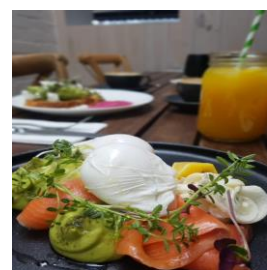


Incorporating **Beverley Sutherland Smith Cooking School**

**436-438 High Street, Prahran East. Vic. 3181**  
 (near corner of Williams Road)  
 ABN: 93 148 182 825  
**Phone: 9529 6050**  
**Email:** theseasonalkitchenprahran@gmail.com

## SPRING 2019 CLASSES

Comments that I hear frequently at the Seasonal Kitchen is how much everyone still loves food as they become a little older but how little energy and inspiration they can find to cook for themselves, or sadly even more important, cook for friends. I am not talking about the old-fashioned dinner party that became a nightmare in the 70's and 80's but the kind of food that I truly love, easy to prepare, not too many ingredients and so delicious you can invite family or friends to share a meal in a very relaxed manner. Based on the market and the seasons, this is what I call "real food".



English food writer Nigel Slater sums up "real food" as "it must be crisp, voluptuous, deeply savoury and hot. It must be quick to make, not extravagant .....it must smell warm and friendly, can be slightly messy to eat and must look handmade."

So for the latter part of this year, I will present some real food meals, the kind to share from platters at the table, demonstration followed by lunch or dinner with a glass of wine. Lots of ability with these dishes to make a day beforehand and reheat. There will be a slight change of venue with some held at my Mathoura Road home where the dining room blends easily into the tiny but very workable kitchen.

As the classes on real food are smaller in the range of dishes demonstrated, the price is less than our usual longer lesson. **Including dinner or lunch, plus wine, cost is \$85 per head.**

### Forthcoming classes:

<b>RUSTIC CHICKEN DINNER</b>  Cost \$85	Tuesday, 15 October	6.45 pm, <i>The Seasonal Kitchen</i>
	Wednesday, 16 October	11 am <i>Mathoura Rd, Toorak</i>
<b>RUSTIC VEGETABLE &amp; LAMB DINNER</b>  Cost \$85	Tuesday, 22 October	6.45 pm, <i>The Seasonal Kitchen</i>
	Wednesday, 23 October	11 am <i>Mathoura Rd, Toorak</i>
<b>GREEK LAMB DINNER</b>  Cost \$85	Tuesday, 29 October	6.45 pm, <i>The Seasonal Kitchen</i>
	Wednesday, 30 October	11 am <i>Mathoura Rd, Toorak</i>
<b>FESTIVE</b>  Cost \$125	Tuesday, 19 November	6.45 pm, <i>The Seasonal Kitchen</i>
	Wednesday, 20 November	6.45 pm, <i>The Seasonal Kitchen</i>
	Tuesday, 3 December	10.30 am, <i>The Seasonal Kitchen</i>

## RUSTIC CHICKEN DINNER

The rustic Chicken dinner, a one dish meal with the most delicious vegetables and sauce followed by little almond cakes and hot berry salad.

Tuesday, 15 October

6.45 pm at The Seasonal Kitchen

Wednesday, 16 October

11 am at Mathoura Road, Toorak

**Cost: \$85**

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## RUSTIC VEGETABLE AND LAMB DINNER

A rustic Vegetable and Lamb dinner with a selection of toppings, followed by a buttermilk dessert and toffee glazed oranges with blueberries.

Tuesday, 22 October

6.45 pm at The Seasonal Kitchen

Wednesday, 23 October

11 am at Mathoura Road Toorak

**Cost: \$85**

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## AROMATIC GREEK LAMB DINNER

An aromatic Greek lamb dish, even better when prepared a day in advance and perfect for sharing, followed by a really quick home made strawberry and chocolate honeycomb ice cream.

