

Themed workshops

1

WASTE NOT, WANT NOT

...in the kitchen (and beyond!)

Does it eat away at your conscience when you throw stuff away? Well, with a bit of planning, and the help of our tips and tricks, there'll be no need. We'll help you save money, and the planet too. Win win!

In this workshop, you'll learn how to:

- Plan meals effectively (nothing too exaggerated!)
- Make better use of ingredients (so many valuable bits get thrown away!),
- Convert leftovers into new and inspiring dishes
- Store food in the most optimal way
- Conserve food: the fundamentals of pickling, fermenting, etc.

2

IT'S ALL ABOUT BALANCE, BABY!

Do your dishes come out a bit bland and dull? You don't know what to do you're your dishes end up too spicy, salty or sweet? Wanna add some spice to your life?

In this workshop, we'll show you how to bring more contrast and balance in your dishes. How? We'll play with textures, temperatures, colours, shapes and sizes, all of which help create that interesting contrast you're looking for.

Is something too hot, sweet or sour? We'll fix it! No need to throw anything away.

We'll also introduce you into the magical world of herbs, spices, condiments and pastes: when to use what, how much, how to combine them, and in which cuisines. But, most of all, we'll teach you how to experiment and have fun with them.

3

YOU FEEL WEALTHY IF YOU'RE HEALTHY!

And it doesn't need to be boring!

What does "healthy" really mean, for me and for the planet? How can I reduce my meat and fish consumption? What about more veggie or even vegan days? Need some more ideas?

- * Meat and fish lover? No worries, in this workshop, we'll show you how to enjoy them, but using less and better quality
- * Wanna introduce more veggie days, but lacking a bit of inspiration? We'll show you how to make them more interesting by preparing your veg in a million different ways and introduce you to the wonderful world of seeds, nuts and dried fruits!
- * Don't know where to start when it comes to going vegan? Scared it'll be boring? Once you learned our tricks, these fears will dissolve like the morning mist burnt away by the rising sun.

** If you prefer just to focus on just vegetarian or vegan, let me know!

4

LET'S COOK THE WORLD!!

Adding dishes from the world's different cuisines to your culinary repertoire can add much-needed variety to your recipe roster. You might be familiar with some, but adding some more to your culinary arsenal can lead to more inspiration and tasty results.

We'll look at the main ingredients of several of leading cuisines. What do they taste like? What texture do they have? How do they transform whilst cooking? How can you combine them with other ingredients?

There's also no need to purchase an entire a whole larder full of special ingredients. We'll cover the most useful ones and also teach you some techniques (typical of different cuisines), so you can start experimenting. And—who knows?—maybe you'll be up for a bit of fusion cuisine, too?

I** f you prefer to focus on just one specific cuisine (Thai, Mexican, Middle Eastern etc.), we can make that happen, too!

5

WINTER IS COMING! AND AUTUMN IS HERE

When it comes to cooking, the seasons are your best friend. Seasonal ingredients taste so much better, are cheaper and much healthier for your body and the planet.

When you get your weekly basket with seasonal veg delivered, do you stare at a pile of knobby root vegetables without a clue what to do with them?

Never fear! We're here to provide a helping hand to turn those weird-looking wintry ingredients into succulent meals that will have their diners demanding more!

What to expect? Great ideas for warming soups, scrummy stews, creamy curries, wonderful warm drinks and even bountiful breakfasts. Just what your body is craving on a chilly autumn or winter's day.

6

HERE COMES THE SUN!

Everything is springing and sprouting up. As the days get longer and warmer and the green shoots start appearing, your mind turns to new, fresher dishes to delight your just-out-of-hibernation palate.

Indeed, why not even go out and do a bit of foraging and make something with what you find (even if it's just a tiny sprig of rosemary). Use the outdoors as a source of inspiration?

This workshop will help you make the most of spring and summer in your culinary creations using fresh herbs and flowers and creating refreshing light dishes such as cold soups, dips, carpaccios, spring rolls, shakes and drinks interesting and different salads, picnic ideas, and much more!



Intuitive Cooking presents

Themed workshops



7

TIME IS MONEY...

even for those who love their food!

Want to enjoy tasty and healthy food, but reluctant (or no time) to spend hours slaving over a hot stove? On your own and feel the same?

This workshop is all about efficiency and time-saving tricks in the kitchen: quick and easy recipes with seasonal ingredients, “cooking for one” ideas, batch cooking and much more! We’ll show you how a little planning and preparation can work miracles.

8

PRIVATE LUNCH/DINNER IN YOUR OWN HOME

Wanna invite your family or friends for some tasty and delicious food in the comfort of your own home without the stress of cooking? All you have to do relax and enjoy!

We’ll come and cook, serve and wash up for you!

Price: Amuse-gueules + three course menu 50 euros (excluding drinks)



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PRACTICAL INFO

Minimum number of participants: 8 (7 + host, host eats for free!)

Duration: 3 – 3½ hours

Price: 50 euros, including a glass of wine

What to expect: We’ll kick off with some small example dishes and a snifter of wine to get you going. Then, we’ll move on to a culinary brainstorming; after that you’ll have the opportunity to taste some more example dishes and, for the last hour, you’ll have the chance to experiment. We finish off savouring our culinary marvels.

Wanna host a workshop in your very home and invite friends and family? Let us know which date suits best and which theme you’re interested in.

Simply wanna join a workshop? Let us know which themes you’re interested in we’ll try to fit you in somewhere!

And, if you want us to look for a special venue (e.g. for a team-building event), just let us know. We’ll work something out!

All the workshops are inspired by the book *Intuitive Cooking*, available for purchase (35€)!



CONTACT DETAILS

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