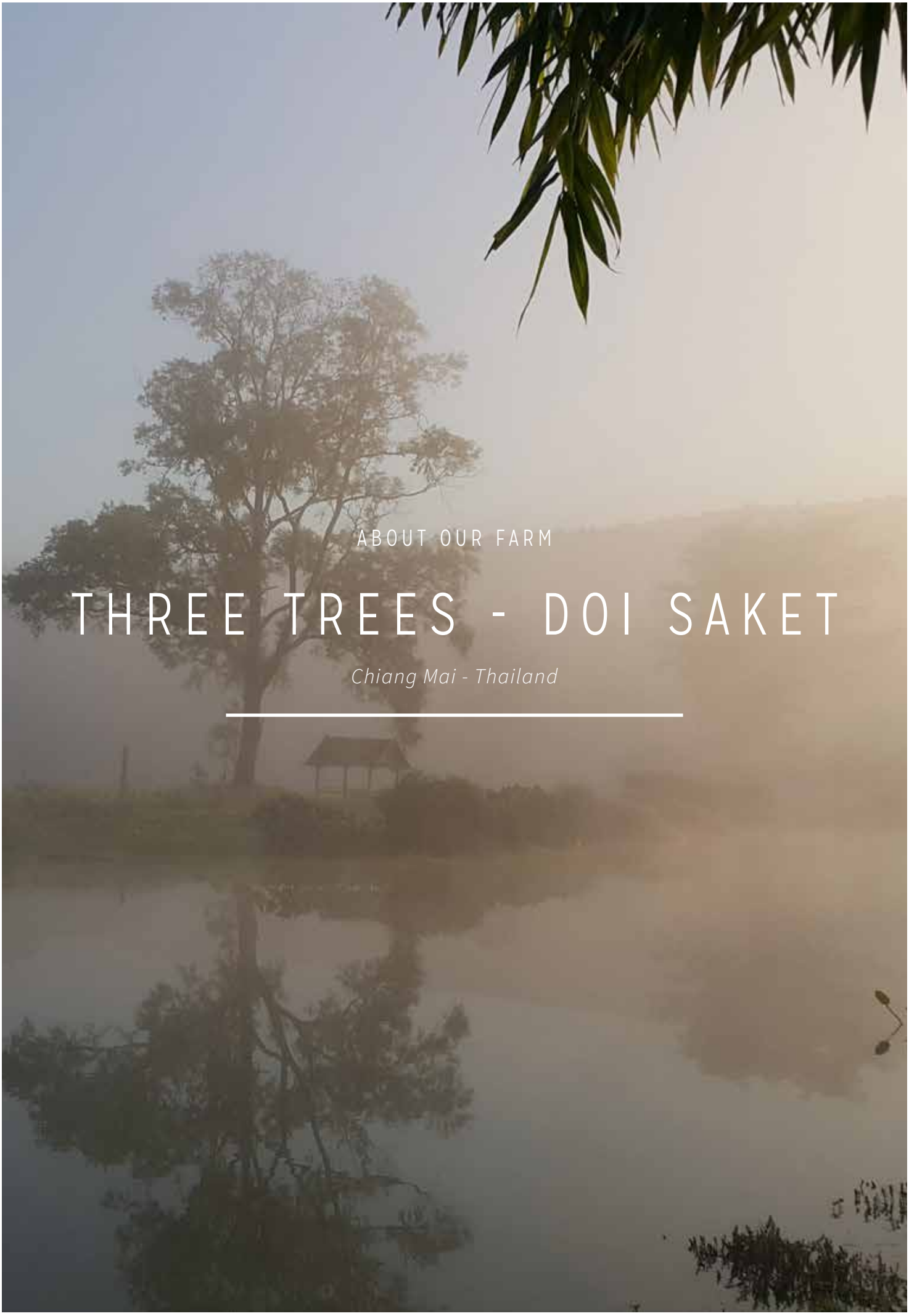
- Royal Thai cuisine
- Central Thai cuisine
- Southern Thai cuisine
- Northern-style Thai cuisine
- Northeastern Thai cuisine
- Muslim-Thai cuisine
- Chinese-Thai cuisine (Teochew, Hokkien and Yunnanese)

We can also offer training in Laotian, Northern Shan, Northern Tai Lue and Bangkok-style modern Thai cooking.

Because Thai cuisine is so varied, our workshops are highly focused, and specifically customized to the student's preferences and tastes. We collaborate with workshop participants to identify their particular area of interest, and tailor the sessions accordingly.

Our students are those interested in an in-depth understanding of the cooking grammar of each regional style. Professionals and Thai food enthusiasts alike attend our workshops.

All our workshops are currently given on a **private basis** and **by appointment** only.



ABOUT OUR FARM

THREE TREES - DOI SAKET

Chiang Mai - Thailand

In 2013, we acquired a 16-rai land plot (26 dunam, 6.5 acres) of unwanted swamp forest land about. Since, we succeeded in restoring this former swampland into a beautiful landscape featuring a 1,600-square-meter natural, stream-fed pond.

In the days before supermarkets, Siamese families used locally sourced ingredients for eating, building and other uses. Families would collect plants or other edible items from around their homes to use or to sell. Usually these items included small animals and fish; in general, only Chinese traders offered larger live-stock such as pigs. An entire culinary tradition grew from what was immediately available to whomever was doing the cooking, and this knowledge was passed within families and within communities.

We want our guests and students to be able to enjoy a similar experience.

After acquiring the land in 2013, our mission was to ‘heal’ the land. In accordance with the idea that ‘every swamp is an obstructed river’, we conducted surveys, and pored

over available aerial photographs, as well as the earliest available Google earth records. We determined where the obstructions lay; we brought in heavy equipment and carefully excavated the area around the underground water source until only clear water flowed. We allowed the pond to form in a natural configuration, and noted that, due to its place-ment, it hosted a range of microclimates and, thus, a diverse range of ecosystems.

Throughout the next years, we created access roads and other necessary structures.

Engaging with local farmers in the neighboring villages,

we asked if they had trees in their fields that they wanted removed. Each tree was catalogued, purchased from its owner, and eventually planted on our land in the area most conducive to its characteristics. It took more than three months to collect these mature trees, and another few weeks to plant them and allow them to become used to their new home. Nearly all the trees we have introduced to the Farm are hardwood forest trees or hard-to-find edibles.

As additional trees sprout on our land, we simply build around them or otherwise accommodate them: we do not cut down any trees.

In short, we have gone to a great deal of effort – so that our students can easily make the perfect salad!

LEARNING OUTCOMES AND MY PROMISES

We will visit all the regions of Thailand, cooking food that showcases the entirety of Thailand's diverse cultural and socio-economic spectrum, covering traditional Siamese cuisine from the late 19th century to the modern-day.

I will equip you with essential tools to master freehand cooking – to create rather than imitate. You will comprehend the logic behind ingredient ratios, liberating you from the need to follow written recipes.

You will understand the ratios of the ingredients, the anatomy of the dish and its flavor profile, and how to calculate correct seasoning ratios.

Nothing is left to coincidence when we cook Thai cuisine. Your cooking will reflect deliberate and conscious decisions, and I will teach you how to make the right decisions and fill in the blanks in written recipes so that your dishes taste personal and real.

