

# Caribbean cuisine workshop

Facilitador: Maritza Urbina



During this workshop you will have the opportunity to learn recipes based on local products from a local Caribbean family. Get acquainted with a cuisine that takes us back to the basic way of producing food, such as agriculture and fishing. Dishes like "rice and beans" and "fruta de pan" are examples of the array of delights for which the Caribbean cuisine is known for. You'll not only learn how to mix the ingredients, but also where they came from and the process of preparing the famous coconut oil, which is used in many traditional Caribbean dishes.

## Duration

1:30h aprox.

## Capacity

Max. 10 pax

## Time

Variable

## Cost

\$25 per person  
4 persons minimum