

Incorporating **Beverley Sutherland Smith Cooking School**

436-438 High Street, Prahran East. Vic. 3181

(near corner of Williams Road)

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2018 CLASSES

We shall be having a range of different classes and demonstrators to begin the year. Our resident expert, Beverley, has designed & will continue to demonstrate some, and we are lucky enough to have Natasha Simondson, chef and forager for Brae Restaurant for 2 years and then Gladioli Restaurant, who will be collecting mushrooms for the Foraged Food evening and will be our mushroom and greens expert. The Seasonal Kitchen's own Head chef, Craig Penglase, with a wealth of food experience & Italian heritage, will also run several classes.

The classes will be small and up close, giving you the opportunity to chat with the chefs and ask questions.

Forthcoming Events and Classes:

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|------------------------|---------------------------------|-------------------|------|
| • SUMMER SALMON | (with Beverley) | TUESDAY, 27 MARCH | 7 PM |
| • AUTUMN DINNER | (with Beverley) | TUESDAY, 10 APRIL | 7 PM |
| • GNOCCHI | (with Craig Penglase) | TUESDAY, 17 APRIL | 7 PM |
| • FORAGED FOOD | (with Natasha Simondson) | TUESDAY, 24 APRIL | 7 PM |
| • GRATINS | (with Beverley) | TUESDAY, 1 MAY | 7 PM |
| • GAME COOKING | (with Craig Penglase) | TUESDAY, 8 MAY | 7 PM |



CLASSES

SUMMER SALMON (with Beverley)

(and of course, for all times of year)

A mix of four totally different salmon creations, first courses or entree and mains. Beverley says “Whilst I love Portuguese food, I am not a fan of salt cod, it’s too salty, often too tough but the same style of dish, a brandade, made with salmon and served with baguette is a perfect variation”. Warm baked miso glazed salmon on a bed of baby bok choy with a spicy sesame dressing is a superb main. As well, there will be lemongrass and coriander gravlax and pickled ginger salmon with wasabi.

Tuesday, 27 March

7 pm

COST: \$125

AUTUMN DINNER (with Beverley)

A three course dinner, the main star is chicken which can be boring but in this case is a special event; whole stuffed and baked chicken in a broth surrounded by vegetables, moist and flavoursome with a strong return to back in fashion retro. Dessert is a croissant pudding made with white and dark chocolate.

Tuesday, 10 April

7 pm

COST: \$125



GNOCCHI (with Craig Penglase)

Craig Penglase, our new head chef once worked for Bill Marchetti, one of the early great Italian chefs and over years, Craig has perfected his gnocchi, tender but not too soft, it forms little pillows which hold flavoursome sauces. This gnocchi has become one of our most popular dishes and Craig will be giving a lesson on how to make his gnocchi, plus several sauces to team with it. This gnocchi also freezes beautifully, a bonus for most cooks. You can watch or do some hands on rolling if you wish.

Tuesday, 17 April

7 pm

COST: \$125



FORAGED FOOD (with Guest Chef, Natasha Simondson)

Natasha is our guest chef forager. On a recent television programme, the presenter said we should not be mowing our lawns or pulling out the weeds in the garden but learning to recognise their benefits for healthy and more exciting dishes. Natasha will forage during the day and bring in a selection of items such as wild mushrooms and wild greens and talk about them and give the class recipes, showing what to do with these. Foraging has become an exciting new concept and with Natasha's long background in this, originally from Brae restaurant and Gladioli restaurant, she is the perfect expert.

Natasha is back by popular demand from our dinner class last year.

Tuesday, 24 April

7 pm

COST: \$125



GRATINS (with Beverley)

Full of flavour, caramelised, crusty and easy to serve, gratins of all kinds are a huge asset to the cook's repertoire. A classic gratin of pasta from Piedmonte in Northern Italy, a potato and celeriac gratin, a dish from my late friend, French chef Simone Beck of pork and onions, with a crusty cheese topping and a banana, lime bake with white and brown rum topping complete this menu.

Tuesday, 1 May

7 pm

COST: \$125

GAME COOKING (with Craig Penglase)

Craig will feature three different meats, venison, quail and kangaroo using recipes from his own personal files. Beverley will also give out recipes for guinea fowl and pheasant from her personal files.

Tuesday, 8 May

7 pm

COST: \$125

SPECIAL EVENTS AND FUNCTIONS

OMELETTE ROOM

Beverley's grandmother had an omelette café next door to the old Georges in Little Collins Street and there was always a queue outside waiting for a seat, even people such as the late Sir Robert Helpman had to stand in line. For the actors in shows at the nearby theatres, it was the perfect light meal before going on stage and just a few minutes' walk away.

We shall be setting up an "Omelette Room" in our private dining room so you can order from a range of exciting fillings and watch your omelette being made, while sipping a glass of Prosecco. Coffee/tea is included also.

The Omelette room will be open commencing Saturday, 14 April and Sunday 15 April and from then on during weekends.

CHILDREN'S PARTIES

After school parties with a "Master Class" can be organised at the Seasonal Kitchen, beginning from age 6 and upwards to age 12. The food they prepare will be eaten at the party along with a birthday cake and home made soft drinks. Menus will be chosen around the age groups of course.

Parties last for 1 ½ hours.

Cost is \$55 a head, minimum 10 children, maximum 14. Or minimum spend of \$550.

BIRTHDAY OR HEN'S PARTIES

If you would like something more interesting than just sitting around a table and chatting, we can offer our private cooking school, watch your lunch or afternoon tea prepared or become involved in some hands on and take home recipe reminders of the day.

CLASS ENROLMENT FORM

NAMES OF ATTENDEES:.....

ADDRESS: (Postal or email may be nominated):

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 inc)
TOTAL					\$

I wish to pay by credit card. Please contact me on number above to process payment.

Further information is on our website www.beverleysutherlandsmith.com.au or www.theseasonalkitchen.com.au

Phone bookings can be made : **The Seasonal Kitchen** Ph: **9529 6050**

Email to theseasonalkitchenprahran@gmail.com

Or POST to: **Beverley Sutherland Smith,**
 P.O. Box 2134, Mount Waverley. Vic. 3149

PAYMENT OPTIONS:

- Cheque** – Mail booking form with cheque, made out to Beverley Sutherland Smith, P.O. Box 2134, Mt Waverley. Vic. 3149
- Direct Deposit** – Account Details:
BSB: 083 153
ACCOUNT: 51 548 7196
A/C NAME: BEVERLEY SUTHERLAND SMITH Put Name as reference.
 Please email booking form and remittance advice to theseasonalkitchenprahran@gmail.com
 Or Mail booking form and remittance advice to Beverley Sutherland Smith, P.O. Box 2134, Mt Waverley. Vic. 3149
- Credit Card** - If you wish to pay by credit card, send your booking form and nominate credit card payment option. We will phone you to take the credit card details and process payment. Otherwise, credit card payments can also be made at the café on the day of the class.
- Cash** – paid on the evening prior to class.

Terms & Conditions for Booking Classes:

We can take telephone or email bookings or fill out the enclosed form and post. 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.