

# Courses Dates

## JULY - DECEMBER 2017

### DAY COURSES

**From 10.00am to 3.00pm**

**Modern Vegetarian** – *Sat 1<sup>st</sup> July, Sat 23<sup>rd</sup> September - £140.00*

This course is an ideal way of improving your vegetarian cookery or simply learning how to prepare meat-free dishes which are healthy and beautifully presented. We will teach you the skills to produce seasonal, mouth-watering meals with a modern touch, which are light and easy to prepare yet visually stunning and simply delicious.

**Indian Street Food** - *Sun 2<sup>nd</sup> July, Sun 1<sup>st</sup> October - £160.00*

Street Food is the best way to experience the true cuisine of a country and to discover what is eaten by the locals on a daily basis. If you adore spices and complex flavours, and would like to learn how to create Indian dishes t home, then this is the course for you. Under the guidance of our chefs they will take you step-by-step through each recipe, showing you lots of hints and tips such as making and frying curry pastes, cooking rice correctly and, most importantly, how to balance and temper the spices. At the end you can be confident you will be cooking delicious and authentic Indian dishes that truly reflect the spirit of this fascinating country.

**Summer Entertaining** - *Sat 15<sup>th</sup> July - £160.00*

When summer finally arrives, all you want to do is spend time in the garden with your family and friends. We've here to talk you through some of our favourite summer dishes, showing you how to cook a seasonal entertaining menu that will impress your guests with presentation, flavour and timing. We'll look at every stage focusing on key ingredients and preparation techniques that allow you more time entertaining rather than spending your time in the kitchen - with minimal effort and maximum effect! The course provides students with a delicious cooking repertoire, everything you need for a delicious Summer.

**Flavours of Asia** – *Sun 23<sup>rd</sup> July, Sat 16<sup>th</sup> September - £160.00*

Asian cuisine is a true paradise for food lovers with a feast of flavours, textures and heady aromas. We will guide you on a journey showing you how easy it is to recreate these incredibly diverse and vibrant dishes for yourself at home, whether you're looking for inspiration to liven up midweek meals or to impress with confidence when entertaining.

**Fantastic Fish** – *Sun 30<sup>th</sup> July, Sun 24<sup>th</sup> September, Sun 12<sup>th</sup> November - £170.00*

For fish and seafood lovers and those who've never cooked fish alike, this course is a must as we take the fear out of fish preparation and cookery. Packed with practical advice and delicious recipes, the one-day fish course is an absolute must for fish lovers. You'll learn to create exciting shellfish dishes, work with subtle flavours, and cook fish in clever, inventive ways. You'll learn how to cook fish safely and skillfully, preserving its flavour and texture, so you need never feel intimidated at preparing a wide range of dishes from under the sea.

**Barbecue Around The World** - *Sat 5<sup>th</sup> August - £160.00*

New to barbecuing or keen to learn new techniques and build your confidence – or perhaps wanting to barbecue something more interesting to enhance your menus? Our hand-on approach will teach you how to put the 'fire' back into your outdoor cooking and show you everything you need to know. We'll teach the skills on choosing and preparing the right meats, to creating the perfect marinades to smoking and grilling – using our Big Green Eggs. It's all about cooking with passion, great ingredients, having fun and delicious food.

**Italian Classics** - *Sat 12<sup>th</sup> August, Sat 7<sup>th</sup> October - £160.00*

Perfect your pasta making, make authentic Italian breads, master classic risotto and finish it off with a delicious dessert - all in one day. You'll learn the approach to cooking simple, attractive dishes with Italian passion. At the end of the course you will be able to confidently replicate the dishes and techniques you have learned at home, giving you a foundation of core Italian cookery skills from which you can build a range of further dishes. So if you seriously love Italian food, or you're fascinated by Italy and its varied culinary styles... then join us on this journey as we cook dishes that reflect its diverse geography and culture.

