

Mmmm, what's cooking?

By Jack Wright; Master CGC



What does food mean to you?

It might seem an odd question considering its pivotal role in our lives, so perhaps I ought to have asked; what's your attitude towards food? Is it simply 'Fuel up and go' or grab a takeaway for convenience? Have you ever

thought about how important good presentation is, or the nutritional value of what's on your plate? I've been a chef for most of my working life so it will come as no surprise to discover that I love food; I love making it and I love eating it. I love it so much that I'm now a Craft Guild of Chefs, Master Craftsman. What I love most of all though is teaching people about food, how to source the best ingredients, the various ways to cook food, present it and enjoy it.

In fact nothing would give me greater pleasure than to pass on my passion to you, which is why I'm now able to offer cookery courses in Grantham through my company Cook Connect.

Along with other chefs who are expert in their own genre, we aim to unlock the chef in you, to teach you how to make your mealtimes taste out of this world and in the bargain help you become a much healthier person. Are you up for it? Then

let me tell you more. The people who I find the most interesting are those who've never cooked in their life before, at least beyond the basic 'remove package, pierce seal and microwave for three minutes'. I'll never forget the thrill at seeing a young man cook a fried egg for the first time. His face beamed with satisfaction.

Well, small steps are important but by the end you'll have learned to cook a host of English, French, Italian and Indian dishes to perfection. You'll also learn the tricks of the trade as you go along and pick up a lot of the language of food; many culinary terms which will help you make sense of the recipes you'll come across in the future. You'll learn how to present the food on your plate so that your guests will gasp in amazement at your skill. You'll discover how to make all kinds of bread from scratch, prepare fish courses, cook vegetarian meals and create desserts, puddings and sweets.



You can take this just a far as you'd like to, rising up through three levels to become a truly talented cook.

Beyond the actual cooking side of things we'll show you how good practice in the kitchen makes for good hygiene and personal safety. Avoiding cross contamination and how to handle a sharp knife will become second nature, but they have to be taken seriously and taught with a disciplined approach as you'd expect. This is particularly necessary in our children's courses. Kids naturally love to learn about food, so in our Mums and Kids courses they not only enjoy making things like healthy flapjacks but they pick up the very basics of kitchen etiquette.

Wherever you are in your life right now, whether you're still at school, newly married, have a family to feed on a budget, or live alone and want some company, you'll find these courses great fun and highly educational. Don't worry about equipment because we'll provide all the aprons, containers, pots and pans, cookers, carrier bags and recipes. All you need to do is get booked on a taster course of six, two hourly sessions or take part in our individual four hour specialist sessions, and come over to the New Jubilee Life Centre on the corner of London Road and St. Catherine's Road.

We might begin with soup making, using these easy to make meals in such a way that the mystique about cooking begins to fall away. We love to answer questions, so ask away as much as you like; it shows us that you're keen and it gives us a chance to dispel the misconceptions about cooking properly. We can promise you a good time, a fantastic culinary education, some great food preparation and loads of fun doing one of the best things in life; enjoying fabulous, healthy and nutritious food. You know I'm hungry just writing this, so come on, let's get started.



To find and discover more about Cook Connect please visit our web site or if you want to get started just send us an e-mail and we'll get back to you back straightaway
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