

COOKING CLASS SAMPLE MENUS

June 2021

*These are only a few of the classes we have presented over the past 10 years.
Enquire by email for more options.*

CUISINE SPECIFIC MENUS	OTHER THEMES
ITALIAN FEAST <ol style="list-style-type: none">1. Caprese Salad2. Butternut Pansotti3. Spaghetti Carbonara4. Penne Bolognese5. Panna Cotta	SUMMER SIDES <i>inspired by Middle Eastern flavors</i> <ol style="list-style-type: none">1. Baharat & Lemon oven roasted chicken2. Marinated Peppers3. Hot roasted Tomatoes4. Roasted Aubergines5. Steamed Asparagus & Green Beans6. Tabouleh Salad7. Date Florentines
BIG FAT GREEK CELEBRATION <ol style="list-style-type: none">1. The Greek tomato2. Meze<ol style="list-style-type: none">a. Spanakopitab. Grilled Calamaric. Scordaliad. Tzatziki3. Melitzanes Papoutsakia4. Baklava	LOW CARB MEALS <ol style="list-style-type: none">1. Tuna & Calamari Poke Bowl2. Crispy Beef mince family feast3. Curried Chicken Cauliflower roast4. Coconut & Choc Pudding
ASIAN EXPERIENCE <ol style="list-style-type: none">1. Indonesian Gado Gado Salad2. Chinese Chicken Ramen3. Basic Thai Stir-fry4. Asian Inspired Duck & roasted Brussels5. Japanese Cotton Cheesecake	BOA'S & BOWLS <ol style="list-style-type: none">1. Tamatiestraat Signature Prawns on Miso Mayo2. Hokey Poke Colour Bowl3. Pork Belly Bao with Pineapple Kimchi Salad4. Tamatiestraat Mess 2.0
COZY CURRIES <ol style="list-style-type: none">1. Palak Pakoda with Chutneys2. Curry Mince Vetkoek3. Indian Thali<ol style="list-style-type: none">a. Dhal Makanib. Chicken Tikka Masalac. Pickled Onion Saladd. Puffed rice & dried rosa tomatoes4. Bollywood Lemon Clouds	A FRESH START <ol style="list-style-type: none">1. NOSTALGIC BITE Smoked Mussels. Cheese. Pickles.2. MEAT. Yoghurt Lamb Kebabs3. FRESH SIDES. Hassle back Beetroot. Charred Lettuce Caesar Salad. Chopped Seeded Salad. Broiled greens on Lemon Couscous with Cheeky Chilli.4. SWEET. Freezer Peanut Butter cups