

## **Cookery school programme:**

### **Module 1**

Starters, the basics:

1. stocks – white and brown
2. bread – variations on a standard formula
3. fresh soups
4. salads with a difference, including vinaigrette and citronette dressings

This module will provide the basis for preparing delightful starters and seasonal light lunches and suppers, ideal for your family and entertaining without fuss.

### **Module 2**

Cooking with meat:

1. choosing the meat and the cut – prime and secondary
2. cooking techniques – primary and secondary cuts
3. sauces – using stocks prepared in module 1
4. potatoes and vegetables.

In this module you will learn to be confident in buying and cooking expensive, prime cuts of meat and serving them to perfection and turning less expensive, secondary cuts of meat into dishes that are truly memorable. This module will provide you with the skills and confidence necessary to serve meat dishes that will delight family and friends.

### **Module 3**

Cooking with fish:

1. selecting and preparing the fish and shellfish
2. cooking techniques
3. pasta and risotto – the basis for a variety of seafood dishes.

In this module you will learn how to choose and prepare fish for different dishes – for simple pan frying or as part of a more complex dish. You will learn how to make and prepare simple cuts of pasta and risottos to create a diversity of fish and shellfish dishes.

### **Module 4**

The fundamentals of desserts:

1. pastries, creams and custards
2. puddings and tarts
3. fruits – alone or as a complement to desserts
4. ice creams and sorbets.

This module commences with preparation of the basic materials which form the foundation for all desserts and builds on this to enable you to prepare a wide variety of desserts that will delight guests. You will learn how, without an ice cream machine you can prepare delicious iced parfais.

### **Module 5**

The preparation and use of sauces:

1. types of sauces, when to use and selecting the most appropriate
2. mayonnaise and its variants

3. hollandaise and other warm butter sauces
4. flourless velouté sauces
5. unthickened gravy from (jus gras)
6. red wine sauce reductions

### **Wines for occasions**

At the end of each module you will be advised on the selection of wines to match the dishes prepared and covered in the module. These sessions will include the principles governing the matching of wine with food and will conclude with sample tasting of wines with selected dishes prepared in the module.