

VIRTUAL TEACHING KITCHEN

GET YOUR TEAM TOGETHER AND GET HANDS ON IN THE KITCHEN WITH A FLIK DIETITIAN AND CHEF IN OUR VIRTUAL TEACHING KITCHEN EXPERIENCE

HOW IT WORKS

1. Pick your class
2. Schedule a date and time with us
3. We will send you the recipes and a shopping list before the class
4. Join us live and cook along with us

KEY HIGHLIGHTS

PRICE

5-19 people: \$20 pp

20-30 people: \$375

LENGTH

60 Minutes

CLASS CAPACITY

30 guests

CUSTOM CURATED CLASSES

Have an idea for your virtual teaching kitchen, no problem. We are happy to customize an event for you.

READY TO BOOK YOUR CLASS?

CONTACT US

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LITTLE ITALY PASTA FROM SCRATCH

Making pasta is easier than you think! Learn how to make pasta from scratch in this class



SABOR DE COLOMBIA: AREPAS

Learn how to make authentic Colombian arepas as well as a variety of fillings to top them with in this class



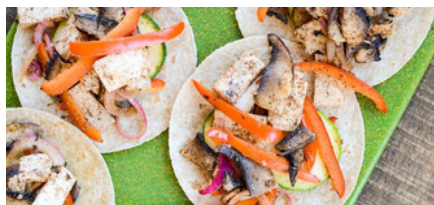
LATIN STREET FOODS: EMPANADAS

Step up your your Latin Street Food game and learn how to make authentic empanadas from scratch



COOKING W/ KIDS: MORROCAN MEATBALLS

Bring your kids to the kitchen and let's make kid friendly Morrocan meatballs reved up with veggies



ONE PAN MEALS: SHEET PAN FAJITAS

One pan meals make quick, easy clean up dinners. Learn how to make sheet pan fajitas for an easy healthy meal



SWEET TREATS: DARK CHOCOALTE BARK

Calling all chocolate lovers to join in and learn how to make chocolate bark featuring Nestle Toll House Chocolate Morsels