



Good Food, Good Living

Cookery Demonstration Course

Delicious Meals to Boost Energy

And Improve Health.

Highlights from our Repertoire

Italian

**marinated vegetables with sundried
tomato dip
vegetable "pasta" bolognaise
lemon almond cake**

Indian

**spicy lentil and seasonal vegetable curry
mango, coconut and coriander lassi**

Greek

**baked falafels with sesame dressing
marinated cucumber salad**

Asian

**poached chicken salad with mango &
cashew
mint infused pawpaw kebabs**

South African

**ginger roasted beetroot & butternut
aromatic lamb sosaties**

Mexican

**ceviche – fish with lime & coriander
spicy black beans with salsa**

YOU WILL LEARN

- Wheat free, Gluten free and Dairy free cooking
- Powerful benefits of Fermented Foods, Herbs & Spices
- Low Carb & High protein, is it for you?

PROGRAM

**Six Classes, Each Workshop shows
how to prepare a Five Course Meal**

R300 Per Class

Book All Six FOR R1,500

Thursdays 6:30pm

Starting March 13th

32 Firth Rd, Rondebosch

BOOKINGS

Sunette at 082 392 4412

Email Beatrice at Beatrice@Rabkin.co.za



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