Tuesday, 29 October

6.45 pm at The Seasonal Kitchen

Wednesday, 30 October

11 am at Mathoura Road Toorak

**Cost: \$85**

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## FESTIVE

As usual, a dinner fitting for Christmas, a starter, main, side vegetable dishes and of course, dessert.  
**These classes will be held only at The Seasonal Kitchen.**

Tuesday, 19 November

6.45 pm at The Seasonal Kitchen

Wednesday, 20 November

6.45 pm at The Seasonal Kitchen

Tuesday, 3 December

10.30 am - Lunch at The Seasonal Kitchen

**Cost: \$125**

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### ***NOTE: PARKING AT MATHOURA ROAD, TOORAK***

Parking in Mathoura Road is limited. However, the unit is just a few doors from Toorak Road and if you go down Grange road, past Woolworths, there is an upstairs car park. The first 2 hours are free, then there is a nominal small fee. You can then cross at the lights at Toorak Road and in just a few minutes, you will be at Mathoura Road.

**Address details for Mathoura Road, Toorak classes will be given at the time of booking.**

**PAYMENT – CASH ONLY for the classes at Mathoura Rd, Toorak.**

**CHEQUE, CASH, DIRECT DEPOSIT or CREDIT CARD for classes at The Seasonal Kitchen.**

## *The Seasonal Kitchen International Dinner Series*

### ***“NEW ORLEANS” DINNER***

**Saturday, 7 December**

The jazz capital of the United States is a fun city and the food with names like “po boy”, oysters Rockefeller, gumbo, jambayala, dirty rice, indicates a unique and exciting range of dishes.

We will have a taste of a few favourites at a New Orleans dinner, ones I loved from many visits to this beautiful city which has such an exciting history.

Our New Orleans dinner will be held on **Saturday, 7 December.**

**Cost: \$85 per head** - which will include one of the traditional drinks of this city.

Reservations required for this dinner.

Please phone Suzanne at **The Seasonal Kitchen on 9529 6050** or email

[theseasonalkitchenprahran@gmail.com](mailto:theseasonalkitchenprahran@gmail.com) to book and advise number of people and preferred time.

We will feature some traditional drinks of this city, as well as our regular wine list.

We will also allow guests to byo wines for the night at a corkage fee of \$10 per bottle.

# 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		Number of people	Tuition Fee per person (GST inc)
		AM	PM		
				<b>TOTAL</b>	\$

Further information is on our website [www.beverleysutherlandsmith.com.au](http://www.beverleysutherlandsmith.com.au) or [www.theseasonalkitchen.com.au](http://www.theseasonalkitchen.com.au)

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

Email to [theseasonalkitchenprahran@gmail.com](mailto:theseasonalkitchenprahran@gmail.com)

Or POST to: **The Seasonal Kitchen**  
 436-438 High St, Prahran. Vic. 3181

## PAYMENT OPTIONS:

- Cheque** – Mail booking form with cheque, made out to **Beverley Sutherland Smith**, c/o The Seasonal Kitchen - 436-438 High St, Prahran. Vic. 3181 or pay by cheque at the class.
- Direct Deposit** – Account Details:  
**BSB:** 083 153  
**ACCOUNT:** 515487196  
**A/C NAME:** B M SUTHERLAND SMITH Put Name as reference.  
 Please email booking form and remittance advice to [theseasonalkitchenprahran@gmail.com](mailto:theseasonalkitchenprahran@gmail.com)  
 Or Mail booking form and remittance advice to **The Seasonal Kitchen**, 436-438 High St, Prahran. Vic. 3181
- Cash** – paid on day of class. **CASH PAYMENT ONLY** for **Mathoura Road, Toorak Classes**.
- Credit Card** – Only available for classes held at **The Seasonal Kitchen**. Payment over the phone prior to class or paid on the day of class.

**Payment for classes held at The Seasonal Kitchen - by Cheque, Cash, Credit Card or Direct Deposit.**

### 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.