



Gingko Good Food

February Cooking Class - Grain Free Baking

With gluten intolerance showing up daily and many of our clients now on a paleo or paleo like diets, we thought we'd start the year off with a class which will explain the difference between gluten free and grain free baking. In so doing we'll touch on the principles of both gluten free and Paleo baking as an introduction, but will then move onto demonstrating a selection of recipes which are grain free and fundamentally dairy free.

Date: Sat 22nd Feb 2014

Time: 2.30pm - 5.30pm

Per Person

R375.00

In this class we will show you how to make:

Paleo Carrot & Banana Muffins

Brownies with Coconut Flour

Paleo Fresh Ginger Bread

Sweet Potato Bake with Pecans

Paleo Apple Tart with Pecan Crust

Please Note:

All classes are held at gingko and include recipes and culinary notes, drinks and a meal based on all that is prepared during the class.

A minimum of 10 people is needed for a class to run

If we don't reach this number we either defer the class or cancel it.

Please call or email to make a booking

Menus are deemed correct at time of publication but may vary over time.
It is the responsibility of the restaurant to maintain the menu and ensure prices are up to date.

cnr Roscommon & Dundalk Avenues, Parkview, Johannesburg,
011 486 3361

Presented by
master menus