

A red square logo with the text "ASHBURTON COOKERY SCHOOL" in white, uppercase, sans-serif font.

ASHBURTON  
COOKERY  
SCHOOL

*inspirational*  
COOKERY COURSES

A close-up photograph of various fresh ingredients including a carrot, a banana slice topped with green pesto, a blackberry, and a raspberry.

cook  
with us!



ASHBURTON  
COOKERY  
SCHOOL

# welcome

## to our world-class cookery school

**Ashburton Cookery School offers a fresh approach to cookery with exciting courses that emphasise hands-on involvement, top quality organic Westcountry produce and inspirational teaching.**

Set in a beautiful Georgian town on the edge of Dartmoor, the Ashburton Cookery School offers over 40 cookery courses to choose from, designed to suit beginners as well as experienced cooks.

Working in superbly equipped teaching kitchens in our purpose-built cookery school building, you will learn fundamental cookery techniques that can be applied whether you're working in a professional kitchen or entertaining at home.

Our chef tutors are highly regarded, qualified lecturers with extensive experience of working in the catering industry. They will inspire you to cook with imagination, passion and enjoyment. We pride ourselves on the quality of our tuition and ingredients and everything we do is underpinned by a desire to promote food that has been grown in a way that is organic, sustainable, environmentally sensitive, ethical and supportive of local business.

Whether your aim is to take your cookery skills to the next level, to cook for family and friends, or you want to learn to cook as a professional, you will find a cookery course for you at the Ashburton Cookery School.

**To check course availability and to book online visit our website at [www.ashburtoncookeryschool.co.uk](http://www.ashburtoncookeryschool.co.uk) or phone us on 0843 289 5555.**



## Contents

The School	4
The Courses	6
1 DAY	10
2 DAY	20
5 DAY	28
4 WEEK	38
GIFT VOUCHERS	40

Where to find us	42
------------------	----





## The finest facilities, inspirational chefs and the best ingredients

From complete beginners to advanced intensive training, our chef tutors will guide you through fundamental cookery techniques. From these you will build a repertoire, which will help you develop your skills to the utmost during your time with us. Even a one-day cookery course will give you knife skills and food handling training as well as around five hours tuition.



**STELLA WEST-HARLING**

Stella's catering career began in 1980 when she opened one of the first organic restaurants in the UK. A food writer and teacher, she has appeared regularly on TV and at food shows. She started the Cookery School in 1992 in Ashburton.



**STUART FOWLES**  
SENIOR CHEF TUTOR

Stuart joined us in September 2006 from Aramark, Contract Caterers for the South West, where he was Executive Chef. Prior to that he taught as Associate Lecturer and Tutor at Exeter Catering College delivering NVQ courses. Stuart also has a wide range of experience as Head Chef in local restaurants and hotels.



**DARRIN HOSEGROVE**  
CHEF DIRECTOR

Darrin began his career at Gidleigh Park Hotel, working under the guidance of Michelin-starred chef Shaun Hill. He has worked in many acclaimed fine dining restaurants in the UK and also held positions as a College Lecturer and Development Chef before joining the Ashburton Cookery School in 2004. As well regularly teaching at the School, Darrin also oversees the development of new courses, recipes and menus.



**JOE BARTLETT**  
CHEF TUTOR

With more than a decade's experience in catering, Joe has worked at some of the Devon's finest restaurants, and was most recently Head Chef at the Holne Chase Hotel, holding 2 AA Rosettes before joining the Cookery School in 2008.



**ROB DAWE**  
CHEF MANAGER

Chef Manager of the Cookery School since July 2005, Rob spent the previous two years as Chef Lecturer at Exeter College. He has also worked in several fine dining establishments including Sous-Chef at the RAC Club in Pall Mall and Head Chef at the Puffing Billy restaurant at Exmouth.



**PHIL ORAM**  
CHEF TUTOR

Phil's long career includes cooking at London's Grosvenor House, the RAC Club, Pall Mall and Gidleigh Park under Michelin-starred chef, Michael Caines. He was also Development Chef at the Ark Chicken Company. Phil has extensive experience as Chef Lecturer at Exeter College teaching students to an advanced level, and joined the Cookery School in 2009.





## A great place to learn

Last year we opened a new, purpose-built Cookery School building in Ashburton, with 3 new training kitchens fully equipped with top-of-the-range Siemens Home Appliances and System 6 Kitchen Furniture. We love cooking in our new school and so do our students.

The Cookery School has plenty of car parking, and is close to our accommodation at Ashburton Court. Our complimentary minibus runs between the two sites at the start and end of each day.