**Baking Mad** – *Sat 19<sup>th</sup> August, Fri 20<sup>th</sup> October - £140.00*

This hands-on course is the perfect introduction to the world of baking. You will learn the techniques behind challenging and contemporary bakes, giving you the confidence to produce great results every time. You will have the chance to sample some of your creations and take the rest home to impress family and friends.

**Chef's Table Secrets** - *Sat 2<sup>nd</sup> September, Sat 25<sup>th</sup> November - £160.00*

We're known for our Chef's Tables and for the first time we are offering a fantastic opportunity to discover the innovative techniques of fine dining. The chefs are on hand throughout this 'foodie theatre' experience to discuss and explain the various preparation methods and cooking techniques. This unique day of hands-on culinary extravaganza will teach you the confidence and skills of recreating a stunning three course-tasting menu at home.

**Cooking for Family & Friends** - Sat 9<sup>th</sup> September, Sun 3<sup>rd</sup> December - £160.00

Entertaining and everyday meals should be fun and simple, especially if you are short on time, but don't want to compromise on great food. During the day, we will share our knowledge and discuss the importance of organisation and planning ahead of time – a tip that chefs use to ensure that great tasting dishes can be produced quickly. Using the best seasonal produce you'll learn to create brilliant dishes that you will look forward to preparing – no matter how busy your day has been. Focusing on simple delicious ingredients, this course will give you a repertoire that is simple, nutritious and satisfying.

**French Classics** – Sun 10<sup>th</sup> September, Sat 18<sup>th</sup> November - £160.00

French cuisine is arguably the most revered on earth. There are many regions with their own specialty foods - on this course; we'll explore the full flavour cuisine of classic French dishes. You'll recreate the simple style of French cookery by learning how to perfect these classic dishes that will become firm favourites in your own kitchen.

**Artisan Bread** – Fri 17<sup>th</sup> November - £140.00

There's nothing better like a fresh loaf of home baked bread, warm from the oven! Using the simplest of ingredients, you will learn the fermentation process and the different methods of bread making. Discover the satisfaction that baking your own bread can bring. We will introduce you to a range of flours and you will learn about using fresh and dried yeast to make a variety of dough's for different types of bread.

**Modern British** - Sun 17<sup>th</sup> September, Sat 11<sup>th</sup> November - £160.00

Discover how to expertly prepare a range of British dishes, with a modern flair. We will provide you with skills that enable you to prepare an impressive selection of modern dishes using techniques that you can apply to countless other dishes. The course pays particular attention to chef techniques and presentation styles; taking your cooking to the next level and finishing your food with the 'wow factor'. Your newfound skills can be used at home to create delicious dishes, perfect for a special family meal or dinner party.

**Mexican Fiesta** – Fri 6<sup>th</sup> October - £160.00

Come and learn to make some amazing Mexican dishes! We'll take you on an adventure in preparing and tasting authentic and modern Mexican dishes. This introduction to Mexican cooking is one of our favourite courses bursting with hot, complex flavours enough to get your taste buds tingling! Once you've cooked your dishes you'll sit down to enjoy the delicious feast before taking home all the recipes so you can wow your friends with your amazing, authentic Mexican home cooking!

## **Beginners: One Day Course – Sun 8<sup>th</sup> October - £160.00**

If you always wanted to learn how to cook or refresh your existing skills, then what better way to start with our day course. You will be in a class of like-minded people who, like you, who want to learn the essential skills in the kitchen so they can cook with confidence. Cooking is a life skill and no matter what type of cook you are; traditional, natural talent or creative it can be easily learned if taught well. Our expert chef tutors will help you achieve more than you thought possible. The beginners' course is entirely hands-on and is designed to teach you the fundamental skills of cookery such as: basic sauces, cooking meat, fish and baking. It's not all heads-down cooking you'll be rewarded with downtime to savour your efforts. You will leave you with a new self-confidence, armed with a wealth of inspiration and talent to continue your journey and enjoyment of cooking delicious dishes at home

## **Butchery - Sat 14<sup>th</sup> October - £170.00**

The pig is a very versatile animal, generous to the cook, provider of many cuts of meat and an animal that is a celebration of robust flavour. Get to grips with the carcass of a whole pig, transforming it into a wide range of products and delicious pork recipes. You'll learn that everything on a pig except the squeak can be eaten. This course will allow you to follow and understand the journey of butchery, as well as gaining practical tips and techniques from our expert chefs and butcher. Over the course of the day we'll cook a number of recipes highlighting a range of techniques from braising to roasting, leaving you confident cooking from nose to tail. So bring home the bacon and much, much more!

