



What you will learn in The Spice Trade – India to Africa

Our chefs will teach you how to cook using the delicious taste and techniques from the historic Spice Trade from India to Africa through lots of deliciously spiced dishes from some of the most flavorful countries on our planet.

- All our experiences are priced at a **minimum attendance of 6 people**
- Fresh Chef Experiences are conducted in the privacy of our customers' homes
- All experiences teach fundamental cooking skills for a lifetime of great cooking
- Our experiences are between 2 to 2 1/2 hours unless otherwise noted
- We supply all the equipment and food for prep and cooking
- All classes are hands-on and instructed by a professionally trained chef
- You will be standing, prepping and cooking for most of the class so please wear comfortable shoes and an apron
- All recipes will be prepared from raw ingredients
- Each menu has generous servings

What To Expect: Great cooking isn't just implementing recipes—it's all about the techniques. So in our classes, you'll work together with our Professionally-trained Chef Instructors in a fun, hands-on environment. All our classes start at six people or more.

106-01 India Chicken Tikki Masala, \$70 per person/6 people \$420

This Cooking Experience Includes:

- Chicken Tikki Masala with Rice
- Curried Cauliflower and Potatoes
- Cardamom Lassi

Learn from our Chefs the proper technique to make Chicken Tikki Masala, India curry cauliflower and potatoes and a delicious drink – the Cardamom Lassi.

106-02 India Tandoori Chicken, \$70 per person/6 people \$420

This Cooking Experience Includes:

- Tandoori Chicken with Basmati Rice
- Spiced Naan
- Goan Avocado Salad

Learn from our Chefs how to make delicious Tandoori Chicken and flavorful Basmati Rice. Also, a delicious spiced naan bread and a traditional Goan Avocado Salad.

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106-03 Pork Vindaloo \$70 per person/6 people \$420

This Cooking Experience Includes:

- Pork Vindaloo
- Jasmine Rice
- Dal Makhni – India Spice lentils

Our Chefs will show you how to make Pork Vindaloo and Fragrant Jasmine Rice. Also, how to make delicious India Spiced Lentils.

106-04 Kenya Coconut Chicken- Kuku Paka, \$70 per person/6 people \$420

This Cooking Experience Includes:

- Kenya Coconut Chicken
- White Rice & Flatbread
- Kachumbari – Tomato and onions

Learn from our Chefs how to make delicious Kenya Coconut Chicken along with white rice and flatbread. Learn the traditional dish of tomato and onions – Kachumbari.

106-05 African Grilled Piri-Piri Shrimp, \$75 per person/6 people \$450

This Cooking Experience Includes:

- Grilled Piri-Peri Shrimp
- Mango and Avocado Salad
- Chikalaka – Spicy bean relish

Learn traditional techniques for delicious spicy Piri-Piri Shrimp and flavorful Mango and Avocado Salad and a delish spicy bean relish.

106-06 Tunisian Harissa Chicken, \$70 per person/6 people \$420

This Cooking Experience Includes:

- Harissa Spiced Chicken
- Maaqouda – potato cakes
- Tunisian Cucumber Salad

Our chefs will teach you how to make delicious Harissa Chicken along with a traditional Maaqouda spicy potato cakes and a Tunisian cucumber and tomato salad.

106-07 Moroccan Chicken Tangine, \$70 per person/6 people \$420

This Cooking Experience Includes:

- Chicken, Lemon and Olive Tangine
- Eggplant in Charmoula Sauce
- African Vegetable Couscous

Our chefs will teach you how to make traditional Chicken Tangine with Lemon and Olives, a delicious eggplant in spicy Charmoula sauce and African Vegetable Couscous.

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106-08 Ethiopian Berbere Chicken, \$75 per person/6 people \$450

This Cooking Experience Includes:

- Berbere Chicken
- Coconut cucumber and lime salsa
- Defen Yemisir Alecha - green lentils cooked in ginger, garlic and jalapenos
- flat bread with Nit'r qibe spiced butter
- Mixed vegetables- potato, carrots and green beans

Our chefs will teach you how to make traditional Ethiopian feast of Berbere Chicken, with flatbread, fresh cucumber and coconut with lime salsa, lentils, and mixed vegetables.

106-09 Ethiopian Chicken Stew, \$75 per person/6 people \$450

This Cooking Experience Includes:

- Doro Wot Spiced Chicken Stew
- Flatbread with Nit'r qibe spiced butter
- Mesir Wat legumes,
- Gomen collards greens
- tomato, olive and jalapenos

Our chefs will teach you how to make traditional Ethiopian feast of Spicy Chicken Stew, flatbread with spiced butter, legumes and collards and a spicy tomato salad.

Want to create your own Cooking Class or Party menu? Call us for details and pricing.

All Fresh Chef Experience Cooking Classes and Parties start at a minimum of 6 people.

Recipes can be interchangeable, call us for details and pricing.

*Additional recipes or people may be added to any Fresh Chef Experience
Cooking Class or Party.*

*Please contact Fresh Food Ideas for final pricing kathy@freshchefexperience.com
or 502-386-5241.*