

MENTE ARGENTINA COOKING PROGRAM IN BUENOS AIRES, ARGENTINA 2025

NOW ACCEPTING APPLICATIONS FOR THE COOKING PROGRAM 2025



Embark on a culinary journey and explore the heart of Buenos Aires as you delve into the flavors of Argentine cuisine. Our program is your gateway to discovering the rich traditions, techniques, and tastes that define this remarkable culinary culture. Our cooking courses are designed to give you an immersive experience that will go beyond the classroom, making it one of the most recognized cooking classes in Buenos Aires.

Discover the Art and Flavor of Argentine Cuisine with Our Immersive Cooking Classes. Whether you're a beginner or a seasoned professional, our program caters to all levels of expertise.

MENTE ARGENTINA COOKING PROGRAM IN BUENOS AIRES HIGHLIGHTS

- ✓ LEARN TO COOK OVER 15 TRADITIONAL ARGENTINE DISHES, INCLUDING EMPANADAS, MEAT OR GRILLED VEGETABLES (ASADO) AND LOCAL SALADS.
- ✓ DISCOVER THE RICH HISTORY AND CULTURE OF ARGENTINE CUISINE WITH OUR EXPERT INSTRUCTORS.
- ✓ ENJOY HANDS-ON COOKING CLASSES AND TASTE SOME OF THE BEST ARGENTINE DISHES AROUND.
- ✓ GET INDIVIDUALIZED ATTENTION IN SMALL CLASSES TAILORED TO YOUR NEEDS.
- ✓ LEARN FROM WELL-KNOWN AND EXPERIENCED ARGENTINE CHEFS.

LEARN MORE ABOUT THE MENTE ARGENTINA COOKING PROGRAM: QUICK LINKS

- [Cooking Program Overview](#)
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- [Cooking School in Buenos Aires](#)
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MENTE ARGENTINA COOKING PROGRAM OVERVIEW

Embark on a culinary journey through the heart of Buenos Aires and uncover the secrets of Argentine cuisine, renowned for its unique blend of European influences and native traditions. Argentine cuisine is a rich blend of flavors like barbecue, roast beef, milanesas, locro, empanadas, and the beloved dulce de leche.

Our Cooking Program aims to immerse you in the art of South American and Argentinean dishes, combining traditional recipes with modern techniques, presentation skills, and sophisticated flavor combinations. Whether you're a culinary enthusiast just starting or a seasoned chef, our program caters to all levels of expertise.

In our program, you'll master the preparation of South American delicacies, paying meticulous attention to the details that make this cuisine truly exceptional. From traditional classics to lighter dishes, from succulent red meat to mouthwatering cakes and desserts, you'll explore the full spectrum of Argentine culinary delights.

But it's not just about recipes and ingredients; it's about experiencing the culture and traditions that give Argentine cuisine its unique identity. Our Cooking Program at Mente Argentina is designed to offer a comprehensive and unforgettable learning experience.

MENTE ARGENTINA COOKING PROGRAM IN BUENOS AIRES INCLUDES

INTERNATIONAL CUISINE GROUP LESSONS: Group cooking lessons taught at one of the most recognized cooking schools in Buenos Aires, Argentina.

PRIVATE ARGENTINEAN COOKING LESSONS: Prefer to take your courses one-on-one? Ask us about experiencing the authentic Argentinean cooking environment with private lessons led by a well-known Argentinean chef. Dive into the world of traditional Argentinean meat dishes, prepared with gourmet finesse at your own rhythm.

MENTE ARGENTINA COOKING PROGRAM OPTIONS

- ✓ The Regular Cooking Program lasts 4 to 16 Weeks and classes are given 3 times a week.
- ✓ The Intensive Cooking Program lasts 2 Weeks and classes are given 4 times per week.

