

About Nana

Nana discovers delicious and exciting dishes while traveling and conducting tours with our sister business Tabi Tours.

She uses her 40 plus years of international travel and cooking experience to alter the dishes she discovers to make preparing them fun, easy and healthy; and then shares them with other to enjoy.



Nana

Please contact us with any questions and session locations:

www.tabitours.com

Email: taegar@tabitours.com

TAR-9742

Healthy, easy and fun everyday Japanese cooking arrangements combined with exciting and creative international dishes.

Basic and advanced culinary sessions offered focusing on one new idea every session

Additional Details:

- Sessions feature a healthy hands-on culinary experience with small groups



- Sessions are conducted by Nana
- Participants will eat the food that is prepared
- Ideal for those interested in lowering their weight, cholesterol, or blood pressure



Real Simple Cooking Techniques By Nana



Creating dishes that are fun, easy and healthy



Presented by
(A division of Ponta, Inc.)

Participants will explore their culinary creativity, share fantastic dishes with new friends, and discover the wonderful world of combining international flavors and aesthetics with healthy ingredients.

With fun, easy and healthy recipes designed for curious cooks, small or large party givers sessions emphasis a holistic approach to food preparation.

General Information:

Sessions offered Tuesdays and Saturdays from 1:00 PM to 3:00 PM.

\$35.00 each person (5 person minimum)

\$70.00 each person (1 to 2 persons only)

Includes:

All ingredients, materials, and recipes

Local fresh ingredients

Loaner Nana Signature apron

*All beverages are excluded

Come and travel the world of food. We'll explore dishes and cuisines from around the world while making the preparation fun, easy and healthy.

Simple Basic Sessions

Learn to easily prepare one cup of rice the traditional way without a rice cooker. And then travel the world learning how to make dishes such as Louisiana Gumbo, Jambalaya, Grits, Spam Musubi, Bean Medleys', Soups and more.



Cut above Sessions

Prepare dishes such as Japanese Nabe (sukiyaki for example), Tempura, Okonomiyake, Yaki Soba, Sushi, Satsumaage, Pickles, and more.



All Sessions

All sessions will include learning how to make at least one simple but beautiful and amazing fruit dish, a must for any small or large party.

