



LIME'S KITCHEN TRAINING

BBQ 101



**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 3PM

LOCATION: KAREN

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BBQ LIKE A PRO!

COURSE OUTLINE

WELCOME FROM 9AM, DEMO STARTS AT

9.30AM:

3 ESSENTIAL MARINADES

SALT BRINING & SMOKING

PREPARING YOUR CHARCOAL

BBQ SIDES

HOW TO BBQ MEAT TO PERFECTION

KOROGA (slow-cooked, flavour packed, Kenyan-Indian style curry)

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

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