



# BLACK COMMUNITY EMPLOYMENT & EMPOWERMENT SERVICES

## FOOD TRAINING CLASSES: EVERY SATURDAY 1-4PM BOTH ONLINE & IN-PERSON AVAILABLE

**Kitchen helper volunteer needed during cooking training classes:  
Numbers 1-4 volunteers.**

**Skills Require:** Must have passion for cooking, hard-working able to help in the kitchen job, must be able to participate in cleaning kitchen surfaces after cooking training class, stock shelves, and maintain the kitchen as well as help with the preparation of meal ingredients and help in meal preparation.

### GROUP A: NIGERIA CUSINES

**PRICES RANGES: FROM \$100-\$1500 PER COURSE HOURS**

**COURSE HOURS: FROM ONE HOUR – 20 HOURS PER COURSE**

**COOKING TRAINING COURSE.** Hands on short training: **Cooking is fun.**

- **SOUPS**
  - Various Africa and continental soups.
  - Wide varieties of Nigerian soups such as; Nigerian pepper
  - soup ( goat meat, chicken pepper soup, fish pepper soup and a lot more). Chicken soup, Mushroom soup, Ogbolo soup, Egusi soup, Ewedu, vegetable soup, (different types) served with pondo yam, Amala or Eba, Nigerian stew such as Tomatoes chicken, Turkey, cabbage, ofada, ayamase stew and more.
- **RICE**
  - PREPARED IN MANY DIFFERENT WAYS
  - Fried rice, jollof rice, coconut rice, white rice, Ofada rice
- **DRINKS:** Zobo drinks, pineapple drink, apple drink and fruit drinks.
- **SNACKS**
  - West Africa snacks, fish rolls, meat rolls, spring rolls, meat pies, popcorn, buns, fetcake, puff puff, chin chin and a lot more

### CATERING SERVICES/EVENT PLANNING AVAILABLE:

Weddings, birthday parties, workshops, seminars, casual get together.

HOME AWAY FROM HOME MEALS PREPARATION.

**GROUP: B OTHER AFRICAN FOOD TRAININGS ARE ALSO AVAILABLE**

**GROUP: C CARIBBEAN FOOD TRAININGS ARE ALSO AVAILABLE**



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