

Nick's Cooking Classes

Presented by

Nick Eady (lcgi)

Executive Chef – The Glen Group

Every second Saturday morning

Duration – 10 x 3 hour sessions

Saturday (9.30am – 12.30 p.m.)

Contact Nick on 43659700 / 0414721357

Overview

Over the course of ten 3 hour sessions I will attempt (!) to cover the following elements of cuisine :-

1. Basic food hygiene (a must for all !!)
2. Kitchen safety
3. Knife selection & skills
4. Food preparation
5. Timing of dishes
6. Basic & advanced cooking methods
7. Ingredient quality
8. Menu creation / dish selection
9. Food presentation
10. A little nutrition
11. International cooking

Together, we will prepare both the very basic dishes as well as mouthwatering dishes from around the globe such as :-

Chicken a la king
Thai style beef salad
Poached salmon with hollandaise
Chicken & avocado Crepes
Fettuccini marinara
Kangaroo fillet with garlic sweet potato mash & cranberry jus

We will cover hors d'oeuvres, entrees, main courses and desserts.
All participants will be given the opportunity to prepare meals individually.

Classes will be held on an informal basis and will be kept to a maximum of 10 participants enabling you to socialize in a friendly group .

At the end of the course you will be invited to have your newly acquired skills tested !

Your Cooking Presenter

- 37 years old, born and educated in the United Kingdom.
- Enjoys well prepared & presented modern and traditional cuisine.
- Over 20 years experience in the hospitality industry (Restaurant, 5* hotel, hospital and aged care).
- Experienced in a la carte, table d'hote and cook-chill.
- Fully qualified chef to City & Guilds of London Institute standards.
- Holds management licentiateship with City & Guilds of London Institute.
- Formally qualified manager to diploma level (Australian Accredited Standards).
- Thorough knowledge of food safety - qualified to develop & implement food safety programs.
- Qualifications and sound knowledge of food nutrition and therapeutic diet cookery.
- Senior first aid qualifications

Schedule of fees

\$90.00 tool kit
(payable at time of booking, one – off cost, yours to keep!)

Tool kit includes:-

Knife
Quality Hat & Apron
Whisk
Spatula
Cooking pot
Tea towel
Cutting board
Mixing bowl

\$ 20.00 per session tuition fee (payable in advance)
(based upon a minimum of 5 participants)

\$ ingredients payable weekly @ cost price.

Booking form

Please enrol me in cooking classes commencing 29th January 2004 at Glengara Retirement Village Country Club and every second Saturday thereafter for a period of ten classes.

Name: _____

Address: _____

Telephone: _____

Mobile: _____

Email: _____

I enclose payment (cheque made payable to N. Eady) - for \$290.00, being for tool kit purchase and weekly tuition fees.

I understand that if I miss a class I will be credited accordingly to attend a class at a future date.

Please return this form to your village course organizer or to:-

Nick Eady
6, Tarragal Glen Avenue
Erina
2250

Physical requirements & disclaimer

I am registering & enrolling on this course on the following conditions and understandings :-

- In the interests of food hygiene I will notify Nick Eady of any illnesses that I have that may be considered contagious (e.g. influenza, diarrhea & vomiting etc.)
- I have no physical disabilities that may impair my own personal safety and the safety of others bearing in mind the dangers present in a commercial kitchen.
- In the interests of my safety and the safety of others I will wear long pants, and non-slip shoes that completely cover my feet.
- I will follow all instructions regarding :- issues that may affect my personal well being and safety and the well being and safety of others including but not limited to :- .emergency situations, good food handling practices, kitchen safety and equipment handling practices.
- I am undertaking this course on the undertaking that Nick Eady will not be held liable for my safety and that I undertake this course of my own risk.
- That I am generally of good health.
- That if I am unsure of any of the conditions I will personally clarify such matters with Nick Eady prior to commencing this course.

Signature: _____

Name: _____

Date: _____

Please sign and date this form and attach with completed booking form.
This form must be completed prior to commencing the course.

