

## **A COSTA RICAN COOKING ADVENTURE AT FINCA ROSA BLANCA COFFEE PLANTATION & INN**

**San Jose, Costa Rica, June 2010** – While famous for outdoor eco adventure and lush rainforests, Costa Rica's tropical climate also produces amazing tastes and smells as well as sights and sounds. And [Finca Rosa Blanca Coffee Plantation & Inn](#) is offering guests a hands on opportunity to visit local fresh produce markets, cook with organic ingredients and learn from Rodrigo Nunez, a renowned Costa Rican and international chef.

Full day cooking classes have been launched this year and will run until Nov. 30, 2010. Included in the US\$150.00 per person cost are the sights, smells and sounds of the local produce market, crowded and bustling and filled with exotic fruit, vegetables, spices and herbs, as guests shop for fresh ingredients with Chef Nunez.

And as food is always inspired by art and culture, guests will also stop at *The Museum of Folk Art and Culture* which recreates Spanish colonial Costa Rica in a century-old farmhouse, restored with a period kitchen and the ingenious tools of the day.

Upon returning to Rosa Blanca guests will then prepare four courses using either traditional recipes or the Chef's own nouvelle Latino cuisine, which he features in the critically acclaimed restaurant [El Tigre Vestido](#). Nunez's "Nuevo Latino" cuisine features a fusion of gourmet styles that rely on fresh, local and exotic tropical ingredients. . During the visit to the local market, Nunez offers instruction on how to select the best fresh Costa Rican fruits, vegetables, spices, and herbs. The students then move on to the kitchen classroom, where Nunez teaches them the full process of preparing, cooking and eating delicious Tico dishes like banana-leaf wrapped tamales and coconut flan. Guests also learn how to infuse pork loin with the farm's organic coffee, and how to create exotic deserts from fresh mangos y passion fruit. And of course they get to dine on the fruits of their labor!

Chef Nunez leads his students every step of the way, providing explanations of the historic and cultural relevance of the Costa Rican dishes being prepared. During Costa Rican holidays, the class includes traditional seasonal dishes. Cooking classes are taught in both English and Spanish, and to individuals as well as small groups. Chef Nunez studied culinary arts in the United States, and perfected his skills in many fine restaurants around the world. Now he has returned home, and hopes to complete the circle by introducing northerners to the wonderful variety of tropical foods, classic recipes and world-famous coffees of Costa Rica.

### **About Finca Rosa Blanca:**

International media organizations like *The Guardian*, *Forbes Traveler*, and *USA Today* have repeatedly named Costa Rica's Finca Rosa Blanca Coffee Plantation and Inn one of the best boutique hotels in the world.

Set up high in the mountains that surround San Jose, in every direction are lush mountains, dormant volcanoes, and deep canyons cut by wild rivers. Visitors can undertake any number of adventure activities, from visiting butterfly farms to river rafting to horseback riding to volcano hiking. Visitors to Costa Rica learn to govern themselves by the cycles of nature. And after a few days here, anyone feels closer to the rhythms of life, to the earth that produces many of those same fruits, delicacies and coffee that we consume in the busy restaurants and food stores of the north. As a leading, sustainable eco-luxury inn, Finca Rosa Blanca began introducing guests to the local tastes of Costa Rica with its daily tasting tours of its certified organic coffee plantation. The newly introduced cooking classes are a delicious extension of the inn's many experiences that provide guests with an authentic Costa Rican experience.

For more information on the cooking classes and how to book, people may go to [www.fincarosablanca.com](http://www.fincarosablanca.com)

**“The home-style feasts prepared here nightly that steal the show. They are every bit as spectacular as the setting. The ingredients are fresh and organic, grown either on the property or by a local co-op. The dishes are creative but not silly: Black bean soup served with a fresh tomato salsa and crème fraîche; Pacific-shrimp mint scampi with lemon couscous and roasted eggplant, herbs and garlic mango chutney; cappuccino bread pudding with a hot caramel sauce.”**

**- *Gourmet Magazine***

**“Meals are superb—simple, organic ingredients orchestrated masterfully!”**

**- *Hideaways International***

**“Breakfast is included, but you should also stay for dinner: cream of chayote soup, avocado stuffed with sea bass ceviche, hot chocolate mousse cake with blackberry sauce.”**

**- *Travel and Leisure***

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