

Cooking is Fun

Afro-Caribbean style

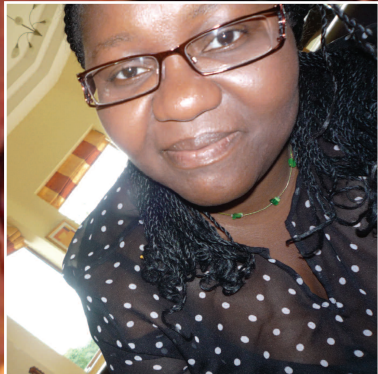


a weekend cooking project with friends

Grace Aderonke Adegoke

Cooking is Fun

Afro-Caribbean style



Grace Adegoke is a mother, a wife, a professional nurse, a youth motivator and a leader in a Christian group. Her deep passion and incredible talents have recently led her into establishing an Afro-Caribbean catering business.

She offers cookery lessons in the community to groups, individuals and colleges. Whatever she sets her mind on doing she throws herself into it wholeheartedly. She also teaches about Africa using materials and visual aids in schools and colleges. She maintains a positive attitude and performs beyond expectation.

Comments:

"The amazing weekend we enjoyed last month was a great experience, the opportunity to cook something that I am passionate about combined with godly wisdom that will remain with us for our lifetime. I bless God for your life, family and the ministry He has birthed in you!"

PS I am hoping to make Akara tonight! "

Tracey Boakye-Danquah
Global New Products Analyst (Citi)

"It was definitely a blessed weekend and I got to learn a lot as well as reinforce some things I already knew. I got to make new friends and meet like-minded people. It was definitely worth it.

It was fun cooking as a group. I got tips on how to improve on dishes I knew how to make and learnt how to make several new dishes. We got to appreciate the importance of planning especially when cooking for the family and being creative etc. Lots and lots of tips shared over the weekend and lots of ideas that I am yet to experiment with."

Damilola Adeyo (Dr.)
Medical Officer

"Her passion and enthusiasm was infused into each of us and I was particularly impressed with her research interests and the fact that food is more than a job or business or interest but a deep passion and an amazing talent that God has blessed her with. We learnt more than just recipes but general principles applying to cooking such as cooking in bulk to make things more practical, choosing spices and ways to save money.

Oluwaseun Sogbesan
Pharmacist



"We really look like we are having fun because we were!

I found the weekend really good on many levels; the practical cooking tips and ways to make money stretch and use your time wisely."

Lydia Oliver (Dr.)
Medical Officer

ISBN 978-0-9563497-0-5



9 780956 349705 >