



LIME'S KITCHEN TRAINING

BBQ LIKE A PRO!



LIVE DEMONSTRATION & PRACTICAL
From 8am till 4pm Saturday 19th June
2021

12 spaces available

Includes:

Basic hygiene, kitchen & knife skills
Hygiene info pack & recipes

Lunch

1.5kg meat plus sides to make & take
@9,000 pp

- **THE 3 HOUR DEMONSTRATION IS FOLLOWED BY LUNCH & AN AFTERNOON OF PRACTICAL COOKING UNDER THE TUTELAGE OF THE PROS**
- **DUE TO PHYSICAL-DISTANCING RESTRICTIONS OUR COURSES ARE ON FIRST-COME BASIS**
- **LEAVE AROUND 4PM**
- **LOCATION: KAREN**

CONTACT US:

LEARN@LIMECATERING.CO.KE

WWW.LIMECATERING.CO.KE

0722 393 158 or 070808 4951





BBQ LIKE A PRO!

COURSE OUTLINE

WELCOME FROM 8AM, DEMO STARTS AT 8.30AM:

- 3 ESSENTIAL MARINADES
- SALT BRINING & SMOKING
- PREPARING YOUR CHARCOAL
- BBQ SIDES
- HOW TO BBQ MEAT TO PERFECTION
- KOROGA

MAKE & TAKE

- Make your own lunch (pizza in an eco-friendly charcoal oven)
- CHOOSE 3 DIFFERENT MEATS TO PREPARE
- BBQ YOUR MEAT
- BBQ/ PREPARE YOUR SIDES
- TAKE WHAT YOU MAKE HOME
- Taste the beautiful, slow-cooked Koroga (slow-cooked, flavour packed, Kenyan-Indian style curry)

- Please carry your re-fillable water bottle, pen, notepad/ clipboard
- Full Day Make & Take includes refreshments, lunch, use of equipment and the opportunity to make your own food and take home with you. Please carry tupperware