I will explain my thought process as I interpret classical, modern, and contemporary dishes from all walks of life, giving you the tools to cook heartfelt interpretations of dishes that are flavorful and faithful to their origins..

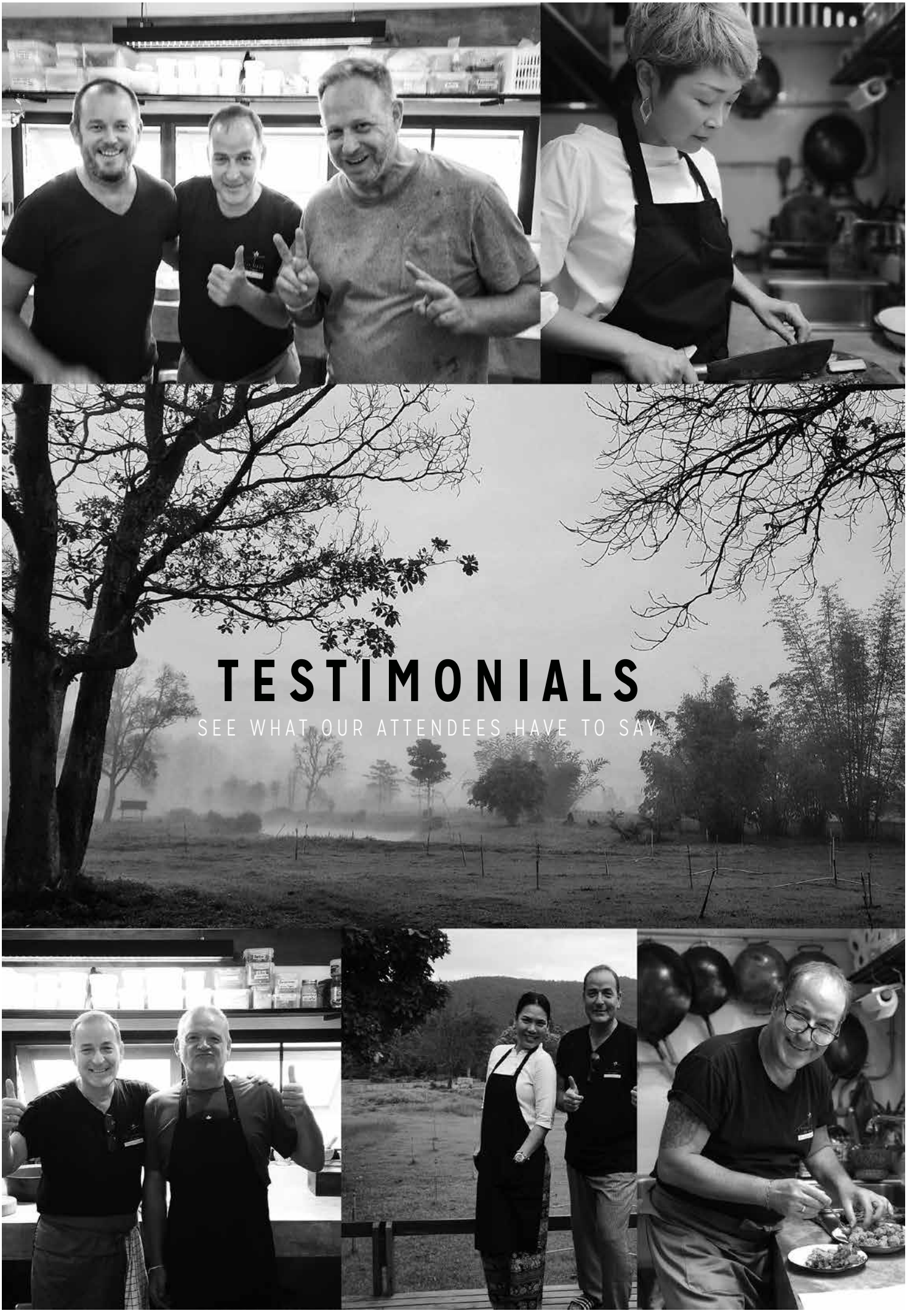
I will guide you how to structure your cooking learning process in a fluid, inspirational and creative manner that will transform the way you perceive and taste Thai cuisine.

I will teach you how to trust your judgment and culinary intuition and establish your creative toolkit to cook Thai dishes artistically, rather than blindly following recipes.

I don’t keep secrets. I will teach you everything I know and simplify the most difficult concepts in an easy-to-understand and easy-to-follow manner.

Our recipes are not modified to fit western kitchens – they taste like they have a solid bond to the culture, the land and its people.

I will only describe flavors with clear, meaningful and understandable terms; I promise not to use clichés like “brings the flavor out” that do not contribute to your understanding.



TESTIMONIALS

SEE WHAT OUR ATTENDEES HAVE TO SAY

CHEF BONGKOCH SATONGUN (CHEF PATRON | 1 MICHELIN STAR | PASTE THAI CUISINE™ | ASIA'S 50 BEST FEMALE CHEF 2018):

There is a wealth of Thai cooking knowledge to be found within the mind of @ hanuman.aspler two words to describe him are thorough and analytical. Sometimes when I cannot make sense of things in my Thai cuisine research, he can unravel the problem and provide a solution. I am in no way sponsored to say this.

For over a decade Hanuman Aspler has been one of the treasured influences of my career. I would like to take this opportunity to thank him for his pure and precise dedication to the culinary culture of Thailand. I love his privately owned Thai cooking school in Chiang Mai. He has been in Thailand for over 3 decades.

CHEF JASON BAILY (CHEF PATRON) | 1 MICHELIN STAR | PASTE THAI CUISINE™:

The most in depth, no nonsense, straight to the core, intimate cooking school in Thailand.

CHEF BENJAMIN CHAPMAN, KILN SOHO, LONDON

Cooking with Hanuman at Three Trees was a wonderful experience. I found his depth of knowledge and how willing he is to share his work hugely inspiring. Also, the lightness of the touch with which he is able to explain his thinking on the order of flavours and styles of regions of Thai food made some complex ideas feel very natural and effortless to pick up. Hanuman's approach has fundamentally altered how I think about Thai food, what i look for in it's deliciousness and given me direction what I want our cooking to able to achieve in the future. I truly hope that one day Hanuman has the time to write a book on Thai food as it would be essential to anyone looking to improve their feel and knowledge for the cuisine. For me, this was one of a few seminal moment in my life in cooking and I can really pay no higher compliment than that.

NATALIE AND JESSE FADER, TORONTO

Yesterday we had the pleasure to cook with Hanuman Aspler on his farm, a serene expanse of green space hugged by valleys of the mountains in Doi Saket. The sun was out and we smoked catfish, we drank tea at his rustic yet simple table and discussed food before being introduced to his kitchen. In the distance, dark moody clouds slowly rolled in, and aside from us, and the sounds of wildlife, was the only additional presence to our private cooking lesson.By the afternoon the rain fell, the rumbles surrounded us as we took in Hanuman's wisdom, humour, kindness and thought. I've been humbled by food yet again. This experience is one I'll carry with me

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JAMES PETERSON, USA

Hanuman is a master of Thai food,I have had the privilege of cooking with him in Bangkok and in Chiang Mai at Three Trees Doi Saket Farm. Both experiences expanded my cooking knowledge in more ways than I can express, with words one cannot taste the results.

