



Cooking classes for team building

Salsa and brining

In this cooking team building activity, people will be divided into small groups of 3 or more team members. Each team will be challenged with creating the best salsa and marinades for vegetables.

- They will learn knife skills and food preparation skills for preparing meals more efficiently.
- They will learn how to balance spices, herbs, and flavoring vegetables and fruits to preserve meals and for garnishing.

Recipes

Mango and pineapple salsa

Black bean and corn salsa

Brined celery and ginger

Brined red cabbage

Salad in a jar

In this cooking team building activity, people will be divided into small groups of 3 or more team members. Each team will be challenged with creating the best vinaigrettes and dressings.

- They will learn how to use healthy oils and acids for dressing salad for health and taste benefit.
- They will learn knife skills and food preparation skills for preparing meals more efficiently.
- They will learn how to balance spices, herbs, and flavoring vegetables and fruits to preserve meals and for garnishing.

Recipes

Mixed vegetables and fruit for salad

Pomegranate lime and ginger dressing

Apple cider cinnamon vinaigrette



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Soup in a jar and spice recognition

In this cooking team building activity, people will be divided into small groups of 3 or more team members. Teams will cut vegetables to create vegetable stock for soup and learn to prepare spice mixtures. Each team will be challenged with smelling and tasting spices and creating the best Indian masala.

- Team members will blindfold each other to smell spices for recognition.
- They will learn knife skills and food preparation skills for preparing meals more efficiently.
- They will learn how to balance spices and use them to make a curry.

Recipes

Red lentil and kale soup with root vegetables

Chick pea and potato curry with coconut milk