

“Eating the Sun”

Caribbean Islands Festival Cuisine



Cooking Demo & Tasting Event

Take Home a Recipe Sheet!
“Satisfying for All the Senses”

It smells divine, it tastes delicious, and its rainbow colours invite us to partake the depths of its flavours.

Saturday, December 12, 2009

2:30 p.m. to 4:30 p.m.

#100 ~ 2245 West Broadway, Vancouver, BC

\$15 per person at the door

(only 50 seats available)

Kaye Kerlande and Nina Shoroplova will demonstrate the cooking of the “Mélange D’Or” (“Golden Medley”) ~ a Caribbean dish that is traditionally cooked for the holidays, such as at New Year.

Eat the Sun when you partake of “Golden Medley.”
Cook “Mélange D’Or” for your next celebratory gathering.
You’ll get loads of new ideas for the sunniest end-of-year celebrations ever when you attend this event..

Take home a sheet of typical Caribbean Festival Fare recipes.

tickets & info: Nina ~ 778-999-1854

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Wrasma.com