The Chiang Mai site the land has been enhanced to provide a setting where one can site and think about the place and not just the food. A lot of planning, work, love, sweat, and tears went into not only the classroom/kitchen,also the layout of the land. Ingredients for cooking come from far and wide, yet as the plants at the farm mature, more is found close to the kitchen, and that helps to reflect the depth of flavors that one produces.

THAI-BORN MICHELIN-STAR CHEF SAYAN ISAKSSON, SWEDEN

I heard great reviews about the workshops at Three Trees Doi Saket before attending, but still, Hanuman's incredible knowledge and humble approach completely blew my mind away!

Hanuman's unique methods of layering flavors and creating umami are applicable to gastronomy arts in general and not only within the Thai culinary universe.

WILL MEYRICK (THE ORIGINAL #STREETFOODCHEF. FOUNDER OF: SARONG, MAMA SAN, HUJAN LOCALE, TIGER PALM & SOM CHAI IN BALI, MAMA SAN IN HK & MAMA SAN IN KL)

Hanuman is finally some one with an authority on Thai cuisine that is respected by both Thai and international chefs, he is one of the go to masters to learn deep Thai food cultures that is hard to access from the outside. After one week with him i feel i've made a good friend and a mentor for traditional Thai food.

ZOE RAI, CHEF AND RESTAURANT OWNER, MALAYSIA

Am humbled and greatful for the time spent with a one of kind teacher Hanuman Aspler at his advance thai cooking program. You opened my mind, soul and palette with your light, wisdom both contemporary and ancient and most of all, you passion. I hope I will do justice to the sacred place that Three Trees Doi Saket is to cooks, beings and spirits of this time.

SAMUEL FRANCES,
CHEF/OWNER ACHARA RESTAURANT, SAYULITA, MEXICO.

I've been a chef for ten years, owned a Thai restaurant for two, and studied under 4 different Thai chefs. I learned more about Thai food in 2 weeks with Hanuman than the rest combined. His understanding of the history and provenance of the dishes he teaches is clearly the result of a lifetime of passion and research. This is not a course in how to make pad Thai rather it is I rare experience to truly understand the soul of Thai food.

Thank you Hanuman!

DEREK LUCCI - CHEF / MAKEBISTRO. USA

It is extremely difficult to put into words how much I value Hanuman as my teacher and a friend. As a passionate student of Thai cuisine and culture, I went to Hanuman to continue sharpening my skills and was pleasantly surprised with his approach and ideal Thai cooking environment. He is able to convey years of endless research and dedication to Thai culture in a clear, precise, and capitvating way to beginners and professionals alike. It is a joy to be around him and he never ceases to make me laugh–a true inspiration.

DANIEL LAMBERT, CHEF & OWNER KHWAN BERLIN, LEK BERLIN

Hanuman has a knowledge of Thai cooking, politics and culture that fascinates and intrigues me. One of the most inspirational people I've meet to date, in this (obscure western man obsessively cooking Thai) food scene.

If you get a chance to talk and cook with him. Don't turn it down"

KHUN ANCHALEE, BANGKOK

16 days of the most impressive and amazing cooking course I have ever participated in. The truly in-depth knowledge of authentic Thai food recipes learned from this course makes me even more proud of being Thai. Thank you so much Hanuman Aspler for making me realize and appreciate how wonderful being part of our Thai cultures is merely by taking this cooking class with you.

MIHO KIMURA, CHEF/OWNER OISHIMI LAB, TOKYO, JAPAN

In this 20days session, I have leaned from Hanuman a lot of important things. Depending on your influence, my way of doing work may change by 180 degrees...I was glad that I came here very much. I will come back again, want to talk about Thai cuisine. Respected Hanuman.

CHEF JACK WILLIAM HUSBANDS

There are very few experiences which I can truly call life changing… my 15-day intensive course at Three trees is however certainly one of them! I felt as though I had travelled all corners of Thailand without leaving the school.

Hanuman's cooking is immaculate! – the product from a lifetime's obsession with Thai food. He is an encyclopaedia of knowledge and incredible generous with that knowledge.

During the course I was introduced to a number of ground breaking concepts to understand what makes tasty & flavourful food and I will be incorporating these methods into all areas of my cooking going forward. He also has a number of other systems which will greatly benefit any chef or cooking enthusiast.

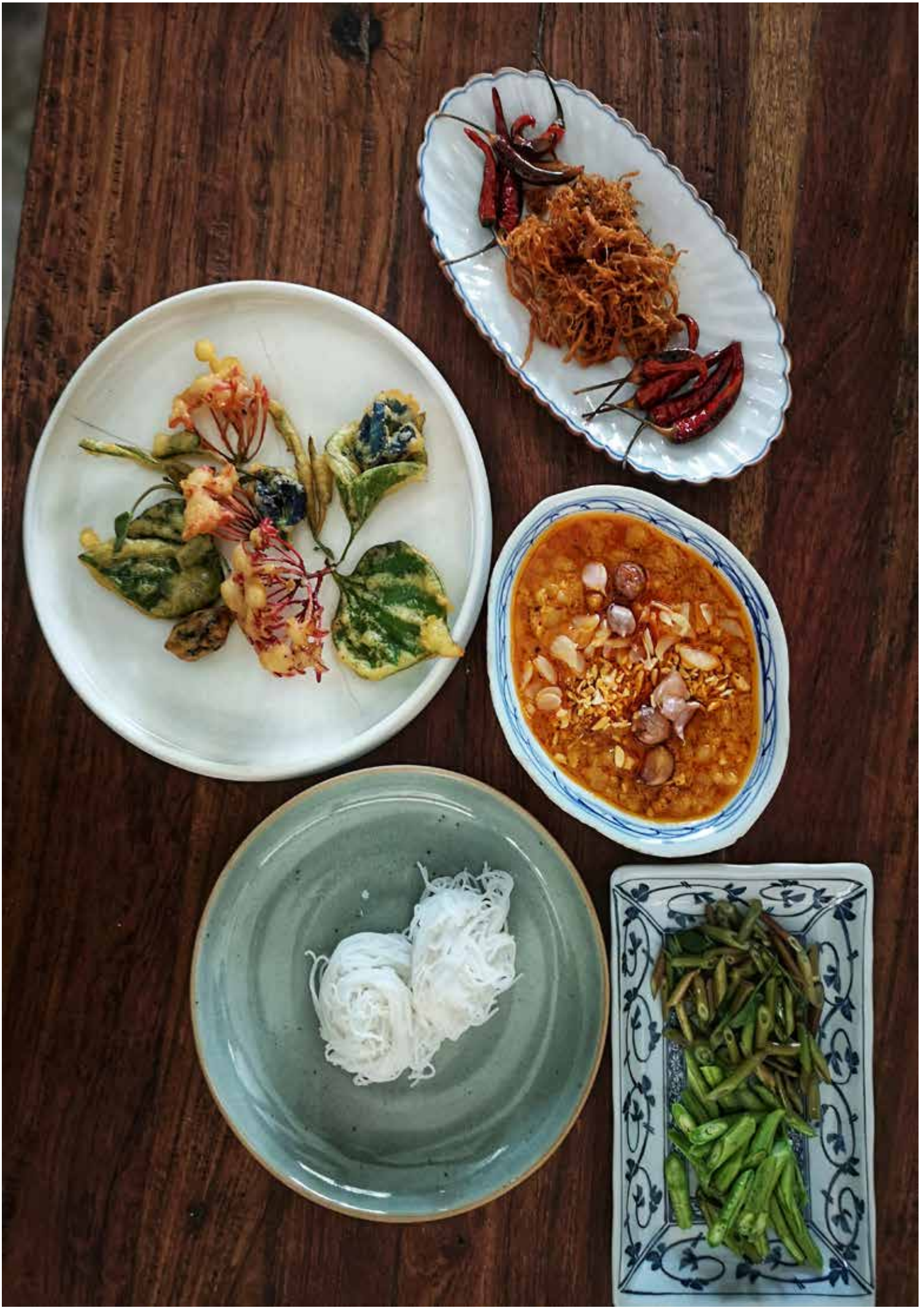
The days at three trees are cleverly thought out to utilize the time to the optimum and cover a large number of dishes.

