



## COOKING CLASSES – MAY 2019



**Class Cost: \$65 per person – includes lesson, food and wine sampling.**

**1 May (Wed), 6-8pm**

**STUNNING CAKES with CHEF PAULA STONOGA**

Celebrate a special occasion with your own freshly made cake from scratch! Chef Paula will share her secrets of making the BEST buttercream and decorating techniques as well as teach you how to make chocolate rolls, plaques and modeling, all the while showing you how to protect their masterpiece from the heat and humidity.

**7 May (Tue), 6-8pm**

**LOVING LOCAL w/ CHEF THOMAS TENNANT**

Do you love Cayman classics, but have no idea how to create them at home? Armed with fresh Farmers Market local produce, a perfect pot and a set of sharp knives, Chef Thomas delves into the history, traditions and secrets of Cayman Kind Cooking.

**8 May (Wed) 6-8pm**

**ELEGANT TEA PARTY w/ CHEF PAULA STONOGA**

Ever wanted to organize and make a beautiful afternoon tea party with your own classic English treats? Chef Paula will teach you how to prepare old-fashioned pinwheel sandwiches, how to prepare a perfectly, buttery scone and brioche as well as mini cakes and dessert bites.

**9 May (Thurs), 6:30-8pm**

**WORK SHOP - Nutritious AND Delicious PART 1  
Best Life and Mind Shift**

**Part 1: Why is our food addictive?**

This class is the first in a series of workshops aimed to focus on nutrition and balancing that with delicious meal ideas and tips on how to keep things nutritious and delicious.

*cost is \$50 per person, class is 1.5hours.*

**16 May (Thur), 6:30-8pm**

**WORK SHOP - Nutritious AND Delicious PART 2  
Best Life and Mind Shift**

**Part 2: How to stop feeling hungry**

What are A-grade foods and C-grade foods and macronutrients? Learn what they are in part two of our nutritious and delicious workshop. Also, understand what is really junk food and manufacturing, as well as food labels.  
*cost is \$50 per person, class is 1.5hours.*

**22 May (Wed) 6-8pm**

**ARTISAN BREADS w/ CHEF PAULA**

Who doesn't LOVE fresh, artisan breads and doughnuts with dulce de leche and vanilla cream? Learn how to make these yummy treats from scratch with techniques and tricks that will keep you dreaming up new recipes to add to your weekly menu.

**23 May (Thurs), 6:30-8pm**

**WORK SHOP - Nutritious AND Delicious PART 3  
Best Life and Mind Shift**

**Part 3: Healthy Living Tips**

Get rid of the diet mentality, understand real vs. emotional hunger and learn healthy kitchen tricks! Cooking demo: Healthy food doesn't need to be bland, have fun, experiment and enjoy. One healthy dinner meal using flavor and spices and fresh local ingredients.

*cost is \$50 per person, class is 1.5hours.*

**30 May (Wed) 6-8pm**

**RAW w/ CHEF KEITH GRIFFIN**

Learn how to cook these simple dishes without ever turning on the stove. You'll explore raw fish preparations including crudo, tartare and ceviche. Stay cool with these dishes during the dog days of summer.

*\$75 / person for this class.*

### **Bon Vivant's Class Cancellation Policy**

No refund or exchanges will be given on classes that are cancelled less than 48 hours prior to the class. Bon Vivant reserves the right to cancel any class that fails to attract sufficient enrollment, chef illness or inclement weather. We will contact you by email or telephone and issue a full refund or you may request to be transferred to another class of your choice (depending on availability). If you miss a class due to weather-related concerns, our standard cancellation policy applies.