

Nourish

MARCH HAPPENINGS



Located @ VIDA Hotel
405 Conch Point Rd, West Bay
938-9114


VIDA
CAYMAN ISLANDS



MARCH

COOKING CLASSES

125 KYD INCLUDES

WELCOME DRINK + 2HR HANDS ON COOKING CLASS + 3 COURSES + WINE
6-8PM

RESERVATIONS
REQUIRED

4th CARNIVORE

Fire up your appetite and join us as we celebrate bold, juicy, flavor-packed meats cooked to carnivorous perfection!

- Steak roulade with chimichurri
- Seared steak 101
- Served with variety of sides for family style dinner
- Sweet treat



9th JAPANESE

Master the art of Japanese cooking, from delicate sushi rolls to comforting Ramen

- Sushi 101
- Stir-fried veggie udon noodles
- Chicken Yakitori
- Sweet treat





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11th **STOCK, SOUP & SAUCE**

Unlock the secrets of the simmer as we turn simple ingredients into rich stocks, soul-warming soups, and silky, show-stopping sauces!

- Make your own stock & create 2 delicious dishes
- Cream of pumpkin soup
- Classic herb chicken
- Sweet treat



16th **MEDITERRANEAN**

Join us as we take your tastebuds on a tantalizing trip to the Mediterranean!

- Sfeeha Lebanese meat pies
- Chicken koftas with tzatiki
- Family style mezze platter
- Sweet treat





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18th DIM SUM

Little bites, big flavor—learn the art of dim sum delight!

- Crispy rice paper dumpling
- Shumai
- Assorted bao buns
- Sweet treats



25th MEXICAN

A fan favourite! Come join us for a night of delicious Mexican food.

- Elotes
- Chicken Flautas
- Birria Tacos
- Sweet treat





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30th PORTUGUESE

Discover the soulful flavors of Portugal!

- Bacalahu (salt fish fritters)
- Ameijoas à bulhão pato (clams in garlic sauce)
- Peri-peri chicken dinner
- Sweet treat



PRIVATE COOKING CLASSES

Your group! Your theme! Your date!

Gather at least 8 people and enjoy a private cooking class for just \$125 per person. Perfect for birthdays, corporate socials, or celebrations

events@nourishatvida.com

Subject to availability