### YOUR PRIVATE COOKING-CLASS

"A cooking-class is one of the best way to get familiar with delicious healthy alternatives while improving your personal approach to food."

KOLDENKITCHEN





### YOUR PRIVATE COOKING-CLASS

Together we are preparing a full fusion menu during a 2.5 hour culinary workshop, followed by a well deserved degustation!

All cooking-classes are as immersive as entertaining for you to develop your cooking skills while exploring the joy of culinary art.

Get familiar with techniques and healthy cooking alternatives elevating your cuisine while breaking stereotypes on African food:

Dive in a world of flavours, highlighting the health benefits of exotic and seasonal ingredients you consume.

From Europe to Africa, learn useful cooking tips that will enhance your diet!

Enjoy meats, fish, sauces and desserts inspired by African/ French fusion for a next level culinary experience:

There are a lot of great dishes that we can cook together and thanks to your private cooking class you will prepare a bespoke menu

- perfect for you and according to your dietary requirements, with the guidance of our professional chef.

Delight in a tasteful activity to surprise your loved ones, to share a team-bonding activity with your colleague or to improve your cooking talent for yourself; Cooking is one of the most beneficial yet delicious ability to master; Sooner or later you will impress yourself and others thanks to your new culinary gift!





### COOKING CLASS: WHAT IS INCLUDED?

- Fresh food shopping: All the Ingredients and spices required to create your bespoke high-quality menu are provided for your cooking-class
- Cooking tools: Use our professional-grade cooking equipment and aprons to play the part as a professional chef during your cooking-class.
- Learning Materials: Recipes, cooking tips, and support for you to keep after your cooking-class
- Hands-On Cooking: Hands-on cooking experience where you actively participate in preparing the dishes.
- Food Tasting: Enjoying a degustation of the dishes you've prepared during and after your cooking class!
- In-Person or Virtual: The flexibility to choose in-person classes or take the masterclass virtually via Zoom.
- Luxury Food Market : Access discount to purchase premium ingredients from our vegan market with delivery across London.

#### How it works?

All of our cooking-classes are private, in the comfort of your home or third party kitchen.

To quote your culinary workshop, the address or location where the cooking-class will be held is needed, alongside your personal dietary requirements or allergies. Let us know if there is a specific dish/menu you want to learn how to cook or if you want your culinary experience to surprise you!

See next pages for examples of what we can cook together.



# ICHEN ITCHEN YOUR COOKING-CLASSES









# PRIVATE-CLASS (VEGAN OR CLASSIC)

A fully personalised and hands-on cooking workshop with the guidance of a chef in the comfort of your home or location of your choice!

#### **MASTERCLASS**

Interactive seated cookingclass to gain insights and comprehend how to create dishes - with chef demonstration of the full menu and degustation between courses!

### WINE & DINE

An immersive cooking-class paired with great wines! Cook a bespoke menu while enjoying an exclusive selection of beverages, elevating your culinary experience!

Minimum 4 people

# DOUGHNUT & DESSERT MAKING

Traditional Cameroonian doughnut session or French dessert making for your sweet tooth! Learn how to make perfect patisserie like a professional!



**VEGAN SAMPLE MENU** 

STARTER

Kenyan Beetroot chapati, 'Scallop', wild salad

A fusion between South-Est cuisine and French savoir-faire for this incredibly delicious vegan starter .

MAIN

Yam steak, Coconut Cauliflower puree, Dragon fruit

A double baked creamy tuber popular across all Caribbean and African countries.

DESSERT

Cameroonian doughnuts, Coconut Chantilly Citrus & cinnamon sirup

One of our signature dessert, adored by everyone, especially vegan food

# OLDEN ITCHEN

# VEGAN/VEGETARIAN AFRICAN FOOD COOKING-CLASS

A healthy culinary workshop to improve your cooking skills, diet and food knowledge: Get familiar with the health benefits of fantastic African spices, vegetables & fruits.

Learn how to master a selection of vegan/ vegetarian dishes alongside delicious African delights: Beetroot chapati, avocado mousse, peppers dip and more.

Individual or Couple Class: £450 per person Group Class (3 or more participants): £380 per person



# ICHEN ITCHEN PRIVATE COOKING-CLASS

SAMPLE MENU

STARTER

Plantain toast, Okra & leek cream, Shiro sauce

Delicious African staple food meeting Shiro a spicy dip from Ethiopian cuisine.

MAIN

Chicken suya, Ndole, Zambian honey roasted carrot

A classic of West-African food, here made using specific spices from Cameroon and introducing you to an organic dark honey from Southern Africa.

**DESSERT** 

Aumoniere de crepes, exotic fruit garnish, Apple caramel sauce

A classic French dessert with a decadent African twist

Individual or Couple Class: £500 per person

Group Class (3 or more participants): £450 per person

### WINE & DINE COOKING CLASS

A hands-on cooking-class alongside a unique selection of wines paired to your bespoke 4-course African/ French fusion menu. An entertaining cooking-class with degustation featuring the best of both worlds:

Food & Wine!

For Minimum 4 people

£550 Per Person



### CAMEROONIAN DOUGHNUT MAKING

The traditional and very well known Cameroonian doughnut, one of our classic dessert with the dough made by hand, African Style!

Learn how to make this delicious dessert popular all across the African continent, with three different fillings and garnish.

Individual or Couple Class: £300 per person

Group Class (3 or more participants): £250 per person.

### FRENCH DESSERT MAKING

A sweet workshop for anyone wanting to improve their baking and cake decorating skills: From traditional recipes to modern twist, this sweet cooking-class will please everyone with three different desserts being made together in 2.5

French crepes, Fondant, chantilly, you name it!

Individual or Couple Class: £350 per person.

Group Class (4 or more participants): £300 per person



## MASTERCLASS

A seated class with the chef talking you through the menu we are preparing: We realise one dish together while the rest is being made by the chef in front of you as you enjoy each dish between courses.

Ideal for medium to big group of food lovers,

Masterclass can also be held in person or through video or online via zoom.

*In person:* £150 per head for Minimum of 6 people *Virtual*: £100 per head





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