OUR PROGRAM FEE COVERS ALL OUR SERVICES INCLUDING CREATING A UNIQUE INTERNATIONAL COOKING PROGRAM, EXCLUSIVE ACCOMMODATION IN THE BEST AREAS OF BUENOS AIRES (BELGRANO, PALERMO, BARRIO NORTE OR RECOLETA), A WIDE RANGE OF FREE WEEKLY CULTURAL IMMERSION ACTIVITIES, AND PERSONAL ADVICE, SERVICES AND ASSISTANCE THROUGHOUT YOUR STAY.

COOKING SCHOOL IN BUENOS AIRES, ARGENTINA

Mente Argentina's Culinary Institute has been a pioneer in Latin-American regional cuisine education for over 15 years. Our instructors bring diverse and extensive experience, not only in traditional but also gourmet cuisine, ensuring a comprehensive culinary education. Immerse yourself in a 100% Argentinean cultural experience, sipping traditional mate, uncovering the rich history, and discovering the secrets of Argentine cooking.

Our private Argentinean cooking lessons are led by a seasoned Argentine cook with years of expertise in crafting classic dishes from various regions in Argentina. Held in an intimate kitchen setting, these classes offer a personalized touch, allowing recipes to be tailored to each participant's preferences.

Every class is a hands-on experience, and you'll have the opportunity to take home what you prepare, making your learning journey both educational and delicious. All classes are equipped with the freshest, highest-quality ingredients, as well as essential tools and resources for the course.

At the end of each class, you'll not only have learned valuable culinary skills, but you'll also get to take home what you cook, so you can share your delicious creations with friends and family.

MENTE ARGENTINA COOKING PROGRAM FEE

MENTE ARGENTINA COOKING PROGRAM FEE 2025

	Student Residence (Shared Room)	Shared Apartment (Single Room)	Homestay (Single Room)	Private Apartment (Single Apartment)
2 Weeks	USD 1.690	USD 1.790	USD 1.890	USD 2.090
4 Weeks	USD 2.590	USD 2.690	USD 2.790	USD 3.090
8 Weeks	USD 4.890	USD 5.090	USD 5.290	USD 5.890
12 Weeks	USD 7.090	USD 7.390	USD 7.690	USD 8.590
16 Weeks	USD 9.190	USD 9.590	USD 9.990	USD 11.190

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WHAT IS INCLUDED IN THE COOKING PROGRAM FEE?

MENTE ARGENTINA COOKING PROGRAM IN BUENOSAIRES – PROGRAM FEE DETAILS

- Cooking Program Full Tuition Cost: Full tuition cost and all course materials are included.
- Certificate of Completion: Receive a certificate granted by Mente Argentina for the Cooking Program in Buenos Aires.
- Exclusive Accommodation: Stay in top neighborhoods like Palermo, Belgrano, Barrio Norte, or Recoleta, with all utilities and expenses included.
- Full Access to Mente Argentina Tours & Activities: Explore Buenos Aires like a local with a range of complimentary tours, outings, and activities that offer you the chance to connect with both locals and fellow participants.
- Private Airport Transfers: Both private airport pick-up and drop-off are included.
- Welcome Orientation: Personalized one-on-one welcome orientation upon arrival.
- Mente Argentina Welcome Kit: Includes a local SIM card, SUBE transportation card, welcome guide, city maps, and additional essentials.
- Health Club Membership: Enjoy a free gym membership with complimentary access to all gym classes.
- Local SIM Card: Included in your welcome kit, along with a borrowed smartphone if needed.
- ISIC Global Discount Card: Mente Argentina ISIC global discount card for additional savings.
- Tango Lessons: Group tango lessons to immerse you in the local culture.
- Conversation Exchange Partner Passes: Receive passes to attend conversation language exchange events, where you can practice your Spanish with local partners.
- 24/7 On-site Support: Our dedicated program coordinators and on-site team are available around the clock to assist with everything you might need.
- Mente Argentina Community: Join a vibrant community of participants from around the globe, building lasting friendships and professional networks.

