

# **COOKING WITH CHEF MARK GETTING DOWN TO BASICS. TAKING THE MYTHS OUT OF COOKING.**

## **SERIES ONE**

### **Week 1**

Flavours, spices, herbs, vinegars, oils, Flavours of the East to West. Learn the knowledge of all of these and be able to work out what do with that stuff in the cupboard!!

### **Week 2**

Soups and Stocks

Take the mystery out of how easy and quick it is making beautiful soups/stock. You will learn basic recipe for Pureed, Broths and Tomato Soups from this you will be able to gain the knowledge needed to come up with your own flavours.

### **Week 3**

Salads Dressings and vegetables

What can I do with that what is that!!

Learn to combine flavours Textures to be able to make interesting quick and healthy salad and vegetable mixes.

Learn the basic recipe of quick dressings, mayonnaises

**SERIES TWO** will take you on a journey using your knowledge of series one you will learn marinades to bbqs to braises/casseroles to seafood's

**When: Saturday 31/7/10 @ 4.30 for 3hours with Chef Mark cost \$50 per week**

**Free tea & coffee - cheese plater – bar will be open – capped at 15 people per session. Once committed, must attend!**

**Payment required two weeks prior to lesion.**

**Great opportunity for the Fella's to learn a nice dish for their women...Contact  
Pedro 0418 378 433 or [pedro.leitao@optusnet.com.au](mailto:pedro.leitao@optusnet.com.au)**