



## Adult Cooking Classes

### "Spice Up Your Life"

Program: We explore a range of herbs and spices and learn some simple and creative ways to use them. You'll get your hands dirty and learn to use various herbs & spices to add pizzazz and flair to your cooking!

#### Outline:

- welcome drinks, introductions
- demonstration of two simple, yet impressive and versatile recipes that use herbs and spices – *gremolata* and *dukkah*
- spice rubs- participants will explore the world of spices and have the opportunity to create their own individual spice rub to take home and use on your favourite meat or seafood
- super herb starters – participants learn to make two brilliant but stress free starters that highlight fresh herbs – *herbed mushroom & goats curd bruschetta* and *creamy herb & walnut log*
- tastings and reflection

### "Rustic Italian Dinner Party"

Program: You'll be mentored through the preparation of a simple yet impressive and delicious 3 course Italian Dinner Party Menu. The menu is designed to be rustic and stress free but still look, smell and taste fabulous! Bellissimo!

#### Outline:

- welcome drinks, introductions
- starter – *classic minestrone soup*
- main – *homemade pizza (including pizza dough) with gourmet salad*
- dessert – *Italian style trifle*
- tastings and reflection

### "Let's Do Dough"

Program: Get your hands dirty and your arms active as you knead, proof and knock your way through some basic breadmaking skills. With one simple dough you'll learn to turn out pizza bases, scrolls and foccacia. Yum!

#### Outline:

- welcome drinks, introductions
- demonstration of quick bread recipe – *applicable to pizza bases & various bread styles*
- create your own bread dough – *participants make their own dough following a series of simple steps*
- demonstration of bread style techniques – *from pizza bases, to rolls, scrolls and foccacia*

\*classes run for 3 hours and include tuition, all ingredients, welcome drinks & nibbles, tastings and take home samples

\*classes are \$65 per person – minimum of 6 participants

\*personalized classes are available to meet your needs and interests so please feel free to contact us to discuss your ideas



- create your own bread – *participants will use their bread dough to make their own personal creations and experiment using various techniques*
- tastings and reflection

## “Weeknight Dinners”

Program: Learn to prepare a couple of quick weeknight dinners that will appeal to the whole family. They are nutritious, budget friendly, simple, taste great and use widely available ingredients! Go home armed with some new ideas to add to your meal rotation. Choose 2 recipes from the menu below.

### Outline:

- welcome drinks, introductions
- recipe options
  - *individual egg & bacon pies*
  - *quick ricotta & bacon ravioli with creamy sundried tomato sauce*
  - *chicken, bacon & mushroom hotpot*
  - *sausage & veggie one pot roast*
  - *bacon, corn & zucchini fritters*
  - *parmesan & herb meatballs in homemade tomato sauce*
  - *Mexican chicken baked wraps*

- tastings and reflection

NB: some recipe combinations may not be possible due to timing restraints

## “Sweet Treats”

Program: Spend some time mixing, sifting, whisking, tasting and baking up a few sweet treats to add to your repertoire. At Sweetpea Cuisine we love a nod to the old fashioned classics so pick a couple and let's get to it!

### Outline:

- welcome drinks, introductions
- recipe options
  - *vanilla bean cupcake creations (make them, then decorate them)*
  - *the best chocolate walnut fudge brownies*
  - *white chocolate & berry blondies*
  - *pistachio, white choc & cranberry cookies*
  - *raspberry filled melting moments*
  - *choux pastry éclairs*
  - *and many more so feel free to ask for something you fancy!*

- tastings and reflection

NB: some recipe combinations may not be possible due to timing restraints

## “Spanish Tapas”

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**Program:** Transport yourself to the Mediterranean with this menu of little sharing plates that's perfect for some casual drinks with friends or as part of a bigger banquet. You're sure to impress with these fantastic recipes full of flavour and loaded with wow factor.

### Outline:

- welcome drinks, introductions
- explanation of four Spanish tapas recipes - *lamb meatballs, stuffed peppers, chorizo with mushrooms, patatas bravas*
- create your tapas menu with support, tips and encouragement
- tastings and reflection

## "Impressive Indian Dinner Party"

**Program:** Create a brilliant 3 course Indian dinner party menu with support and encouragement every step of the way. Explore the famous Indian spices and flavours and dish up something a Bollywood star would be proud of!

### Outline:

- welcome drinks, introductions
- starter – *vegetarian samosa with quick mango chutney*
- main – *spiced lamb backstrap with rice pilaf and yoghurt raita*
- dessert – *tropical fruit with rosewater syrup, mint yoghurt and almonds*
- tastings and reflection

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