



Vivid Vibrations

Cooking Courses

Course Topics

- 1) Shopping: Trips to the market to teach about the different ingredients and shopping/creating a shopping list/budgeting/costing
- 2) Food hygiene, safe food handling and storage
- 3) Kitchen tools, knife skills and cutting techniques
- 4) Cleanliness and organizing - tricks of the trade such as 'clean as you go' and 'first in first out'
- 5) Meal planning and creating shopping lists
- 6) Measurements and measurement conversions
- 7) Reading recipes - creating recipes
- 8) Food preparation
- 9) Cooking: techniques and timing
- 10) Discussions about (and taste testing) different ingredients
- 11) Discussions about special dietary requirements: vegan, vegetarian, raw, gluten free etc.
- 12) Table setting and table manners
- 13) Party planning and catering

Classes and Workshops

All classes conducted in your home.

Individualized Classes

Short Class (1-2 recipes) Half Day (3 course meal) or Full Day &/OR Dinner Party Planning and Execution (6 – 7 hrs)
Choice of recipes and focus according to preference and budget.

Fee:

\$500 per hour (min. 2 hours)
\$1600 Half Day (3.5 hours)
\$2800 Full Day (6.5 hours)

\$500 1-2 hours Accompanied shopping session (can be stand alone or added to above)

*Fees are for one-to-one or small group lessons (max 3 people)

cost of ingredients not included

transport fees may be added for remote locations

Dinner Party Crash Course

6 sessions - can be completed as quickly as time permits or over the course of 8 weeks maximum.

At the end of this cooking course, you should be well equipped to cook your own meals safely and independently and also be able to plan and execute a small dinner party, for 6-8 people including: invites, shopping, food preparation and cooking, table setting and clean up.

Additional weeks can be added

Session #1
2 - 3 hours

This session is aimed at getting to know your current skills and interests, introducing the course content, creating a plan for the weekly cooking lessons and discussing your personalized dinner party.

Session #2, #3 and #4

3.5 hours each - prepare and cook a 3 - course meal (appetizer, main and side dish and/or desert) and plan the shopping lesson for the following session.

Session #5

2-3 hours - Review of previous lessons and recipes learned and dinner party planning.

Session #6

6 hours - preparation and assisted execution of your personalized dinner party. Your friends and family will definitely be impressed!

Fee: \$9500 (Approx.) 22 hours

*****Bespoke courses can be tailored to your specific needs*****