Our original Garden Kitchen at Ashburton Court is still very much in use as well and is equally popular with tutors and students, offering a tranquil and intimate setting for smaller class sizes.

Whichever kitchen you are in, you can be sure of the highest quality training in an inspiring location.



the cookery school

## Cookery Course Information

We use **local, seasonal and organic produce** wherever possible, which means that the course recipes listed in this brochure will vary throughout the year to reflect the seasons, although the course content will remain the same.

Courses start at 9.30am so we ask all students to arrive at 9.15am for tea or coffee and to meet their fellow students.

All of our cookery courses incorporate expert teaching from our Chef Tutors coupled with hands-on cookery training. Each student is assigned their own workstation with access to ovens and

hobs and all the equipment and ingredients you will require for the day. You will also be provided with a course folder with course notes and recipes that you can take home after the course.

Chef Assistants support the Chef Tutor and students throughout the courses and take care of all the washing-up, so you can fully focus on your cookery training.

The delicious dishes you will make during a course day will form part of your lunch or dinner menu.



the fusion kitchen

SIEMENS System Six kitchen manufacturers



the mediterranean kitchen



the garden kitchen



## Cookery Course Levels

To help you get the most out of your course, we have put together a guide list of skills which you need **before you join each course**. For the latest details of any of our courses and course availability just visit our website at [www.ashburtoncookeryschool.co.uk](http://www.ashburtoncookeryschool.co.uk)

### LEVEL 1 ■

No knowledge required at all.

### LEVEL 2 ■ ■

Aimed at the enthusiastic home cook. You will be familiar with cookery concepts and able to follow a recipe, but no special skills are required. These courses will build your competence and confidence in the kitchen.

### LEVEL 3 ■ ■ ■

You will be a confident cook, with good knife skills and experience of working with meat, simple fish filleting, reduced sauces, pastry and breadmaking. These courses elevate your cookery to a restaurant level.

### LEVEL 4 ■ ■ ■ ■

For those looking to cook to a fine dining level, you must have completed a level 3 course or be able to demonstrate equivalent experience.

ENTRY LEVEL	DURATION	COURSE
1 ■	1 day	Knife Skills
	2 day	Beginners, Gentleman's Relish
	5 day	Foundation Cookery
2 ■ ■	1 day	Breadmaking, Express Dinner Parties, Express Dinner Parties Extra, Fish & Seafood, French, Italian, Mediterranean, Modern British, Modern Vegetarian, Patisserie, Sauces, Tapas, Taste of the Westcountry, Thai
	2 day	Express Dinner Parties Plus, Fish & Seafood Plus, French Plus, Game Plus, Italian Plus, Mediterranean Plus, Modern British Plus, Modern Vegetarian Plus, Pastries & Puddings Plus, Thai Plus
	5 day	Intermediate Cookery
	4 week	Diploma Course
	3 ■ ■ ■	1 day
3 ■ ■ ■	2 day	Chef Skills Plus
	5 day	Intermediate Cookery Extra
	4 ■ ■ ■ ■	2 day
4 ■ ■ ■ ■	5 day	Advanced Cookery

## Course Times

### 1 DAY COURSES

**9.30am to approx 3.30pm**

You will break around 1.30pm with a three course meal featuring dishes you have prepared yourself from the course menu. A glass of wine is served with the meal.

### 2 DAY COURSES

**Saturday: 9.30am to approx. 6.00pm**

**Sunday: 9.30am to approx. 3.30pm**

On Saturday you will have a light lunch followed by an early evening tasting of your sample menu and a glass of wine around 5.30pm with your fellow students.

On Sunday, you will enjoy a 3 course lunch that you have prepared, and the course will finish around 3.30pm.

### 5 DAY COURSES & DIPLOMA

**Monday to Thursday: 9.30am to approx. 6.00pm**

**Friday: 9.30am to approx. 3.30pm**

There will be light lunch each day around 1.00pm.

You will work to an early evening tasting, around 5.30pm of the food that has been prepared during the day. On Friday you will work through until 3.30pm and your course will finish with the three courses you have prepared, and an opportunity for a course round-up with the Chef Tutor.

### Minimum age requirements

For Beginners two-day course: 16+

All other courses: 18+





## Breadmaking ■■■ 1 DAY

The art of traditional breadmaking is at the heart of good cookery, and one of the most satisfying things you can do. Using the simplest of ingredients you will learn the fermentation process and the different methods of breadmaking. All of our bread is made by hand without the use of specialist machinery so it can be easily replicated at home.

You will have plenty of bread and bakery products that you have made to take home with you at the end of the day.