It was immediately clear to me from Day 1 that his goal is to bring the best out of all his students whatever their cooking background or ability.

I left feeling Inspired and invigorated with the vast array of skills I had acquired in a relatively short space of time.

I would say to anyone considering attending his workshops; do not hesitate, it will be one of the best investments you can make in yourself!

Jack William Husbands
Sole chef of motor yacht "Perfect Persuasion"



CHEF JEREMY SIMEON,
EXECUTIVE CHEF OF SONG SAA PRIVATE ISLAND, CAMBODIA

Hanuman is the most talented Thai chef I've had the pleasure to work with and I believe he would be in the top 10 of chefs with this level of knowledge on this subject in Thailand.

His teaching methods are relaxed and comfortable and he makes you feel like family by the time you leave, but more importantly he delivers an outstanding course with easy understandable formulas that give real understanding and confidence with cooking even the most complex Thai Recipes.

Thank you Hanuman see you next year for my next 10 days

MIKE MCJUNKIN - CHEF, FOOD WRITER AND RESEARCHER. U.S.A

A week full of light bulb moments

As a lifelong cook, chef, and food writer, I cannot say enough about my experience at Three Trees Farm. Each morning we would sit, discuss the background of the dishes we were to prepare that day, and learn how those recipes and ingredients fit into the historical and cultural context of the region. We would then spend the day cooking spectacularly delicious food in the farm's immaculate, commercial-grade kitchen.

Cooking with Hanuman was a pleasure. He takes the time to understand how comfortable you are in the kitchen and tailors his instruction to your comfort level. You cook the dishes together, learning about ingredients and techniques as his patient hand guides and teaches along the way.

If you are a casual cook, the courses at Three Trees would be a wonderful introduction into more traditional Thai food that will impress and enlighten your family and friends.

If you are a more serious cook, professional chef, or food researcher, this is one of the few places in Northern Thailand where you can receive professional instruction from a highly knowledgeable instructor backed by decades of research and a first-class support staff of chefs and food experts.

As an added bonus, the farm is in a stunningly beautiful part of the region that is as relaxing as it is inspiring.

CHEF NICK ROURKE, UK, CHEF AND PROPRIETOR OF KAB FOOD AND EVENTS.

I absolutely loved my 20 days working and studying with Hanuman and the team at Three Trees Doi Sacket, Chiang Mai, Thailand.

I gained comprehensive knowledge of the history, complexity and art of traditional Thai cuisine. Hanuman shared his deep appreciation, understanding and historic knowledge of a wonderful collection of traditional Thai recipes and cooking methods spanning the length and breadth of all the regions in Thailand.

It was powerful to work and study with a chef who so profoundly respects Thai cuisine.

The days could be long and the work hard, but we grew close and shared unforgettable moments.

Few educational experiences have so clearly altered the course of my life. I am forever grateful.

CHEF DAVID GODDARD, UK.

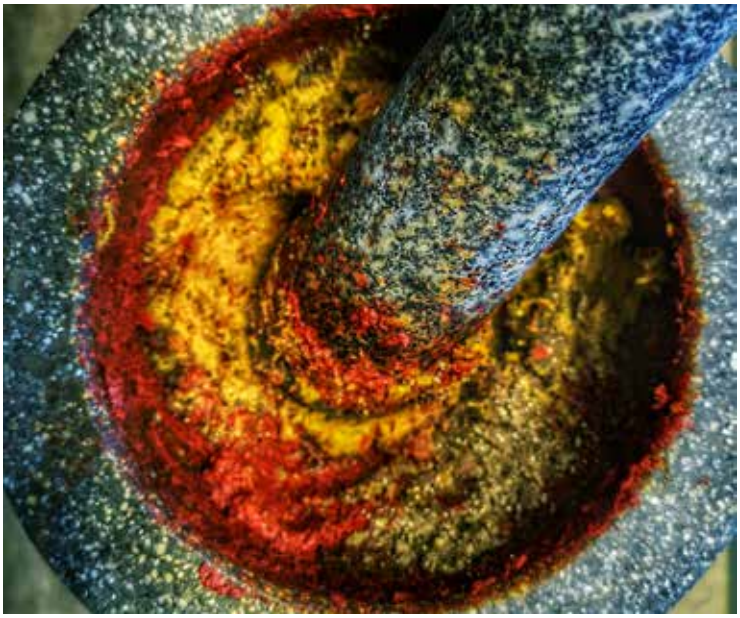
Three Trees is located around forty-five minutes from Chiang Mai in a very beautiful and peaceful setting, quite simply paradise!

Each morning Hanuman guides you through the day ahead, then off you go into the bespoke kitchen for an intense and fun packed day ahead, taking you on a journey. Here you leave your preconceptions behind as you walk into the shoes of the creator or recipient of the dish.

It is at this point you begin to see the cuisine through different eyes, this was the beginning of my journey into the foundation of Thai cuisine.

Hanuman possesses a deep passion for the country's history and it's cuisine, it is with this passion he effortlessly coveys this in his teachings.

My twelve days at Three Trees were not only educational, but great fun. It has reset my understanding and put me on a new path into the world of Thai cuisine. So a big thank you to Hanuman and all the team at Three Trees for a wonderful twelve days. It was indeed a very special experience.



CHEF ROBERTO HERNANDEZ,
CHEF AND OWNER LATASIA CASA DE COMIDA, MADRID

I want to thank you for changing my perception about Thai food, improving my understanding of this complex cuisine and bringing it to another level. I already miss my days cooking at Three Trees Doi Saket.

YUVAL STERN, TECH EXECUTIVE AND THAI FOOD ENTHUSIAST

Uncompromising perfection of method, come forth as sheer harmonic confluence of art and science. Thank you for unforgettable inspiring and enlightening moments in the serene and meditative Three Tree Doi Saket farm. Sparkles that have altered my approach to Thai cooking.

CHEF MIA SÜSSMILCH, AUSTRIA

These 20 days were the most interesting time in my life and it was so great to work in such a harmonic atmosphere, with gorgeous recipes and many hmmmmmmms and wows. I would like to thank you again for this great time with you and your stuff.

CHEF NILAS CORNELIUSSEN, SWEDEN

Three Trees Doi Saket, is a place for both experienced and new excited cooks. If you are interested in the Thai cuisine this is the one place you want to go to develop your knowledge.

I am myself working in the restaurant industry as a professional cook, I have worked at all kinds of different restaurants including many Michelin starred establishments. For me, Hanuman exceeded all my expectations.

