



The Ginger & Lime Food Experience

If you haven't experienced a delectable meal or a 'behind-the-scenes foodie intervention' at Ginger & Lime Food Studio in Cape Town, you haven't lived as well as you could and should

Denise Levy is Ginger & Lime Food Studio, an interactive cookery school which opened its doors three years ago, and hasn't considered looking back.

Denise is clear thinking, infused with a huge dollop of passion. "My kitchen has always been the heart of the home, a place where friends and family gather and bond over the preparation and eating of fabulous food." It was a lime in her life when she was asking herself how she could combine a passion for cooking with a business venture? Ginger & Lime was the answer. It was Denise's pathway to opening her kitchen to others who are also passionate about food, while exploring food's

magic ability to connect, soothe and provide an escape.

To accommodate this venture, Denise needed to create her dream kitchen. Wielding an architect, a bricklayer and more, she set to reinventing her grand old lady of a home in Fresnaye, Cape Town. Today, it houses the state-of-the-art Ginger & Lime Food Studio, a kitchen that is both functional for classes and for the family.

Ginger & Lime is no standard culinary experience. Step inside and leave everything ordinary and expected behind. Welcome to wonderland. A touch of the theatrical and a bit of drama is always thrown into the mix here, and guests get to experience "behind the scenes" in the food prep, where the magic really happens. This is what sets Ginger & Lime apart from other cooking schools or restaurants.

For each private event or weekly interactive course, after hours of preparation, the team takes much pride and joy stepping into their roles, as if onto a stage. The spotlight is on them, the show begins, guests feel this and become transformed by this culinary whirlwind of energy, aromas and taste sensations.

It's like a night - or day - out at the theatre, but you're on the stage too!

An interactive cooking studio - the good, the great and the glorious

The interactive cooking lessons range from Asian-inspired classes through to Mediterranean classics and back to local cuisine. Denise says that Ginger & Lime allows her to indulge her