



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. 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. 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.

We can run the course at Jude's Urban Kitchen, our venue at the 'top of town', or if you've got a whole group wanting to cook we can come to your venue.

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

Book your place online at innchurches.co.uk/cooking, or call us on 07712 659231 or 01274 995010.

KEEPING COOKING SKILLS ALIVE

Social media



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Venue

Jude's Urban Kitchen
22 Rawson Road
Bradford, BD1 3SQ

Office

The Storehouse
116 Caledonia Street
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