



*Chef Marie*



Chef Marie is a French Canadian Chef on a mission since 1996 in making the cooking experience a fun event for the pleasure of taste buds: colors, flavors, sprinkles with an entertaining culinary event at the “rendez-vous”!

Chef Marie is a developer of one of the first line of organic filler-free, allergy-free herbs and spices and also R&D expert specialized in allergens, a cookbook author, a business owner, an international show guest, a conference speaker and a recent host of her podcast co-hosted by Lee Cummings, titled *MCHEF Burst of Flavors*.

Introduction of the Chef Marie Masterclasses for the KIDS and of course Parents are invited too!

**THE 90 MINUTES HEALTHY COOKING WITH NATURAL INGREDIENTS - BEST SNACKS**

**\$75.00 - 8-12 guests (hands-on / partially cooking) \$70.00 - 13-20 guests \$65.00 - 21 guests and up**

**HOW TO PICK THE BEST INGREDIENTS – IMPROVE YOUR NUTRITION AND LIFESTYLE**

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie cooks with children for an enjoyable cooking activity! Nothing better than traditional home cooking! Your children will bring back home Chef Marie’s recipes and cooking ideas and of course, some left overs so you can taste their chef d’oeuvre!
- This Masterclass is performed by the Chef. Hands-on, children are partially cooking. A few French words to add to the fun class!
- The following recipes are cooked by children: each recipe equals to 90 minutes class:

**Kids! Are You Ready to Cook with Chef Marie! Let’s do the Best Macaroni n’ Cheese Ever (Original homemade recipe or GF – Vegan Option too!) and we will bake chewy cookies too!!!**



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Kids! Do you wish to surprise your family in showing them how to make the best healthiest nutritious Grilled Cheese Ever with Confit Onion and Sautéed Apple! Let's make Energy Balls too! These recipes are what we call Brain Food so you can focus on the things you like to do like studying, sports, etc. (Vegan option too!)



Kids! What about an Asian Dish - Sautéed Teriyaki – that you can make any time at home when you are hungry! Let's make an unbelievable Chocolate Chia Pudding...It will replace all kinds of unhealthy desserts! I swear! It is sooo delicious and super healthy! (vegan option too!)



The following recipes are cooked by children: each recipe equals to 90 minutes class  
 -Best Cookies Ever (GF), Chocolate confectionary (GF-Vegan), Pancakes (GF), Avocado-Chocolate Parfait (GF- Vegan), Chocolate Chia Pudding (GF-Vegan), Truffles (GF), Cupcakes (GF-Vegan) and Brownies



## The best chocolate chip cookies! We will make an allergy-friendly version

Gluten-free / Wheat-free / Peanuts-free / Nuts-free / Eggs-free / Dairy-free / Soy-free / Casein-free / Palm-free / Canola-free

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## The Ultimate Chocolate Confectionary

Medallions to garnish with sweet toppings like homemade sugar candy, creamy fudge, fruits (lyophilised, dried, confit) and seeds (sunflower, sesame), coconut chips, a spark of spices too!

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## How to make the best pancakes during the weekend! Breakfast time!

Let's have fun making them by adding delicious toppings to make an excellent energetic meal!  
Allergy-friendly: Gluten-free / Wheat-free / Peanuts-free / Nuts-free / Eggs-free / Dairy-free / Soy-free / Casein-free / Palm-free / Canola-free

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## The Plant-based Desserts that will make your family go mmmmmm!

Avocado-Chocolate Mousse Parfait / Chia-Flax Seeds Chocolate Pudding

Try these 2 recipes, they are brain food recipes, nutritious and everybody will love their taste!  
Level up your allergy-friendly cooking skills! Gluten-free / Wheat-free / Peanuts-free / Nuts-free /  
Eggs-free / Dairy-free / Soy-free / Casein-free / Palm-free / Canola-free

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## Oulala! Let's make some truffles to treat our loved ones.

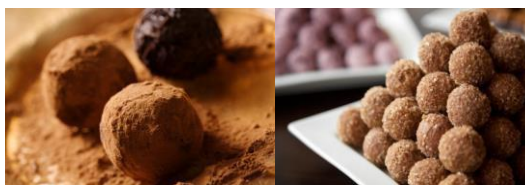
**Honey, you are my chocolate!**

We will make an allergy-friendly version: Gluten-free / Wheat-free / Peanuts-free / Nuts-free /  
Eggs-free / Dairy-free / Soy-free / Casein-free / Palm-free / Canola-free

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## Finally, the ultimate version of a cupcake that taste amazing and that has the best texture ever!

Yes! We will make an allergy-friendly version: Gluten-free / Wheat-free / Peanuts-free / Nuts-free /  
Eggs-free / Dairy-free / Soy-free / Casein-free / Palm-free / Canola-free

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## Chewy Brownies Anyone?

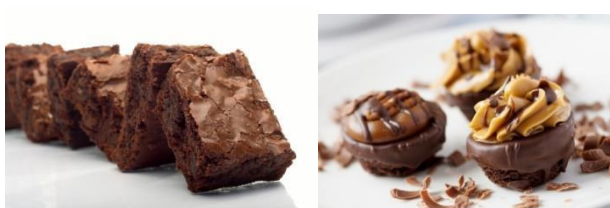
Square shaped, mini cupcakes, chewy, chocolate and simply wonderful! Level up your allergy-friendly cooking skills! Gluten-free / Wheat-free / Peanuts-free / Nuts-free / Eggs-free / Dairy-free /

Soy-free / Casein-free / Palm-free / Canola-free

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**Cake Decoration! Take the time to make sweet customized creation for the cake we are going to bite into! Let's decorate!**

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Marie-Dominique Rail MCHEF LLC. – 702-482-2886 – 8565 S Eastern Ave. Suite 150, Las Vegas, NV 89123  
[www.mchef.com](http://www.mchef.com) / [www.topchefmarie.com](http://www.topchefmarie.com) Thank you for following Chef Marie on Instagram #mchefspices!