## **Glorious Game - Sun 22<sup>nd</sup> October, Sat 13<sup>th</sup> January - £160.00**

Never again be daunted by the idea of jointing, boning or stuffing, as we teach you all the preparation and valuable kitchen skills you need to get the most out of the seasonal fowl in your larder. Our chefs will soon have you skinning and jointing, plucking and drawing, curing and smoking a variety of game birds, turning them into hearty dishes at the end. You're guaranteed to leave with the knowledge, and the confidence to source and cook with the finest seasonal and sustainable game ingredients.

## **The Perfect Sunday Roast – Sun 29<sup>th</sup> October - £140.00**

Learn how to put together all the essential elements of a classic British Sunday roast, from preparation of the meat to creating traditional trimmings like Yorkshire puddings and potatoes roasted in goose fat. We'll also teach you a traditional dessert to finish off the day. You will not fail to impress the family with your new or refined cooking skills.

## **The Perfect Christmas Table – Sun 26<sup>th</sup> November - £160.00**

We're on hand to inspire you with festive ideas to make your Christmas Table sparkle. From stunning centerpieces, delicious sweet treats and nibbles, as well as tips and techniques for the all important turkey, this is a must for anyone taking the helm in the kitchen this Christmas. Our chef's will guide you through a feast of festive recipes, equipping you with the confidence to create a wonderful family meal on Christmas Day or entertain guests at a dinner party over the festive season.

# CHILDRENS COURSES

## **Junior Gourmet (8-12)** - *Wed 26<sup>th</sup> July, Thurs 24<sup>th</sup> August, Wed 25<sup>th</sup> October - £59.00*

We know that some of you would love to get your young ones into the kitchen, so why not bring them along to one of our 'Junior Gourmet' workshops. We're passionate about introducing real food and real cooking to educate and inspire the younger generation and that's why we've specially designed this course for them. They'll be taken on culinary journey from their own, fully equipped workstation and own ingredients to produce a two course meal focusing on a healthy and balanced diet. Our young chefs will eat some of their creations in class and take some of their culinary delights home to share with the rest of the family. They will also receive a recipe booklet so dishes can be easily replicated at home.

## **Teenage Gourmet (13-17)** - *Thurs 27<sup>th</sup> July, Fri 25<sup>th</sup> August, Thurs 26<sup>th</sup> October - £59.00*

We know that some of you would love to get your young ones into the kitchen, so why not bring them along to one of our 'Teenage Gourmet' workshops. We're passionate about introducing real food and real cooking to educate and inspire the younger generation and that's why we've specially designed this course for them. They'll be taken on culinary journey from their own, fully equipped workstation and own ingredients to produce a two course meal focusing on a healthy and balanced diet. Our young chefs will eat some of their creations in class and take some of their culinary delights home to share with the rest of the family. They will also receive a recipe booklet so dishes can be easily replicated at home.

## **Baking Gourmet (8-13)** – *Tue 29<sup>th</sup> August, Fri 27<sup>th</sup> October - £59.00*

We know that some of you would love to get your young ones into the kitchen, so why not bring them along to one of our 'Baking Gourmet' workshops. They will be introduced to a selection delicious baked treats. Featuring both simple and intricate baking techniques. This hands-on baking workshop is the perfect introduction to the world of baking. Our young chefs will eat some of their creations in class and take some of their baked delights home to share with the rest of the family. They will also receive a recipe booklet so dishes can be easily replicated at home.

