

LA Girls

**DO
Cook**



Mission Statement

LA Girls DO Cook is a culinary celebration of the Diva in all of us! We believe that every woman is beautiful, so we express and incorporate this concept through foods that are as bold and feisty as you. At LA Girls DO Cook, we've created a positive, zero-drama space where women can come together and uplift each other. We encourage invigorating adult conversation, indulging ourselves in a wine tasting before each meal is prepared, and most importantly WE HAVE FUN!!!

LA Girls DO Cook's Goals

Dispel myths There seems to be this notion that women who thrive in the LA Lifestyle do NOT cook. The men (because it HAD to be a man!) that created this myth could not have been any further from the truth! LA women wear many hats, but deep down we all have an inner chef in us just dying to showcase our skills... We want to unleash your inner chef and make you appear to do it effortlessly!

Empower Women "If the man is the head of the household, the woman is the neck that controls him." ALL WOMEN should know how to keep their household running smoothly and efficiently. We know that today's woman is short on time, and occasionally patience with life's everyday responsibilities. Learning to whip up a fabulous 20-minute meal for the family saves you time and money! With our classes, we will ensure that women are catering not only to their familial needs, but to their own needs.

Create an Oasis for Women to Relax Ladies, we are so incredible. We have this immeasurable quiet strength about us that enables us to be capable, virtuous, loving beings while maintaining our femininity. The LA Girls DO Cook classes are dedicated to housing the spirit of womanhood, as well as paying homage to the sacrifices we make everyday as mothers, wives, sisters, aunts, and grandmothers. We want our classes to be a place where a woman can relax and be herself, learn a new skill, and enjoy our collective spirit of sisterhood.

Teach You How to Cook! It goes without saying that the LA Girls DO Cook team wants you to learn how to cook! We hope that our passion for cooking ignites a fire in you that'll make cooking a regular and enjoyable facet of your life. We want you to master the techniques taught in class, and dazzle your friends, family and guests with the knowledge and confidence we'll instill in you as we bring out your inner chef. Most of all we want you and your guests to enjoy eating all the love infused food that your heart desires... AND HAVE FUN WHILE MAKING IT!!!!

CLASS DESCRIPTIONS

Divas on the Dash- for the woman that “doesn’t think” she has time to cook. Learn to make fierce, flashy, and boast-worthy meals that are vibrant to look at and taste as if you slaved over the stove for hours (We won’t tell your secret)

Lovin’ on the leftovers- How to makeover yesterday’s leftovers...after all, the last bite is always the tastiest...

Aphrodisiacs Class- A lover’s guide to intimate taste testing... (this is best enjoyed as a couples class)

Feasts Fit for YOUR King, Princess and Prince- Preparing hearty meals for the family

Tapas Party- Small, festive, plated courses that will arouse your taste buds. All the rave in Latin culture...

Prima Donna Dinner Party- How to prepare, cook for, and host your own dinner party with style and flair. Everything you need to know about hosting a party and enjoying it.

Vivacious Vegetarians- Just because meat is out of the question, doesn’t mean the fun flavors have to be. We will teach you how to make the sexiest vegetarian dishes without sacrificing taste!

4” Stiletto Wearers Only- This class is only for the bold, brave and beautiful. The meal is a little more intensive due to the preparation and explanation of technique but we promise that the end result is almost as fabulous as you are.

Vixens Around the World- We believe that every culture is beautiful and offers bold sensuous flavors that are to be explored and celebrated. In this class we delve into the various international cuisines. The menu changes from week to week, so be sure to inquire as to where we will take our Vixen vacay before you sign up.

Sweet Treats that’ll keep you Petite- This class will teach you how to make sweets that’ll leave you wanting seconds and thirds... go head and indulge because the only thing we’ve knocked off is the calories

“Put A Ring On It” - We pull out all the stops in this class. After this meal, he’d be a fool to let you slip away... but we already knew that didn’t we...



Miss Independent Private lessons

Whether it is a birthday party, bridal shower, corporate team-building, baby shower or just girls night in – gathering your DIVAS together for a LA Girls DO Cook Private Class is perfect for the occasion! This is the VIP treatment and the ladies in your party are the only ones on the guestlist.

Step 1 MENU SELECTION

Select any of our menus that you would like to cook for the private class. You also have the option of creating a custom menu made just for your class. The chef is available for consultation of customized menus.

Step 2 SELECT A DATE & TIME

Pick three dates that you would like to have the class. Be sure to include the time desired.

Step 3 LOCATION

We know a Queen's home is her castle, so you have the option of hosting the party in your home or at the LA Girls DO Cook headquarters. Let us know which venue you would prefer.

Things to Know

We supply all fresh ingredients, aprons, wine, spirits, and equipment.

We require a minimum of two weeks notice prior to the scheduled event.

Private Classes include a premade appetizer, a delicious and self-prepared meal, cooking instruction from a celebrity Chef Ameera, and keepsake guidelines on how to recreate your culinary masterpiece.

We limit private home classes to 4 people. Private classes in the LA Girls DO Cook kitchen are limited to parties of 16. If you have more guests in your party, we may be able to accommodate you with menu variations.

About the Owner

CHEF AMEERA CALLS HERSELF A TRUE “FOODIE,” AS SHE BEGAN CREATING CULINARY MASTERPIECES AT THE TENDER AGE OF EIGHT.

The young Ameera Leguex set foot in the kitchen as an assistant to “the ultimate chef,” also known as her father, for whom she conducted prep work with his daily grocery selections. By the age of 10, Ameera utilized her culinary craftsmanship to prepare complete dinners for her mother after her long days at work.

“EVERYTHING TASTES BETTER WITH LOVE!”

Following her own motto, Chef Ameera has parlayed her knack for cooking into an amazingly successful career as a celebrity chef and founder of *L.A. Girls DO Cook*, an organization and movement under which she proclaims, “L.A. girls don’t just order, we cook.” The innovative movement has provided a forum for Chef Ameera to team up with Los Angeles’ “it”



Girls, celebrity newlyweds, and self-proclaimed divas to teach these hot females to be even hotter in the kitchen. According to Chef Ameera, “fresh ingredients with lots of flavor and love” are the quintessential elements behind her appetizing craft. Chef Ameera’s passion lies in approaching the most simplistic foods and applying her own culinary magic to them, which allows her audience to conjure up memories of a favorite dish prepared by a loved one or a favorite restaurant. Chef Ameera specializes in an array of cuisine, including classic American, Southeast Asian, Asian fusion, Italian, and Caribbean. In March of 2010, *Life & Style* featured Chef Ameera as a food expert on the health and diet of platinum recording artist and international superstar Rihanna, as well as zoomed in on Chef Ameera’s delectable curry chicken and Bajan seasoning, while giving readers step-by-step preparation and cooking instructions for the exotic dishes. From film sets to red carpet parties to celebrity homes, Chef Ameera has become the culinary stylist and artist of choice for a wide clientele, including celebrities Keri Hilson, Stevie Wonder, Rick Fox, Eliza Dushku, Lil’ Wayne, T.I., and Paul Allen. Her expertise has been featured on Los Angeles’ *Radio Free* 102.3 KJLH and MTV’s “Daddy’s Girls,” starring Vanessa and Angela Simmons. A native of Los Angeles, California, Chef Ameera is one of the city’s most highly-regarded food stylists, gourmet culinary artists, and celebrity chefs. The mother of two brings her love and warm heart in to the preparation and creation of meals which, to Chef Ameera, fulfill the nourishment of one’s body.

CONTACT US



Email us at:
Info@lagirlsdocook.com

Call us at:
818.275.1253



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