

BEVERLEY SUTHERLAND SMITH CATERING & COOKING SCHOOL

29 REGENT STREET, MT. WAVERLEY

TELEPHONE 9802 5544

Winner of the Monash Business Award for Micro Home Based Business 2002-2003
www.beverleysutherlandsmith.com.au



WHAT'S NEWS in 2014

Still waiting for the Prahran shop to be finished but the great news is that after a long delay work has begun and it should be finished in about 12 weeks. In the meantime, we are open 6 days a week and 3 nights at **"A Taste For All Seasons"**. The address is: **1121 High Street, Armadale** – Phone **9822 6483** – **Opening hours** – **8 am to 4 pm Monday to Saturday** and also Thursday, Friday and Saturday **evenings** with an a la carte menu.

Forthcoming classes 2014

This year I have decided to take some classic regions of the world, give them a modern twist and link as dinners. You then will learn various techniques, sample delicious food and of course, much emphasis is still placed on relaxed dining with much done in advance. These are all single lessons and all new classes. Morning classes commence at 10.15 am & evening classes at 7 pm.

At a glance on Tuesdays:

Pietmonte - 8 April
Italian Feast - 29 April
Jazzing up Comfort Food - 6 May
Dinner Favourites - 13 May
Asian Flavours - 27 May

How to find us: Access the Cooking School via the S-E Freeway. Turn off at Forster Road exit and continue right into Waverley Road. Regent Street is only a couple of streets down on the left. Except in peak hour traffic, it takes around 15 to 20 minutes from the city.

PIETMONTE

The north west of Italy is not as well known as other regions but it is a travel chest of delightful food. A tuna mousse is filled into roasted capsicum as an antipasta, along with tomatoes stuffed with a green sauce. Hunters chicken is famous all over Italy and Pietmonte have a great version, a fragrant casserole with tomato and porcini mushrooms which improves with being made the day before and is lovely with soft creamy polenta as a change from potato. Italian chocolate cakes are famous and this area has a rich hazelnut and dark chocolate cake which is best served with cream and berries

Tues April 8
Cost \$95

10.15 am & 7 pm

ITALIAN FEAST

Prawns lend themselves to being stuffed, although usually we tend to serve them plain but in this Italian version they are cooked with a filling of lemon herbed crumbs. Crisped chicken is an ideal dish for those who want to do much in advance as it is cooked ahead of time, then crisped later in a pan and served with an unusual bean dish. In the vineyard areas of Italy they make a rich wonderful sauce by simmering grapes to form a syrup and poaching or roasting pears in it to create a golden brown caramel

Tues April 29
Cost \$95

10.15 am & 7 pm

JAZZING UP COMFORT FOOD

Meatloaf is real comfort food but meatloaf with Parmesan cheese, stuffed with eggs, baked on vegetables and then rolled in a thin puff pastry is a grand dish. Instead of a simple salad, we shall try a pomegranate and walnut mix, with spinach and radish. Some of you may remember that children's parties always had oranges filled with packet jelly; this is a sophisticated version of oranges filled with a spiced orange and Grand Marnier jelly served with melting buttery hazelnut biscuits. There will also be a first course in this menu.

Tues May 6
Cost \$95

10.15 am & 7 pm

DINNER FAVOURITES

Quinoa is usually served in the form of a salad but makes an interesting pattie as a first course combined with vegetables, crumbed and sauteed before serving with a marinated cucumber and minted spicy yoghurt. Brining changes the structure of poultry, it retains more juice and is very flavoursome. It will come as a brined duck breast (but you can use chicken) served with herb and carrot top pesto and some roasted baby carrots. To finish a luscious lemon and passionfruit meringue tart.

Tues May 13
Cost \$95

10.15 am & 7 pm

ASIAN FLAVOURS

A mix of East and West with spices and aromatics, ginger, lemon grass, all the lovely tangy interesting textures and tastes will come together in this menu, either for a complete dinner or they can be used as individual dishes

Tues May 27
Cost \$95

10.15 am & 7 pm

CLASS ENROLMENT FORM

NAME:

ADDRESS: (Postal or email may be nominated):

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TELEPHONE NUMBER:

Please enrol me for the following classes:

Name of Class	Date	Time of class AM	Time of class PM	Number of people	Tuition Fee per person (GST included)

Further information is on our website www.beverleysutherlandsmith.com.au
or email to: info@beverleysutherlandsmith.com.au

Phone bookings can be made 9802 5544.

Fax enrolment form to 9802 7683

Email to info@beverleysutherlandsmith.com.au

Or post to: Beverley Sutherland Smith,
P.O. Box 2134, MOUNT WAVERLEY, VIC 3149

☐ Visa; ☐ Master Card;

Expiry Date ____/____

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Signature:

Name:

Address:

Post Code

Contact Number:

Total Amount \$

Mail with payment (cheque or credit card to Beverley Sutherland Smith, Box 2134, Mt Waverley, 3149)

Terms & Conditions for Booking Classes:

We can take telephone or email bookings or fill out the enclosed form and either post or fax. Payment is required in advance before each class (unless alternate arrangement is made in agreement with us) and is non refundable. Should you be unable to attend, you may transfer to another class provided 10 days notice is given.

If something should happen and you cannot attend you can always send a substitute person on the day. If you are unable to do this, we will provide you with a copy of the recipes from the lesson.