## **Cooking with Your Family (8-16 years)** - *Sat 26<sup>th</sup> August, Sat 28<sup>th</sup> October, Sat 16<sup>th</sup> December - £160.00*

This fun and an enlightening day of cookery is ideal for a half term activity, as we know that some of you would love to get your kids into the kitchen! So why not spend some quality time together with your favourite youngster learning to cook some delicious treats and family favourites. You are guaranteed to leave with new tricks to replicate in your own kitchen!

## **Off to Uni: an Introduction to Cookery – Wed 23<sup>rd</sup> August**

Our Off to Uni class provides the perfect introduction to cookery for school leavers. We're on hand to inspire them to think about where their food comes from, budgeting and getting them hands-on creating their own dishes with delicious, affordable ingredients.

Beginning with an introduction, we will explain why cooking for yourself is so important and arm them with the skills they need to cook for themselves. Setting them on course for a lifetime of good ingredients and homemade meals.

## **HALF DAY COURSES**

### **From 10.00am to 1.30pm**

#### **Pasta, Risotto & Gnocchi – Sat 8<sup>th</sup> July, Fri 10<sup>th</sup> November - £95.00**

Enjoy a half day discovering the staples of Italian cooking. We will create light and fluffy gnocchi that you will fall in love with, master perfect pasta dough and create a mouth watering risotto. At the end of the course you will be able to confidently replicate the dishes and techniques you have learned at home, giving you a foundation of core Italian cookery skills from which you can build a range of further dishes.

#### **Gluten Free Cookery – Fri 15<sup>th</sup> Sept, Fri 3<sup>rd</sup> Nov - £95.00**

Whether you are a coeliac or just prefer to live a gluten free lifestyle, we'll prove to you that you can cook gluten free food that is easy to make, nutritious and above all, delicious.

Our half-day gluten free cookery course is a perfect introduction to gluten-free recipes. With a combination of hands-on cookery and demonstrations, we will teach you about gluten-free flours and healthy alternatives for food intolerances, and leave you inspired to create your own delicious free-from bread, cakes and other dishes at home.

#### **Afternoon Tea - Sun 16<sup>th</sup> July, Fri 22<sup>nd</sup> September, Sat 9<sup>th</sup> December - £95.00**

Our Afternoon Tea course is essential for those who wish to master baking and pastry making. You will produce your own seasonal afternoon tea of delights such as biscuits, cakes and scones. Our team will guide you through a number of delicious recipes to ensure that you are the envy of your friends. At the end of the day, you will have plenty of treats to take away, so that others can enjoy your new found skills.

#### **Perfect Pizza Making – Fri 21<sup>st</sup> July - £75.00**

Learn how to make authentic Italian pizza at home, using simple ingredients and easy techniques. We'll show you how to make, knead and shape your own sourdough pizza from scratch. You'll also create your own sauce and delicious toppings. Once your pizza is cooked, you can dig in! Enjoy the pools of melted mozzarella and satisfyingly chewy crust!

### **Quick & Simple Suppers – Sat 22<sup>nd</sup> July - £95.00**

Start the clock as we show you how to create delicious home cooked meals that can each be prepared quickly. Our chefs will share their tips and time-saving tricks to make it easy to plan and prepare a week's worth of cooking in advance. We will cover techniques, which will save time and improve your kitchen skills and cook a variety of delicious, quick dishes.

### **Flavours of Morocco – Sat 29<sup>th</sup> July - £95.00**

Nothing says 'exotic' like Moroccan cuisine. With some of the most colourful and flavoursome dishes you can imagine. We'll show you how to master the vibrancy of Moroccan cuisine in this tantalising hands-on class.

Our Chefs will ensure you have all the skills to be able to recreate everything you create with flair. With all the colours and complex flavours at the table, you're guaranteed to impress!

