HeaderName: Cooking Studio

Landing page h3: eat well, live well. H1: food an essential part of human

Choose a program

1. Continental food

Continental food is typically lighter and less spicy than traditional Nigerian fare. Common dishes include items such as eggs, bacon, toast, coffee, and juice. Other popular dishes include spaghetti, lasagna, chicken parmesan, and beef stroganoff. Desserts such as tiramisu, cannoli, and crème brûlée are also typically found on continental menus. Many continental hotel restaurants also offer a selection of wine and beer.

1. Local food Nigerian food is typically very spicy, as the country is home to many chili peppers. Common local ingredients used in cooking include yams, cassava, plantains, rice, beans, maize, peanuts, ginger, and tomatoes. One of the most popular dishes is nkwobi, which is a stew made with cow feet. Another popular dish is isi ewu, a goat head stew. Oha soup, a leafy vegetable soup, is also a favorite among Nigerians. Akara, fried bean cakes, are also a common snack.
2. Fast food

Fast food is usually high in calories, fat, and sodium. It can also lead to obesity. Fast food is often addictive because it is high in fat and salt. Fat and salt are two of the most addictive substances in food. When you eat fast food, your body gets used to the high fat and salt content. This can make it difficult to stop eating fast food even when you are trying to diet or eat healthier.

The problem with fast food is that it is often very unhealthy. Fast food is typically high in calories, fat, and sodium. These three nutrients are essential to a healthy diet, but they are also some of the most harmful when consumed in excess. Too much fat can lead to obesity, heart disease, stroke, and other health problems. Sodium is essential for proper cell function, but too much sodium can lead to high blood pressure, heart disease, stroke, and other health problems.

1. Finger food

Finger food is a type of food that can be eaten without utensils. It is often served as an appetizer or snack, and can be made from a variety of ingredients, including meat, poultry, seafood, vegetables, and fruit. Finger foods are often dipped in sauces or spreads, and can be cooked using a variety of methods, including frying, baking, grilling, and smoking.

Some popular finger foods in Nigeria include plantain chips, yam chips, coconut shrimp, chicken fingers, beef jerky, and fruit kabobs. Plantain chips are made from unripe plantains that have been peeled and sliced into thin strips. They are then fried until they are golden brown and crispy. Yam chips are made from yams that have been peeled, sliced into thin strips, and fried. Coconut shrimp are made from shrimp that have been coated in a mixture of flour and shredded coconut, then deep-fried. Chicken fingers are made from chicken breast meat that has been cut into strips and breaded or battered before being fried. Beef jerky is made from lean beef that has been trimmed of fat and cut into strips. It is then marinated in a mixture of soy sauce, vinegar, garlic powder, onion powder, black pepper, and other spices before being dried. Fruit kabobs are made by skewering chunks of fresh fruit on a bamboo skewer or toothpick.

Finger foods are easy to eat without utensils and are often served as appetizers or snacks. They can be made from a variety of ingredients, including meat, poultry

Our classes

* Water cooking class: beginner class, we introduce you into all the basics of cooking, you learn all the etiquette of cooking and the rule of chef
* River cooking class: intermediate cooking class: are you cooking already and you want to scale your cooking skills, then this is the right place for you
* Ocean cooking class: this is the place where we light you up, shine you up and polish you till you become an exquisite and exceptionally cooking studio professional chef.

We gat you covered.

Class schedule, use the one on training studio.

We work with your time and schedule,

Expert trainers: 3 pictures

Google map and form

Things to do with CSS

1. Create a pink class to be attached to pink word
2. Create a class for for the header to be attached to each section