



COOK BAKE CREATE

UNIVERSITY STUDENT SURVIVAL

Workshops start at £100 per student per session (4 hours)

Minimum 4 students

This cooking class is tailor made to their likes and dislikes. If you are a real beginner or more experienced cook, we will give you the confidence to cook quick easy simple favourites, as well as try new dishes.

Our classes can take place in our Hampshire kitchen or we can travel to your families kitchen or school.

You will be given a recipe folder full of useful information, as well as a wide range of recipes to use again and again whilst at university.

Why not get a group of your friends together for a send off party before departing on your new university adventure!

Course Outline

Essential equipment

Basic food hygiene and safety.

Sensible food shopping and budgeting.

Store cupboard essentials.

Great tips for preparing the basics, for example, bolognese, curry, chilli, flatbread, fajita etc

Cook 4 meals to take away for you to enjoy.

You will cook your own lunch as part of the course.

Venues outside a 20 mile radius of our Hampshire kitchen will incur a 45 pence per mile additional travel cost.

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