LEARN MORE ABOUT WHAT'S INCLUDED IN MENTE ARGENTINA PROGRAMS

- ✓ [MENTE ARGENTINA UNIQUE BENEFITS](#)
- ✓ [MENTE ARGENTINA WEEKLY TOURS AND ACTIVITIES](#)

COOKING PROGRAM START DATES

MENTE ARGENTINA COOKING PROGRAM IN BUENOS AIRES – NEXT START DATES

At Mente Argentina, we believe in flexibility. Our Cooking Program in Buenos Aires commences every week, ensuring you can begin your cooking journey when it suits you best. With adaptable schedules tailored to your availability, you're free to immerse yourself in the city, connect with fellow learners, and truly embrace the vibrant Argentine culture.

MENTE ARGENTINA COOKING PROGRAM IN BUENOS AIRES NEXT START DATES 2025

Month	Start Date	Start Date 2	Start Date 3	Start Date 4	Start Date 5
January 2025	January 6	January 13	January 20	January 27	
February 2025	February 3	February 10	February 17	February 24	
March 2025	March 3	March 10	March 17	March 24	March 31
April 2025	April 7	April 14	April 21	April 28	
May 2025	May 5	May 12	May 19	May 26	
June 2025	June 2	June 9	June 16	June 23	June 30
July 2025	July 7	July 14	July 21	July 28	
August 2025	August 4	August 11	August 18	August 25	
September 2025	September 1	September 8	September 15	September 22	September 29
October 2025	October 6	October 13	October 20	October 27	
November 2025	November 3	November 10	November 17	November 24	
December 2025	December 1	December 8	December 15	December 22	December 29

ARRIVAL TO BUENOS AIRES, ARGENTINA

Arrival in Buenos Aires with Mente Argentina offers flexibility. You can arrive on the Saturday or Sunday before your program's start date without any extra charge. If you wish to arrive earlier, we offer additional days or weeks at a discounted rate. This allows you to settle in and explore Buenos Aires at your own pace before beginning your program.

COMBINE YOUR COOKING PROGRAM WITH SPANISH LESSONS!

Mente Argentina Cooking Program also offers an optional Intensive Spanish Course of 20 hours of Spanish immersion classes per week (Monday to Friday from 9am 1pm). This would be the occasion to refresh your memory and to prepare you with specific business & casual vocabulary as well as the most common Argentine expressions and words that you will need to interact in Argentina.

Lessons take 4 hours per day and are delivered from Monday to Friday through the Mente Argentina Intensive Spanish Program in reduced groups of up to 8 students. These group classes can be combined with individual lessons so that you can reinforce your weaknesses and we can answer your inquiries in a one on one meeting.

Spanish School's teachers are highly qualified and have a vast experience in teaching Spanish as a second language. Therefore, the classes will be interactive and above all enjoyable!

The classes can be attended both in the morning and the afternoon, so they will not overlap with the activities of your program.

- ✓ Weekly Spanish Course Fee Add-on (Monday to Friday – 20 hours per Week): USD 195
- ✓ 4 Weeks Spanish Course Fee Add-on (Monday to Friday – 20 hours per Week): USD 780
- ✓ 10 Hours Pack of Private Spanish Lessons: USD 280

...OR WITH ANY OTHER MENTE ARGENTINA PROGRAM

Mente Argentina offers you the possibility to combine your Cooking Program with another Mente Argentina Program (OPTIONAL).

We offer big discounts for those participants who would like to take 2 or more Mente Argentina Programs simultaneously or back to back. If this sounds like something you would like to do, please contact us so we can quote your full program.

- [EXPLORE MENTE ARGENTINA PROGRAMS](#)

READY TO BOOK?

AS A FIRST STEP, PLEASE CREATE AN ACCOUNT AND COMPLETE YOUR APPLICATION [HERE](#).

AS SOON AS YOU CREATE AN APPLICATION, YOU WILL BE ASSIGNED A PROGRAM ADVISOR WHO WILL GET BACK TO YOU TO HELP YOU FINALIZE YOUR ENROLLMENT.