

# Love to Cook Cook to Live!

**Program Purpose & Mission:** In the fast pace world we live in we want to show how food can be a of joy by bringing family and friends together to commune and fellowship with each other. This hands-on cooking class will allow participants to do this by applying new skills and techniques to enhance their minds and taste through cooking. The skills developed over weeks of instruction from various cooking professionals will demonstrate cultural appreciation through food, use of fresh ingredients, nutrition knowledge and application, various cooking components, culinary etiquette, beginner as well as advanced culinary skills. New cooking techniques will be taught as well as an introduction to a new cuisine, and at the end of each class participant are expected to enjoy the meal that was prepared with other participants.

**How this works:** Each participant will receive a recipe book (if applicable) or recipe cards that will be detailed with step by step instructions on how to prepare the specific dish pertaining to the days class. Each class will be 1.5-2 hours in length. 15-20 minutes of class discussion, about region/culture we are cooking, new skill or technique to use in the kitchen, and nutritional information. One hour to prep and cook food. (Some classes may take longer and items will be prepped in advance) 30 minute conclusion eating prepared items, discussion and clean-up. Meals can also be taken home by the group. Contract classes are booked in 6 month or 1 year increments.

**Let's LOVE TO COOK & COOK TO LIVE TOGETHER!**

**Chef Tiffany Williams**  
Executive Chef/C.O.O.  
[Exquisitecateringevents@gmail.com](mailto:Exquisitecateringevents@gmail.com)  
773.355.9969



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