### **Mediterranean – Sun 6<sup>th</sup> August - £95.00**

Take this exciting food journey to explore the rich flavours, spices and cookery from Spain, Greece and beyond. Our chefs are on hand to guide you through a number of colourful and flavoursome dishes. These exciting and subtle foods are simply wonderful and you can cook them again and again at home as they are as simple to prepare and make as they are delicious.

### **Perfect Steak – Sun 13<sup>th</sup> August - £95.00**

A well-prepared steak is one of life's great pleasures! This course aims to teach all steak lovers how to cook the perfect steak for their tastes. Our chefs will guide you through every step of cooking a steak - from choosing the right cut, preparing, cooking, and assembling. We'll also teach you how to make a variety of sauces, such as Béarnaise, to the modern favourite; chimichurri. With a mixture of demonstrations and hands-on cookery, you'll discover how to cook the perfect steak every time!

### **Macaron Masterclass – Sun 20<sup>th</sup> August, Fri 13<sup>th</sup> October, Sat 2<sup>nd</sup> December - £75.00 (11am to 1.30pm)**

Come and learn the secrets of making dainty and moreish macarons. This hands-on session will help you perfect macaron shells, crunchy on the outside and soft inside and a variety of fillings every time. You will leave the course with a box full of the macarons you've made. If you love baking and dream about making the perfect macarons, you will definitely want to attend!

### **Scrumptious Soufflés – Sun 3<sup>rd</sup> September - £75.00**

Soufflés never fail to impress, and this class will ensure perfect results every time. We will teach you to make a classic panade based soufflé, quick and easy meringue-based soufflés that can be baked from frozen as well as twice baked soufflés that can be made the day before and reheated. You will leave feeling confident that you can whip up a soufflé in minutes using just store cupboard ingredients.

### **Flavours of the Middle East – Fri 8<sup>th</sup> September - £95.00**

Fresh and colourful Middle Eastern food is full with soft spices and fragrant aromas. You will explore various cuisines as you produce an array of dishes using signature ingredients. Under the guidance of our chefs you will learn to cook a delicious menu. The dishes you'll cook have been carefully designed to be easily replicated at home, so that you can regularly infuse your evening routine with the distinctive flavours of one of the most exciting cuisines of the moment.

### **Edible Christmas Gift – Fri 24<sup>th</sup> November - £95.00**

Creating your own homemade hamper is a great way to add a personal touch to any gift. Come and enjoy an inspiring festive day of cooking a range of delicious goodies to create your very own hamper. We'll take you through lots of skills from preserving to chocolate making and give you loads of ideas for packaging and presentation. You'll leave this course with the knowledge to give your own hampers a magical feel.

### **Knife Skills – Fri 8<sup>th</sup> December - £95.00**

Being a good cook involves many skills but for us learning how to use a knife properly is essential. Well-honed knife skills reduce time and waste in the kitchen and produce more attractive dishes with improved texture and style. Learn to chop, slice and dice like a pro in this knife skills workshop. Focusing on vegetable and fruit preparation you will learn to use the correct knife with confidence. So, if you want to save time in the kitchen and perfect your julienne, batons and chiffonade, this is the class for you.

## **ROSEMARY'S DAY COURSES**

### **Bakes, Cakes & Puddings - Fri 29<sup>th</sup> September - £245.00**

Following Rosemary's popular book "Bakes, Cakes & Puddings" You can now come and learn first hand how to create these amazing recipes. With a few perfect recipes in your repertoire, you can master any dish and create many more. Rosemary Shrager's Bakes, Cakes & Puddings day course makes it easy to understand and cook classic tried-and-tested recipes perfectly every time. From rye sourdough bread and ginger biscuits to fig, honey & walnut tarts and classic black forest gateau, Rosemary will guide you effortlessly through every step of the way, and in no time you'll have the confidence to create perfect sweet and savoury treats for every occasion.

