

## Jamie's Ministry of Food eight-week cooking course

| Week            | Learn about...                                  | Cook...   |
|-----------------|---|---|
| 1: Introduction | The balanced plate.                             | Poached eggs, omelettes and one-cup pancakes.   |
| 2: Chicken      | The five food groups and knife skills.          | Chicken breast with crispy posh ham and lemony green beans, or chicken fajitas with homemade guacamole and salsa. |
| 3: Soup         | Understanding salt and reading labels.          | Soup: tomato, lentil and spinach, pea and mint, superb squash or minestrone.<br>Soda bread demonstration.         |
| 4: Meat         | Saturated fat and protein.                      | Meatballs and pasta, or a cracking burger with Caesar on the lighter side.  |
| 5: Fish         | The difference between good and bad fats.       | Spicy Moroccan stewed fish, or teriyaki-glazed salmon.  |
| 6: Veggie       | 'Five a day' and the importance of wholegrains. | Vegetable chilli with light and fluffy rice, or tomato and basil / pea and herb risotto.                          |
| 7: Pizza        | Portion sizes.                                  | Basic pizza dough with tomato sauce.<br>Tomato evolution salad with jam jar dressing demonstration.               |
| 8: Treat Week   | Understanding sugar.                            | Homemade scones with fruit compote, or best ever fruit crumble.   |

### Course details

The whole course costs just £56, which includes the necessary ingredients and equipment to make fantastic dishes each week.

So, what's holding you back? We'd love to cook with you.

Book your place online at [innchurches.co.uk/cooking](http://innchurches.co.uk/cooking), or call us on 07712 659231 or 01274 995010.

Alternatively, drop in and see us at The Storehouse Café (116 Caledonia Street, Bradford, BD4 7BQ, around ten minutes' walk from the city centre), open 10am-3pm Tuesday to Thursday.

## KEEPING COOKING SKILLS ALIVE

Social media



@icooking

Cooking @ The Storehouse

The Storehouse, 116 Caledonia Street, Bradford, BD4 7BQ

[cooking@innchurches.co.uk](mailto:cooking@innchurches.co.uk)

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