Before you start the program Hanuman will ask you if there is any specific area or technique you want him to cover and after your requests he will put together the day so it will suit you in the best possible way.

For the first day I requested to do a deep dive into the cuisine of northern Thailand, and so we did. We cooked up a bunch of different "in your face" dishes that really showcased the cuisine of northern Thailand.

Apart of being a great teacher of the Thai cuisine, Hanuman is also a great person. Always close to the next laughter and joke, down to earth and I am now proud to call him my friend.

Thank you Hanuman and all of the team at Three Trees Doi Saket. See you soon again!

LEAH COHEN
CELEBRITY CHEF AND OWNER OF PIGANDKHAO (N.Y.C) AND PIGGYBACK BAR (JERSEY CITY)

After frequently traveling to Southeast Asia every year, every time I go to Thailand I make it a point to cook with Hanuman Aspler on his farm in Doi Saket.

I have taken a range of cooking classes but have never experienced a cooking experience on this level. This is not just a cooking class, it is so much more. Learning all aspects of Thai cuisine makes you look at food through a completely different lens.

Hanuman's unique approach can not be found anywhere else. I thought I knew a lot about Thai cuisine, but Hanuman is a walking encyclopedia of Thai cuisine. It is not just recipes that are taught, it is so much more.

I was taught how to balance flavors and understand various dishes in a complex manner. Hanuman is such an interesting individual who is full of dedication, kindness, and pure wisdom. I will forever take what I have learned from Hanuman and apply it to my recipes.

Thank you Hanuman, for such memorable moments that have forever revamped my perspective of food and cooking.

CHEF DYLAN EITHARONG,
BANGRAK THAI STREET KITCHEN, ORLANDO, FL, USA

It's hard to wrap up the amount of knowledge I feel I gained from Hanuman in the two weeks we spent together, but somehow, I feel that I learned more then than any other amount of schooling has taught me. Despite stages, endless R&D trips to Thailand, and my own studying, I can honestly say that my two weeks at Three Trees was the best thing that I've done for myself and my education in Thai food.

Doors were opened to a new world and way of cooking, despite Thai cuisine being the cuisine I grew up with and cooked professionally.

An absolutely incredible, immersive experience, with an amazing, funny, and extremely knowledgeable teacher and friend.

GONZALO GIL LAVEDRA, ARGENTINA

Picture this. A small farm somewhere in the country side near Doi Saket, a former surgeon turned Thai food scholar who has been living here since the 80's and has a passion and knowledge on the nuances of Thai cuisine beyond anyone you are ever likely to meet. I was expecting the workshop to be excellent yet it has blown my mind completely. It was simply a before and after benchmark.

naam phrik phrik thai soht, goog sawaan glin and a few other dishes that on their own are worth a trip to Thailand elevated to master of the universe level. This was an experience fully beyond the ordinary and the kind of travel is worth living for.

CHIN FAI, PENANG, MALAYSIA

Learning Thai cuisine from Haruman was a wonderful experience. Cooking is need a bigger picture than just recipe, Haruman just provided more than that, from learning the right method to the thinking process to understand a dish flavour and complexity. Playing with spices and herbs combination, taste profile, takes one cooking experience to another level. Thank you Haruman, love your farm, beautiful and peaceful. A great place to cook great dishes.
Will see you again. regards, Chin Fai

GARY PENIR, EXECUTIVE CHEF, CUISINE GP NAPA VALLEY, CALIFORNIA

Within the first ten minutes of arriving at Three Trees I knew I was never going to look at Thai cuisine the same way again. During the week long cooking intensive we explored Thai cuisine from a historical, philosophical and technical perspective. Hanuman's cooking approach is brilliant and comes from his lifelong dedication to regional Thai cuisine and culture. If you are passionate about authentic Thai cuisine look no further. You have found what you are looking for Hanuman at Three Trees.

JEVTO BOND. THAI CHEF IN MONTRÉAL, CANADA

I have been teaching Thai cooking for many years but a 7 day intensive, no nonsense and fun course with Hanuman was enough to totally change the way I look at my cooking. Hanuman has an impressive historical knowledge of the Thai culinary identity as well as outstanding teaching skills. If you take Thai cooking seriously, and you are willing to exit your comfort zone, then you need to cook with Hanuman.

CHEF HARRY FADDY,
HEAD CHEF AQUAVIT LONDON, MICHELIN STAR NORDIC RESTAURANT

Hanuman's understanding and approach to Thai food is exemplary. He has the ability to make the intricacies of Thai food seem simple whilst elevating the cuisine beyond your expectations. He also provides a fun and insightful historical perspective to the food that makes your time with him even more enjoyable. I look forward to going back to the beautiful Three Trees Doi Saket as soon as I can..

CHEF TYLER HENRY, MEXICO CITY

Simply put – cooking, learning from Hanuman at Three Trees is one of the most influential experiences a professional chef interested in Thai cuisine can pursue.

My cooking will forever be inspired by the spirit of Hanuman…honored to have him as a mentor.

Hanuman's depth of knowledge of Thai culinary culture is mind-blowing. Just as impressive is his ability to break down that information and share it through a unique approach that makes nuanced aspects of the cuisine accessible.

I can't imagine there is possibly a better place for someone passionate about Thai food to spend time or a more qualified person to learn it from. Profoundly inspiring, and fun, experience.

DAN TURNER
HEAD CHEF, FARANG LONDON, UK

I spent a great couple of days learning and laughing with Hanuman. He is a great teacher and his understanding of the varied complexities and idiosyncrasies of Thai cuisine allow for compelling and addictive learning sessions.

Moreover, he invites you into his home, and for me this, more than anything, exemplifies his deep rooted connection with Thai culture and cooking. Thank you Hannuman, I will be back! With friends!

DOMINIC TAN
CHEF/OWNER AJUMMA'S KOREAN RESTAURANT. SINGAPORE

After my 12-day course with Hanuman and without much prior experience in Thai cooking, he imparted to me both the skill and confidence to interpret and recreate Thai receipes and create new variations independently.

The cooking lessons, paired with his encyclopaedic knowledge & deep understanding of the historical and cultural context of the cuisine, shed valuable insight into the diverse world of Thai cuisine.

More unforgettable than the lessons themselves are his generosity and affable nature towards his students. I will definitely be back to visit for more lessons!

PAUL GERESY, USA

My time at Three Trees – Doi Saket was revolutionary. Hanuman has taught experienced chefs that have worked in high level restaurants. I am not one of those chefs. I'm a casual cook who is interested in learning more about cooking Thai food with a sense of authenticity.

Hanuman brings a deep sense of history with every dish and concept. The way he visualizes recipe and process has changed the way I approach cooking. Through his thoughtful methods, I was able to understand and articulate what I tasted and when I was tasting it. Additionally, I was able to learn the historical context of each dish we made. This ultimately led to answering "why". Why are we making these decisions in the kitchen? When one has the answer to why, and understands the how (via technique, ingredients, etc.), there is no longer guesswork. You are left with informed decisions regarding process and flavor. This is my most important take away from my time with Hanuman. My only regret is not being able to stay longer!

