

WILD LOVE

VEGAN CUISINE



Experience a personalized in-home cooking class with Master Chef Itzel and enjoy a gorgeous, mouthwatering dinner that you contributed to! Everything will have a pop of contrasting flavors, textures, aromas and a healthy flare that will nourish your body and leave you feeling satisfied and inspired!

High-End Cooking Classes

for groups of up to 4 people with your choice of an appetizer/salad, entree and a dessert from the following menu options

Monday - Thursday

\$650 + food cost and gratuity
(cost of food: about \$100-150)

Friday - Sunday

\$900 + food cost and gratuity
(cost of food: about \$100-150)

Additions:

extra students + \$150 ea
custom designed menu + \$250
(travel fees may apply)



see pages 2-5 for our selection of pre-designed cooking class menu options



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~ Salad & Appetizers ~

Strawberry Spinach Salad

cucumber, fennel, spinach, basil, plant feta, strawberries and candied pecans
with cranberry-balsamic vinaigrette

Mediterranean Salad

spinach, cucumber, olives, cherry tomato, roasted peppers, vegan parmesan, croutons, and parsley
with lemon-herb vinaigrette

Hemp Tabouli Salad

cucumber, cherry tomato, parsley, and hemp seeds, topped with plant feta

Lil' Stuffed Peppers

with almond truffle cheese, rose and sake soaked cranberries and fresh herbs

Lettuce Cups

with tofu and mushroom stir fry, topped with cilantro, mint, lemongrass,
pickled carrot flowers and pink onions

BBQ Jackfruit Sliders

with smoked gouda, rainbow slaw & grilled pineapple in mini vegan buttermilk biscuit buns

Sundried Tomato & Spinach Tarts

puff pastry baked into little cups filled with chickpea egg, sauteed spinach,
onion, bell pepper and cheese



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~ Entrees ~

Sundried Tomato & Spinach Risotto

creamy rice cooked with vegetable consomme, white wine redux, caramelized shallots, spinach, sun dried tomatoes, basil and vegan parmesan

Mushroom Risotto

creamy rice cooked with white wine redux, vegetable consomme, assorted mushrooms, caramelized shallots, parmesan and rosemary topped with white truffle oil and fresh parsley

White Truffle Alfredo

organic pasta with a white truffle infused cream sauce, seared mushrooms and arugula, topped with parsley and candied pecans

Gnocchi a la Vodka

potato pasta dumplings with a creamy tomato vodka sauce, fresh basil and spinach, topped with toasted pine nuts

Jackfruit Carnitas Tacos

jackfruit braised birria style with seared peppers and onions, served in corn tortillas with rainbow pineapple slaw & cashew sour cream

Red Pozole

mild chile broth with hominy, oyster mushroom carnitas, Mexican squash, carrot & celery, served with fresh cabbage, cilantro, pink pickled onions, lime, sour cream & corn tostadas

Mexican Mac 'n' Cheese

organic pasta with butternut squash queso, roasted cherry tomatoes, roasted poblano peppers, fresh jalapeño, green onion and cilantro, topped with pea protein chorizo

Chana Masala

spiced chickpeas, tomatoes, onions, carrot flowers, garlic and ginger in a coconut and roasted tomato Masala curry sauce, served with basmati rice

Cauliflower Tikka Masala

with bell pepper, chickpeas, toasted cashews, onion in a creamy and spiced tomato curry served with a side of basmati rice



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~ Desserts ~

Apple Pie Tarts

personal sized mini tarts of spiced apples baked in puff pastry,
topped with streusel & vegan vanilla ice cream

Lemon-Orange Blossom Cheesecake Tarts

with mango-almond crust, mango jelly and fresh raspberries

Lemon Poppyseed Cheesecake

with cranberry pecan crust, topped with blueberry lavender jelly

Key Lime Pie

with walnut-date crust, topped with fresh raspberries

Tiramisu Cheesecake

date-coconut crust, vanilla-almond cheesecake, topped with coffee and chocolate ganache

Thai Coconut Sticky Rice

sweet coconut sticky rice topped with fresh mango and toasted peanuts **gluten-free*

Arroz con Leche

creamy rice custard infused with Mexican cinnamon, clove, lemon zest, vanilla and raisins