

# lesley waters cookery school at abbots hill

## **COURSE DESCRIPTIONS**

### **Domestic Divas - Hands On**

Learn to cook stylish and contemporary food. Simple, achievable dishes for spontaneous entertaining or impressive dinner parties. This sexy food will fit in with your busy lifestyle and the stunning but effortless dishes, will leave time for you to entertain and impress your guests, like a true diva.

### **Ready Steady Cook - Demo Day**

Ever wondered what it's really like to be a chef on R S C? Get behind the scenes with Lesley on this fun packed day of reminiscing and watch her recreating some of her favourite 20 minute feasts.

### **Can't Cookery School - Hands On**

If you have ever felt terrified in the kitchen then this day is perfect for you. Be guided and inspired by Lesley to cook a range of simple yet fabulous and fool proof dishes. This course will give you confidence by showing you all the basic skills needed in the kitchen. No foodies allowed.

### **By the Sea 1 and 2 - Hands On**

For a 'hands on' experience that is second to none come and join Lesley for a fish and shellfish course. You will spend a fascinating day learning how to buy, prepare and cook a feast of fish. More unusual and sustainable varieties such as, gurnard, sea bream and mullet will be featured weather permitting.

### **Spring/Summer Kitchen - Hands On**

An exclusive opportunity to spend the day with Lesley in the kitchen, cooking with her favourite seasonal local produce, before sitting down to an intimate lunch to enjoy the fruits of your labour. A relaxed and sociable day, perfect for anyone who simply loves good food.

### **Men Only! - Hands On**

The perfect present for the man who has everything. Relax and watch Lesley demonstrate her favourite dishes and then it's into the kitchen to prepare them yourself. During the day our wine expert will guide you through the perfect wines to match the dishes you have prepared.

### **Modern British - Demo Day.**

Sit back and relax while Lesley inspires you with an array of modern British food. You will pick up great ideas and numerous hints and tips to inspire you in the kitchen. All demos are followed by a grand tasting and time to chat to Lesley.

### **Rustic Kitchen - Hands On**

On her travels Lesley has been inspired by the rustic provincial cooking of SW France and the Mediterranean. Let her share her modern twist on this gutsy style of cooking. No coulis, froths, foams or towers allowed. Just fabulous food.

# lesley waters cookery school at abbots hill

## **Bread and Baking - Hands On**

There is nothing like a handmade loaf or the smell of fresh baking to conjure up nostalgic memories. Lesley will show you how easy and rewarding it is to incorporate baking into every day. She will also cover her favourite, instant chutneys and jams. Be inspired by her modern approach to this traditional craft.

## **Cooler than Chillies 1 and 2 - Hands On**

This course will reflect Lesley's passion for Thai food and all things spicy. Guest Chef and Thai food guru, Josie will be cooking alongside Lesley creating authentic Thai dishes that will take your taste buds to another dimension. Fresh, zingy and aromatic dishes that reflect a true taste of Thailand.

## **Broader than Beans 1 and 2 - Hands On**

Vegetarian or not, Broader than Beans is the modern approach. An explosion of flavours and combinations, this course will show you how to lay the foundations for modern vegetarian food. This is a truly inspirational take on cooking and eating without meat and fish.

## **The Sauce - Hands On**

Get saucy and learn the secrets and techniques behind superb sauces that will elevate your dishes to a new dimension. The day begins with simple stocks and marinades and will move on to butter sauces, warm dressings, reductions and pan sauces, pistous, pestos and rouilles. Finish with unusual dessert sauces to complete your repertoire.

## **Special Food and Wine Tasting – Evening Demo**

Spend an evening at Abbot's Hill. Join Lesley and the school wine expert for this very special evening, celebrating your passion for food and wine. Sit back with a glass of fizz and watch Lesley demonstrate a range of stylish dishes and then its noses and taste buds at the ready to taste some beautiful wines to accompany the food.

## **Healthy Glow - Demo Day**

This fantastic one day demo will really lift your spirits. How many mornings have you woken up and promised yourself today is the day that you are going to eat more healthily and work on some new diet wonder plan.

Healthy Glow will show you how easy it is to return to a healthy lifestyle or to begin and remove the barriers that get in our way. It's about making changes that easily become part of your everyday life. With simple non preachy guidance, there's nothing stopping you from moving forward. Burst out of the rut and be that person you want to be.

Lesley is passionate about healthy, tasty food and exercise and this demo will show you some simple recipes that will get maximum nutrition back into your life. After a delicious food tasting our skincare expert will show you how to make your skin glow and your eyes shine using some well-known superfoods. End the day with a gentle session of core stability techniques and stretching and return home rejuvenated and ready to go.

# lesley waters cookery school at abbots hill

## **Gold Medal Master Class - Hands On**

Let's support our British Olympic athletes this summer and celebrate our contemporary British food heroes. Lesley's passion for locally produced British produce will inspire you to create some stunning, gold medal winning dishes. Without putting you under too much pressure Lesley will guide you through her favourite contemporary British dishes and then it's over to you to have a go yourself. Medals will be awarded to the best students at the end of the day.

See if you too can win GOLD!

## **Costs and Timings**

**DEMONSTRATION WORKSHOPS** start at 11am and finish at 2.30pm. Price includes food tastings, a glass of fizz and a full recipe pack - £130 per person. Max 20 places.

**HANDS ON DAYS** start at 10.30am and finish at 4pm. Price includes all food, lunch and a full recipe pack - £285 per person. Max 12 places. Suitable for all abilities. Exception: Can't Cookery School is for beginners/those lacking confidence in the kitchen.

### **SPECIAL WINE AND DINE EVENING**

Starts at 7pm and finishes at around 9.30/10pm. Price includes all food and wine, a glass of fizz and a recipe pack - £75 per person. Max 16 places.

**CANCELLATION POLICY** Bookings can be transferred to another date but will be subject to a £10 rebooking fee. Should you wish to cancel within 14-28 days of your course date, 50% of your fee will be forfeited. If you cancel less than 14 days before your course date, the full fee will be forfeited. This policy also applies to bookings made using a gift voucher and will be applied upon re-booking.

We reserve the right to cancel and change dates as necessary.