UKRIT ROJANASENA (GENKI), BANGKOK

My 8-day workshop with Hanuman at Three Trees Doi Saket has got to be a most influential experience I've gained for my understanding, not only of Thai cuisine, but also in the larger sense of overall techniques, flavors, and methodology in approaching cooking.

My time there exceeded my expectations in all aspects, gaining much more than just recipes.

Hanuman's passion for Thai cuisine and its rich history, and his ways of teaching are like no other.

Each day would start with a discussion session of relevant concepts, history of dishes, and schedule for the day before we fully engage in cooking. The days were intensive and rewarding.

Each day felt like a small journey into a region of Thailand. I found myself fully immersed in absorbing knowledge and skills. I don't think I've ever met anyone who has such depth of knowledge in this field and has the ability to breakdown complex concepts of historic thai cooking for the curious minds.

His way of teaching has given me a different eye when approaching Thai cuisine repertoires and gave me methods in applying these concepts in my own creations.

Above all, spending time with Hanuman at the beautiful Three Trees estate was such a blessing. His kind nature and wisdom made me felt like we've known each other for a long time. I am very grateful to have him as a mentor. Moreover, the garden of thai herbs and vegetables, the house and kitchen looking out into the green landscape, the friendliest team that made everything run seamlessly, all made my experience unforgettable and I will for sure be coming back no doubt.

For anyone who's interested in Thai cuisine, I cannot recommend anyone else better to learn from than Hanuman. He is truly the Thai food master.

Thank you and hope to come back soon!

CHEF CHANDLER SCHULTZ
HEAD CHEF AT LE COCHON BLANC, BANGKOK

My time at Three Trees Doi Saket with Hanuman was extraordinary.

From our discussions of history and theory to the practical lessons, the experience was so fluid and well thought out that I found myself really immersed in the course.

It's very evident that an immense amount of thought has gone into his teachings and methodology and the presentation is very unique.

Rarely have I had a learning experience that keeps me pondering and considering the subject so intently as I did with Hanuman.

KHUN FAA PRAHARNPAP, BANGKOK

"I walked out of the 8-Day course with Khun Hanuman with a full appreciation of Siamese cuisine. Even my simple pasta sauce is noticeably better as I've applied his method to the cooking.

Apart from the how-tos and traditional recipes, his approach to the science behind the layers of tastes is remarkable. His technique is also practical, i.e., you won't need fancy equipment to re-create the same dish at home.

I learned so much during such a short amount of time. Last but not least, I enjoyed every single day at Three Trees Doi Saket.Khun Hanuman packed the day with 6-7 dishes (or more!!), but it was fun all the way. Thank you so much for the wonderful experiences."

