



A Chef in Sayulita



WINTER SEASON

COOKING LESSONS MENU

@ACHEFINSAYULITA - @SAYULITAFoodGARDEN



THE

COOKING LESSONS ONSITE

1. Chiles

This menu is ideal for those looking to learn even when not knowing how to cook at all. This is pretty much the base from all mexican food.

Includes:

- Story of the chiles. Its use. Cultural context. Different uses and presentations from chile
- 2 different salsas.
- Chile relleno

2. Corn

This menu is ideal for those looking to learn basic skills.

Includes:

- Story of the corn: mythology in the different cultures. Its use. Cultural context. Different uses and presentations from corn
- handmade tortillas
- Rajas con elote
- Street corn dip

3. Cacao

This menu is for the sweet and spicy lovers.

Includes:

- Story of the cacao. Cultural context. Ancient use vs. Modern use
- Chicken mole
- Tejate (cacao drink)

4. Cacti

This menu is available only upon previous request

Includes:

- History of cacti in national gastronomy
- Nopal salad
- Tuna jam



THE

COOKING LESSONS ONSITE

5. Insects

This is for the adventurous. More than a class, this is a tasting. Insects may vary depending the month of the year

Includes:

- Story of insects. Ancient traditions. Ancient rituals to hunt insects.
- Tasting

6. Desserts

This is ideal for kids or sugar lovers. Note, churros require boiling oil, if no adult around, can be substituted by rice puddin.

Includes:

- Story of the dishes.
- Key lime pie
- Churros or rice puddin

7. Maguey

This one is also more a tasting than a class.

Includes:

- History of maguey and its spirits. Different kind of magueys
- Tequila
- Mezcal



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BRUNCH MENU

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1. Light brunch - 12 usd pp

Includes:

- Scrambled or fried eggs.
- Bacon
- Fruit, muesli and yogurth
- Tea or coffee bar
- Tortillas and salsa

2. American brunch - 17 usd pp

Includes:

- Scrambled and fried eggs
- Bacon
- Sausage
- Fruit, muesli and yogurt
- Cereal
- Milk
- Tea or coffee bar
- Toast

3. Mexican brunch - 20 usd pp

Includes:

- Eggs: scrambled and/or rancheros
- Fried beans
- Salsas
- Fruit, muesli and yogurth
- A la olla coffee
- Tortillas

4. Chilaquiles brunch - 22 usd pp

Includes:

- Green and /or red chilaquiles
- Toppings for chilaquiles: cheese, cream and onions
- Eggs: scrambled or fried
- Fried beans
- Extra salsas
- Tortillas
- Fruit, muesli and yogurth
- Coffee