

# HEALTHY COOKING FOR A HEALTHY LIFE

## MEDITERRANEAN COOKING CLASSES

### Spring Menus with Flowers

Great cuisine means the best produce & the creative minds. It does not need to be surrounded by complication

<p>Welcome with <b>green tea</b>, fresh <b>mint</b> &amp; <b>organic</b> honey Meals are accompanied by <b>organic</b> red or white wine</p>	<p>Class starts at <b>11:am – 3:pm</b> / Lunch at <b>1:30pm</b></p>
<p>Form a <b>group</b>, choose the <b>date</b> below, your favourite <b>menu</b> and come to relax, socialize and enjoy <b>cooking</b> and <b>eating</b> in front of the <b>sea</b>.</p>	<p>* The <b>Balanced &amp; Savoury</b> Menus are served with <b>organic</b> or <b>seasonal</b> vegetables, fresh herbs, colored leaves &amp; spices. Light desserts are based on fruits &amp; nuts</p>
<p><b>PROVENCE</b> ( South of France ) Wed <b>2<sup>nd</sup></b> or Saturday <b>5<sup>th</sup></b> or Wed <b>9<sup>th</sup> APRIL</b></p>	<p>* Duck confit with confit of leeks with greens &amp; Calendula * Cucumber stuffed with fresh codfish, red pepper coulis &amp; mint * Floating Island on strawberries sauce with Lavender</p>
<p><b>ANDALUCIA</b> ( South of Spain ) Sat <b>12<sup>th</sup></b> or Wednesday <b>16<sup>th</sup></b> or Sat <b>19<sup>th</sup> APRIL</b></p>	<p>* Cazuela of <b>Spring</b> vegetables with Iberian ham, green sauce * Duck with olives, oranges, Jerez sauce * Caramelized apples tortilla with hazelnuts, strawberries coulis</p>
<p><b>GRECE</b> Wed <b>23<sup>RD</sup></b> or Sat <b>26<sup>TH</sup></b> or Wed <b>30<sup>th</sup> APRIL</b></p>	<p>* Tarama Dip with crudités &amp; flowers * Mousaka of blue fish with eggplants, tomatoes &amp; thyme * Baklava with pears, nuts &amp; rose water</p>
<p><b>ITALY</b> Sat <b>3<sup>RD</sup></b> or Wednesday <b>7<sup>th</sup></b> or Sat <b>10<sup>th</sup> MAY</b></p>	<p>* Carpaccio of Monk fish with greens * Risotto al mare with sea food * Sabayon gratiné with raspberries &amp; verbena flowers</p>
<p><b>MOROCCO</b> Wed <b>14<sup>th</sup></b> or Saturday <b>17<sup>TH</sup></b> or Wed <b>21<sup>ST</sup> MAY</b></p>	<p>* Carrots &amp; broad beans with cumin, cilantro &amp; <b>Argan oil</b> * Tajine of Monkfish with preserved lemon &amp; fennel * Oranges with blossom water, ginger &amp; mint. Mango sorbet</p>
<p><b>SPAIN</b> Sat <b>24<sup>th</sup></b> or Wednesday <b>28<sup>th</sup></b> or Sat <b>31<sup>st</sup> May</b></p>	<p>* Scallops a la <b>Compostela</b> with fresh tarragon &amp; lime zest * Chicken 'organic' a la <b>Rioja</b> with red pepper &amp; Iberian chorizo * Créma <b>Catalana</b> (almond milk) bruleé with mango</p>
<p><b>PROVENCE</b> ( South of France ) Wed <b>4<sup>th</sup></b> or Saturday <b>7<sup>th</sup></b> or Wed <b>11<sup>th</sup> JUNE</b></p>	<p>* <b>Soufflé</b> with goat cheese &amp; fresh herbs * Caramelized suckling with spicy fruits &amp; rosemary's flowers * Mini pineapples <b>soufflé</b> ' gratiné ' with cognac</p>
<p><b>LEBANON</b> Sat <b>14<sup>th</sup></b> or Wednesday <b>18<sup>th</sup></b> or Sat <b>21<sup>th</sup> JUNE</b></p>	<p>* Taboulé of Saracen, fresh herbs, pine nuts &amp; Capucine flowers * Courgette stuffed with fish, tomatoe saffron-flower sauce * Cherries, anis star, rose water &amp; petales confit. Pistachio sorbet</p>
<p>* Price (per person ) €78,- * Form your <b>group</b> ( from 4 persons ) €68,- ( p.p ) * Enjoy a <b>private class</b> in your own home with friends..... * Training of <b>staff</b> in my house or in yours (min 3 classes ) * Invite a <b>guest</b> for lunch €30,- * Class for <b>teenagers</b> €45,- ( p.p ) * Business group ' <b>Team Building</b> ' €68,- (p.p)</p>	<p>* <b>Fish market visit:</b> Would you like to learn the <b>DIFFERENCE</b> between <b>farm raised fish &amp; wild fish?</b>.... We meet at the <b>fish market</b> before the <b>class</b> starts.</p> <p>* <b>Fish market visit menu:</b> - <b>Starter:</b> Prawns al Pil-Pil - <b>Main dish:</b> Whole 'wild' fish baked in thick salt or sea-food paella with vegetables &amp; brown rice - <b>Dessert:</b> Caramelized apples tortilla with almond cream</p>
<p><b>20%</b> discount from <b>€78,-</b> for the <b>WIB</b> members</p>	<p>&lt;&lt; A deposit of <b>50%</b> is required for reservation &gt;&gt;</p>
<p><b>WHY NOT OFFER A GIFT-VOUCHER FOR A</b></p>	<p><b>CLASS TO YOUR FRIENDS, FAMILY OR STAFF?..</b></p>

" **EXCLUSIV COCKTAIL CANAPES**"

**CATERING FOR PARTIES**

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