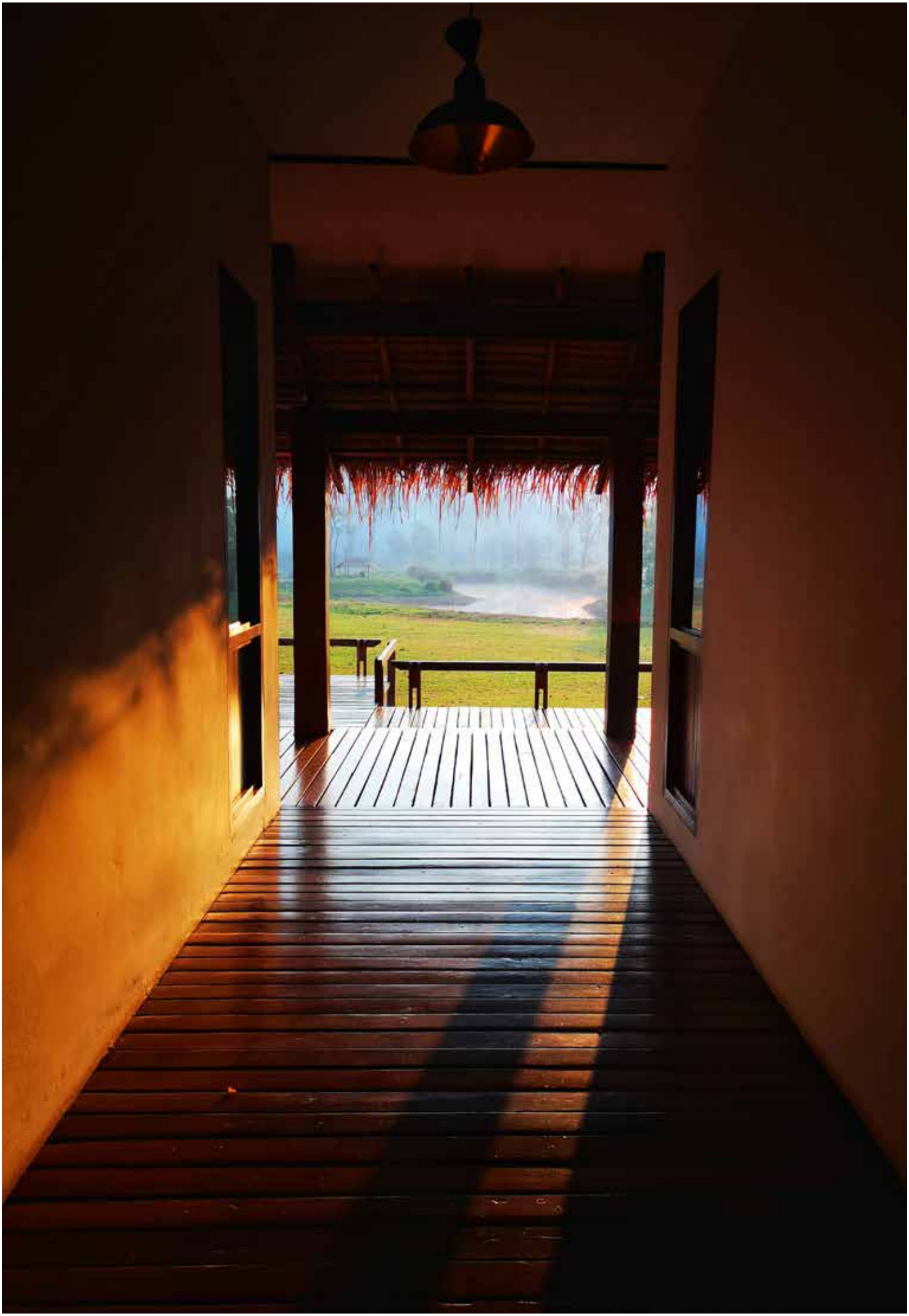
KHUN SUKONTIP (FON) PRAHANPAP, BANGKOK

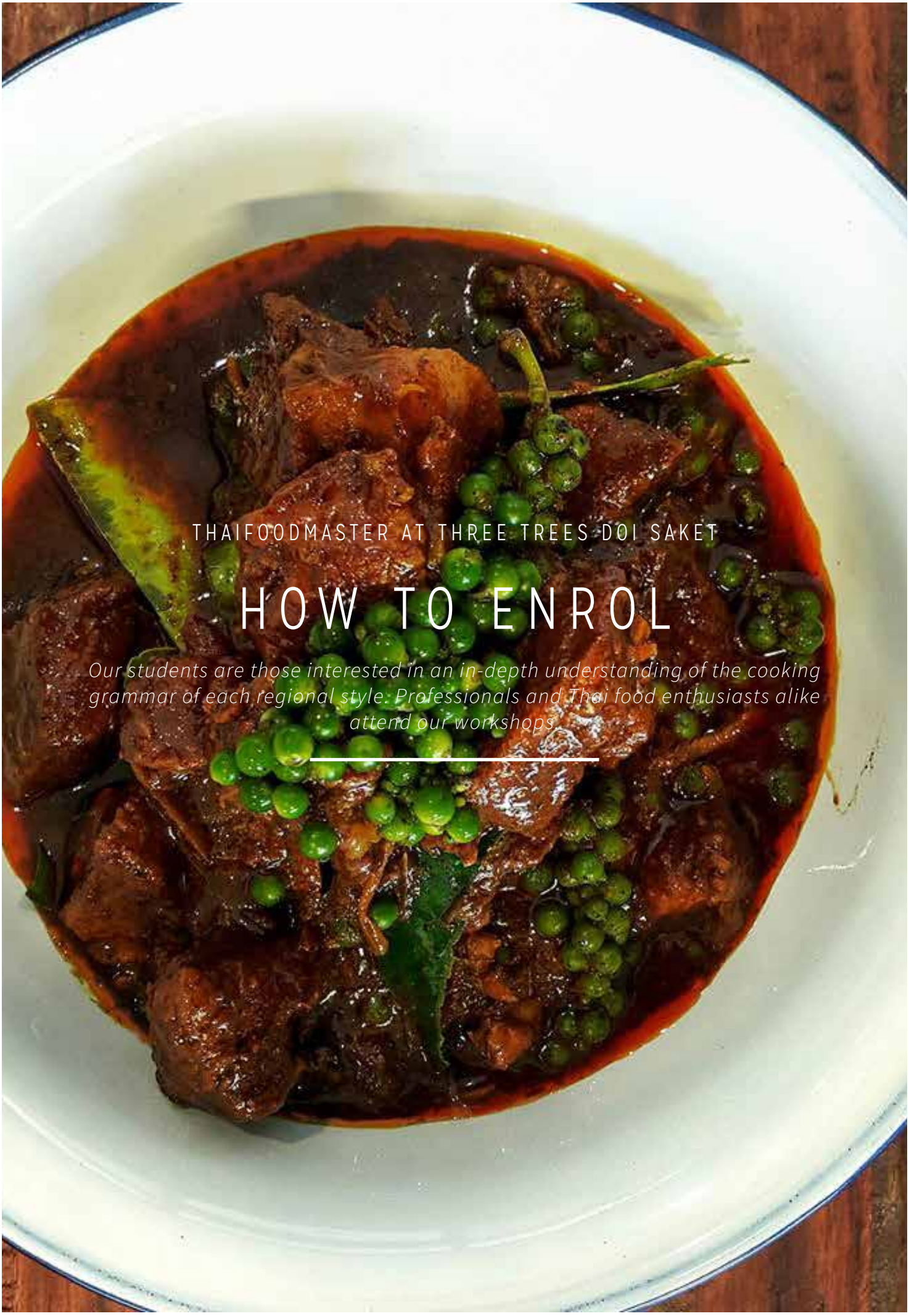
Hanuman cracks the code in creating tasty food. The course doesn't only tell you "how to" cook but more importantly "why" the dish is cooked in a certain way. Hanuman is a generous teacher who shares his in-depth knowledge

in cultural, sociological, historical, as well as scientific aspects of Thai flavors. He makes the learning fun and unintimidating. A real guru in Thai culinary art!

IAN WESTCOTT, (SOURCING WINES FOR DISCERNING PRIVATE CLIENTS)

It is truly brilliant with a revolutionary approach introducing aspects and concepts never broached by cookbooks.





THAIFOODMASTER AT THREE TREES DOI SAKET

HOW TO ENROL

Our students are those interested in an in-depth understanding of the cooking grammar of each regional style. Professionals and Thai food enthusiasts alike attend our workshops.

THAIFOODMASTER

All our workshops are currently given on a **private basis** and **by appointment** only.

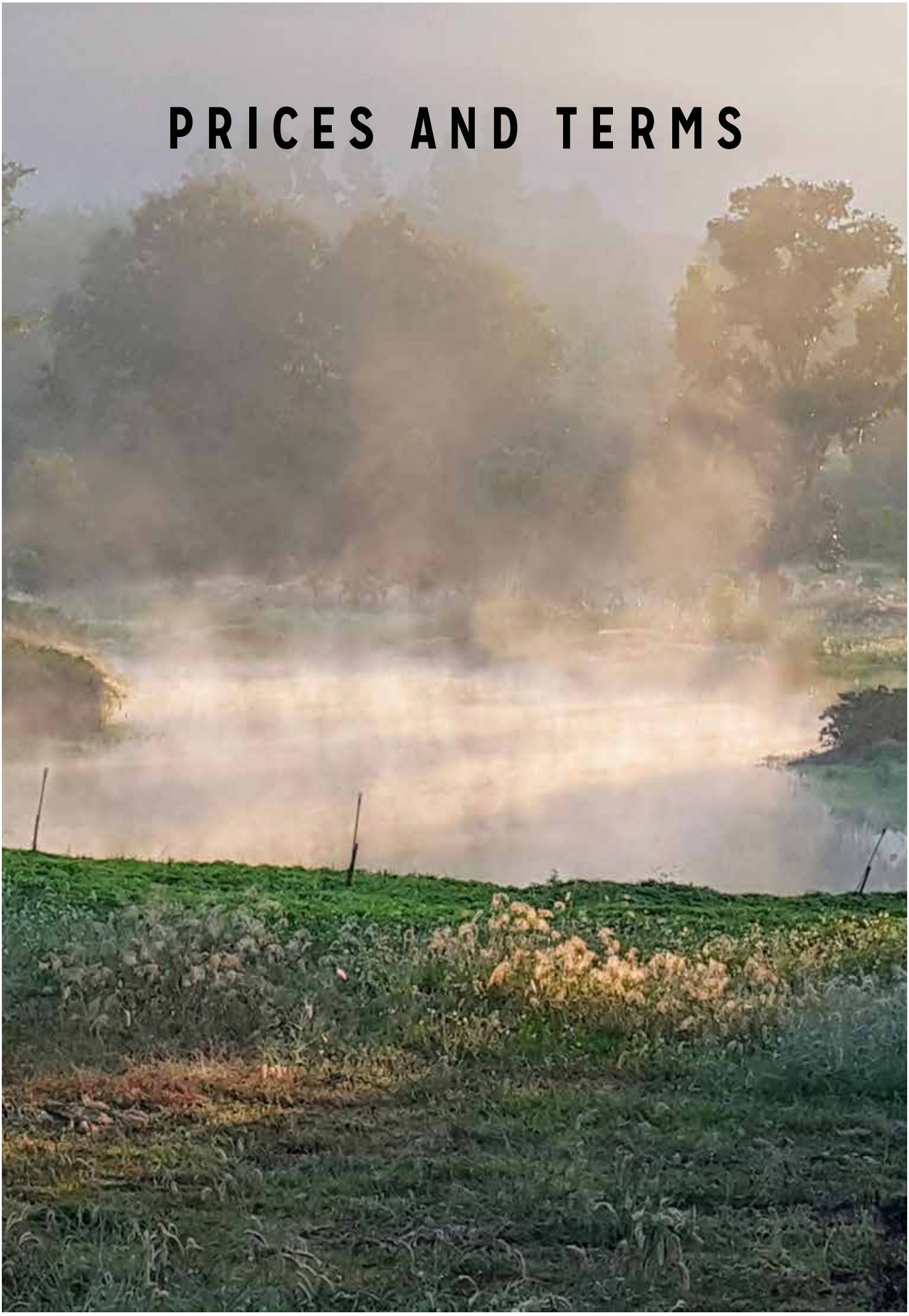
EMAIL US

hanuman@thaifoodmaster.com

CALL US

+66 81 8998 450

PRICES AND TERMS



Thank you for expressing interest in Thaifoodmaster's @ Three Trees Doi Saket Professional Thai Cooking Program.

