



P I N K S A N D S
H A B B O U R I S L A N D
B A H A M A S

Culinary Experience

COOKING CLASSES

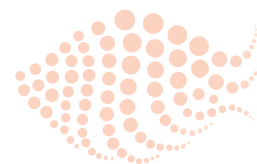
Looking to indulge in a culinary experience? Join our latest treat from Pink Sands Resort for a one-and-a half-hour culinary journey of the Bahamas led by *Executive Chef James Van Dyke* and *Sous Chef Pascale Burrows*. This is a hands-on course that will immerse guests in the aromatic island ingredients and local recipes, giving them an insider's look on how they are best prepared.

Guests will create their own favorite dishes and learn direction on proper knife skills, a history of the spice trade routes associated with the Bahamas, a history of the cuisine, proper cooking methodology and procedures for breaking down conch and local fish.

- Includes complimentary Pink Sands Resort Apron
- Certificate of Completion signed by the Executive Chef
- Reservations can be made at the front desk
- 24 hours prior notice is required to attend the instructional class
- Minimum 2 people – Maximum 6 people
- Classes begin at 11:00 a.m. through 12:30 p.m. followed by lunch prepared by the class
- Choice of 2 favorite dishes upon sign up for class
- \$95 per person

Dishes Include:

Fresh Conch Salad
Grouper Ceviche with Toasted Coconut
Bahamian Conch Fritters with Island Pepper Mayo
Fresh Local Lobster Salad
Tuna Tartar
Maki Sushi Rolls
Grilled Mahi with Citrus Fennel Salsa



Pink Sands' *Executive Chef James Van Dyke*, a graduate of Le Cordon Bleu school in Portland, Oregon and a veteran of some of Chicago's finest restaurants, brings with him his teaching expertise honed giving lessons at the green City Market on an approach to sustainable food. His partner in culinary delights, *Sous Chef Pascale Burrows* was a TV chef personality with a résumé that stars several top-notch awards garnered by his exquisite Caribbean recipes. He leads the kitchen at the Blue Bar, recently transforming its beachfront menu into a cornucopia of Japanese dishes, much to the delight of A-listers everywhere.