

BEGINNERS KITCHEN SURVIVAL

This synopsis gives a basic overview of what takes place each lesson. Please phone or email for more detailed info. Lessons can be tailor-made to suit dietary or religious requirements.

LESSON 1

Metrication and correct measuring techniques. Wholewheat bread and variations using yeast. Omelettes and fillings. Cream of vegetable soup and variations.

LESSON 2

Preparation of vegetables and correct cooking methods including steamed, grilled, roasted and stir-fried vegetables. Sauces including white sauce and variations as well as pasta.

LESSON 3

Cooking methods applied to red meat. Roast meat and accompaniments including rice and roast potatoes, pot-roasting and frying the perfect steak are demonstrated. Different meat cuts are discussed. Students prepare one of a variety of delicious stews or casseroles.

LESSON 4

Students learn the preparation and versatility of mince, and prepare one of a selection of delicious mince dishes. Perfect homemade hamburgers and potato wedges are demonstrated.

LESSON 5

Students prepare a chicken casserole or roast chicken. Roasted and potroasted chicken with sauces are demonstrated, as well as the correct cooking methods for filleted chicken breasts.

LESSON 6

This lesson covers the techniques and cooking methods applied to fish. Students prepare a fish bake.

LESSON 7

Learn to make a selection of hot and cold desserts. Baking of muffins and scones as well as a pavlova are demonstrated.

LESSON 8

Quiches with homemade pastry and pizza dough are prepared in the final lesson. Pasta and sauces plus a variety of unusual salads are prepared.