

Food Service Training

Cooking Demonstrations and Instruction



Cooking Demo Programs

\$300 plus .50 per mile travel

Each 2 hour cooking program includes cooking demonstration, instruction, recipes, ingredients, and samples of each demonstrated recipe.

Liz is also available for menu consultation and student taste tasting program design to suit your school needs.

***“Not enough time. Not enough people.
Not enough training.”***

Chef/Instructor Liz Barbour hears your concerns and is ready to help you and your staff address them with fun, interactive cooking demonstrations.

Liz’s food service training programs introduce time saving cooking techniques and flavor enhancing tips that will have students asking for more.

Programs

Knife Skills...Hands-on knife techniques

Good knife skills, sharpening techniques, and practicing knife safety will save time and money in your kitchen.

Improving Flavor

An important goal when preparing food is to make it taste good. Ingredient combinations and proper seasoning using herbs, spices, and healthy oils is key to preparing consistently good tasting menu items and introducing new, healthy ingredients.

Improving Commodity Foods

Learn new ways to prepare and combine a variety of fresh, frozen, canned and packaged commodity foods to create delicious and healthy recipes students will love.

Sauces, dressings, rubs, and marinades save preparation time and add flavor

Preparing sauces, dressings, rubs, and marinades from scratch save time, money, and adds healthy low-fat flavor to menu items.

Rethinking vegetables

Getting kids to eat more vegetables is one of our greatest food challenges in the kitchen. Discover new ways to prepare, add, combine, and enhance vegetable to pump up the flavor and nutrient impact of your menus.

Liz Barbour’s

Creative
Feast

Bringing the
Culinary Arts
to You



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