



# *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



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# 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