Bellow you will find the information that will help you better understand the services we offer.

We welcome input and feedback. We do our best to work with our attendees to create a fun, productive and educational environment.

We will be happy to discuss with you, at your convenience, exactly how our program can be of benefit to you.

We look forward to welcoming you into our program!

Sincerely,
Hanuman

AT A GLANCE

- Starting Time: 10:30 AM
- Ending Time: 4:00 PM
- Minimum Participants: 1
- Maximum Participants: 3
- Number of Dishes per Session: 4-7 (depending on dish complexity and participants' skills)
- Course Location: Three Trees Doi Saket, Chiang Mai
- Course Language: English, Thai, Hebrew
- Please Note: We strive to cover the entire planned menu in each session. However, due to time constraints, some dishes may be omitted.

ACCOMODATION

At this time, accommodation is not available at Three Trees Doi Saket. However, there are resorts near the Farm.

Transportation can be arranged at an additional cost for guests who wish to stay in downtown Chiang Mai.

GENERAL TERMS

- All participants must be at least 18 years old.
- Please inform us of any dietary restrictions or food allergies at the time of booking.
- The farm is reserved for workshop activities only; personal staff, friends, or relatives of participants are not permitted during the cooking sessions.
- Participants with prior knowledge of Thai cooking can request specific topics or menus.
- Please note our program does not include dessert cooking or vegetarian/plant-based only menus.
- While we will do our best to accommodate dietary restrictions, please understand some may not align with traditional Thai cuisine.
- Our workshop can accommodate up to 4 participants at a time.
- We reserve the right to include additional attendees to all or part of the sessions, with a maximum limit of 3 participants per session.

SHORT COURSES

You choose the length of the course and we will work with you to create a customized program. These are customizable in length (1-6 days).

INTENSIVE COURSES

Enroll at a 12, 15, 20, 25 or 30 days intensive course.

Available in increments of 12, 15, 20, 25, or 30 days. These are split into 6-day segments with breaks in between, ideal for individuals seeking an in-depth understanding of Thai cuisine for personal or professional purposes.

An intensive course will teach you the skills of “freehand Thai Cooking”. You will learn the culinary anatomy of Thai curries, relishes, salads and side dishes.

We will decode the universal ratios of the ingredients and seasonings. Furthermore, we will visit regional cuisines and learn how to cook some of the country most famous street foods.

RATES

1-6 DAYS	7 DAYS OR MORE
THB 9,735	THB 8,910

Prices are per person per day

EXCLUDING: bank fees, accommodation, transportation and insurance

PAYMENT

- A non-refundable deposit is required to secure your booking.
- Full payment must be made 30 days before the course starts, and we only accept Thai Baht.
- PayPal payments will incur a 10% handling charge.
- Payments by check or credit card are not accepted.
- For bank transfers, please provide your billing name and address so we can send you an invoice. Full payment must be received before the course begins.

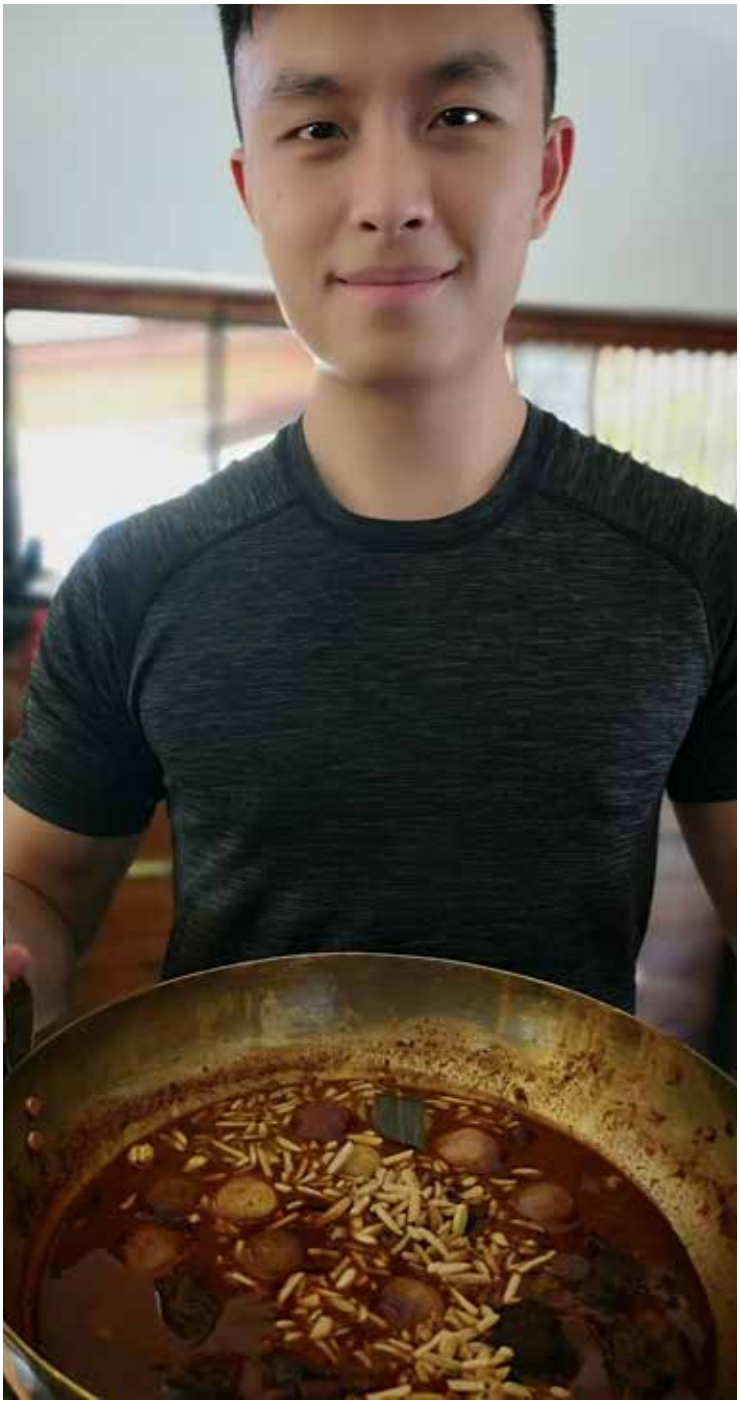
CANCELLATION POLICY

Rescheduling is allowed once, free of charge, if done at least 21 days before the appointment.

Cancellations made 30-14 days before the appointment will incur a 50% charge of the total course cost.

Cancellations made less than 14 days before the appointment will incur a full charge.

Cancellation charges apply to all or any of the attendees.



The Rolling Stones