### **British Classics - Sat 30<sup>th</sup> September - £245.00**

With Rosemary's gutsy, straightforward and traditional approach to cooking, Rosemary Shrager will showcase a variety of her favourite classic British dishes over one day. Packed with reassuringly humble recipes, made from staple ingredients that are simple, affordable and perfect for family cooking. She will charm and cajole you as she teaches, demonstrates and enthuses about great British cookery.



## **The Real Taste of India with Rosemary & Romy Gill - Sun 15th October - £245.00**

During her time filming 'The Real Marigold Hotel' for BBC, Rosemary Shrager found herself drawn to the spiritual life of India, one of calmness and acceptance. Rosemary will share her recipes on how food and culture contribute to the healing power of India. Rosemary will be joined on this journey by the talented, Indian chef Romy Gill. Romy is one of the few female Indian chef/owners in the UK, having opened Romy's Kitchen Restaurant in September 2013 in Thornbury, Bristol. If you adore spices and complex flavours, then this is the course for you. At the end you can be confident you will be cooking delicious and authentic Indian dishes that truly reflect the spirit of this fascinating country.

## **French Classics - Sat 21st October - £245.00**

Be inspired by Rosemary's love of French cuisine and learn the skills needed to create a selection of delectable sweet and savoury French Classics, ideal for a dinner party. Be prepared to roll up your sleeves with Rosemary at the beginning of the day to make classic French bread, after which she will show you how to make a delicious main course, followed by a beautiful dessert. Rosemary's course is ideal for food lovers who want to explore fine French cooking. Discover skills of balancing flavour, learn essential classic cooking techniques to dazzle family and friends, and most importantly, have fun while creating your dishes. After all your hard work, you'll sit down with your fellow students to enjoy everything you have made, along with a well deserved glass of wine!

## **Christmas with Rosemary – Sun 19th November, Sun 10th December - £245.00**

Rosemary is famous for her Christmas television programs. Join her as she shows you her festive favourites, an alternative to the traditional Christmas. Rosemary will share her tips for a perfect festive dinner that will impress your guests with presentation, flavour and timing. We'll look at every stage focusing on key ingredients and preparation techniques that allow you more time entertaining rather than spending your time in the kitchen - with minimal effort and maximum effect! The course provides students with a delicious cooking repertoire, everything you need for a stress free Christmas.

# **ROSEMARY'S WEEKEND COURSES**

## **AFP French & Italian Weekend - Sat 4th & Sun 5th November - £395.00**

Rosemary's innate love of French and Italian cuisine is unquestionable. So if you seriously love great food, or you're fascinated by France and Italy and their diverse culinary styles... then join us on this journey. You will be exploring dishes that reflect both the diverse geography and culture of two much loved nation's cuisines. You will be able to confidently replicate the dishes and techniques you have learned at home, giving you a foundation of core French & Italian cookery skills from which you can build a range of further dishes.

## **AFP British Dishes Weekend - Sat 27<sup>th</sup> & Sun 28<sup>th</sup> January 2018**

- £395.00

With Rosemary's gutsy, straightforward and traditional approach to cooking, Rosemary Shrager will showcase a variety of her favourite classic British dishes over one weekend. Packed with reassuringly humble recipes, made from staple ingredients that are simple, affordable and perfect for family cooking. She will charm and cajole you as she teaches, demonstrates and enthuses about great British cookery.

## **CHEF'S TABLE**

A dining experience with a difference: sit back, relax and watch the magic happen as Executive Chef Iain More prepares a wonderful tasting menu in front of your eyes. You will be greeted with a glass of sparkling wine on arrival, and then Iain will dazzle you with entertaining demonstrations and delicious dishes, while answering your questions. Our seasonal tasting menu changes every week.

Cost: £65.00 Time: 7.30pm - 10.30pm

Please see our website for dates – [www.rosemaryshrager.com](http://www.rosemaryshrager.com)

### **Allergies and Intolerances**

We are happy to make adjustments where possible. Some classes are however unsuitable for people with particular intolerances – where the menu would need to be completely different. We require 7 days' notice in order to properly check the class and adjust the order accordingly.