



AFRICAN CULINARY ART COURSE OUTLINE

CLASS 1: KITCHEN BASICS AND APPETIZERS/SIDE DISHES

In this class, students will be introduced to the cooking basics, kitchen equipment and spices. Students will also learn to cook some simple side dishes and appetizers

- Assorted pepper soup
- ❖ SNACK: Plantain chips
- ❖ Kwakumeti (Coconut Candy)
- ❖ DRINK: Citrus flavored Zobotini

CLASS 2: RICE, BEANS & YAM DISHES

Students will be taught some of the most popular rice, beans and yam based meals from across Nigeria

- Nigerian Jollof rice
- Nigerian fried rice
- Spicy basil yam porridge
- Oven baked Moin Moin

CLASS 3: AFRICAN SOUPS & STEWS – CLASS 1

In the first part of the African soups and stews' class, students will be introduced to some of the richest soups Nigeria has to offer. We have selected soups from different regions

- Odu-fulu
- Banga soup
- Edikang Ikong
- ❖ DRINK: Fura Da Nono





CLASS 4: NIGERIAN SPICY MEAT FUSIONS

This class teaches a variety of protein based meals cooked using indigenous spices, herbs and local methods.

- Spicy Nkwobi
- Oven suya
- Hot Gizdodo
- ❖ DRINK: Kunun Aya (Ofio/Erunsha)

CLASS 5: AFRICAN SOUPS & STEWS – CLASS 2

The second part of the class explores more of the Nigerian soups we love so much.

- White soup (Afia efere)
- Okro soup
- Bitter leaf
- Efo Riro
- ❖ DRINK: Citta

CLASS 6: Tour D' Afrique

In this class, students will learn to make some of the most popular dishes from across the African continent.

- Cameroonian fried spinach
- Poulet Yassa
- Ethiopian Cabbage Dish
- ❖ DRINK: Citron