### Typical breads we will make:

- *Plant Pot Bread*
- *Parma Ham, Olive and Parmesan Loaf*
- *White Dinner Rolls*
- *Chelsea Buns*
- *Wholemeal Loaf*

A buffet lunch is provided.



## Chef Skills ■■■ 1 DAY

This fast-paced, one-day course will show you professional cookery tips and techniques that you can apply to all areas of your cookery. You will be working at pace, so you should be comfortable working with knives. Using the finest ingredients you will learn to create some delicious food, presented to a restaurant standard.

### Typical recipes:

- *Velouté of White Beans and White Truffle Oil*
- *Pigeon Salad with Edible Flowers, Apple Puree Caramelised Walnuts, Orange Jelly*
- *Steamed Sea Bass Fillet, White Radish, Crab, Watercress and Asparagus Salad, Basil Oil*
- *Chocolate Teardrop, Raspberry Mousse and Raspberry Coulis*



Chef Skills - Pigeon Salad with Edible Flowers



## Express Dinner Parties ■■ 1 DAY

Why spend hours chained to the cooker when you could be having fun? After this course you'll be the cool, calm and collected host on the receiving end of your guests' gasps of admiration as you serve up a breathtaking three-course meal. The course will teach you the art of quick, effective entertaining. You will make two starters, two main courses and two desserts, eating one of each during the day and taking the rest home with you.

### Typical recipes:

- *Pan Fried Monkfish Medallions with a Pea Purée and Saffron Foam*
- *Sweet Potato, Coconut and Spinach Soup*
- *Oriental Duck with Stir-Fried Greens*
- *Baked Mackerel with Walnut and Rosemary Crust*
- *Pear and Apple Eve's Pudding with Lemon and Cinnamon*

## Express Dinner Parties

### Extra ■■ 1 DAY

Expand your Dinner Party Repertoire with an entirely different and exciting menu of starters, mains and desserts and learning further techniques and tips and taking your presentation skills to a restaurant level.

### Typical recipes:

- *Tuna Carpaccio with Oriental Dressing*
- *Line-Caught Fish with Olives, Sunblushed Tomatoes, Garlic and Basil*
- *Spring Lamb Sausage Roll with Cumin and Honey, Roasted Carrots, Sprouting Broccoli and Minted Hollandaise*
- *Raspberry Soufflé*

## Fish & Seafood ■■ 1 DAY

This popular course will show you the best ways to source, prepare, cook and serve fish & seafood. During the day you will learn scaling, gutting, skinning and filleting and how to identify the freshest fish and shellfish. We will be cooking classic fish dishes alongside contemporary recipes using the best locally-caught fish.

### Typical recipes:

- *Fish cooked En-papillote*
- *Mussels in Thai Broth*
- *Pan-fried Black Bream with Mustard Sauce*
- *Saffron Risotto with Clams*
- *Crab and Lobster*

## Healthy Eating ■■ 1 DAY

It is easy to read about healthy eating, and lifestyle choices in glossy magazines, but a very different thing to put it into practice into our daily lives. Our Healthy Eating course offers practical guidance in food choices and preparation that you can be easily applied to your life to have a positive impact on your wellbeing.

This is not a theory session, but practical cookery training with great recipes. You will be working towards ideas for Breakfast, Lunch and Dinner, and will leave inspired that some small, but delicious changes to your diet can make a world of difference.

### Typical recipes:

- *Ultimate Smoothies*
- *Steamed Salmon with Coriander Pesto and Nuts*
- *Poached Chicken with Chickpea and Red Pepper Coulis*
- *Healthy Chocolate Mousse*

## French ■■ 1 DAY

Join us to explore the heart and soul of French cookery and delve into a style of cooking that conquered the world!

On this course you will be taught how to make the home-style dishes that have become classics. The course is almost entirely hands-on so you will be involved with preparing dishes throughout the day.

### Typical recipes:

- *French Bread*
- *Roquefort, Endive and Walnut Salad*
- *Moules Marinière*
- *Coq Au Vin*
- *Sweet Pastry Tart filled with Crème Pâtisserie and Seasonal Fruits*

### A STUDENT'S VIEW

*“My husband and I have just returned from a fantastic day of French cookery. We haven't stopped talking about it since we left the school - not only did we both learn a huge amount, but it was one of the most fun days we've spent in ages. The course couldn't have been better!” IS*



## Italian ■■■ 1 DAY

If you've had enough of pre-prepared sauces, the usual old pasta fillings and over-priced ready-meals, then it's time to get serious about the Italian in your kitchen. From antipasti to pasta-making, to classics like traditional pizzas, gnocchi and polenta as well as Italian breads, authentic sauces and magnificent main dishes. It's a gastronomically gladiatorial day for Italian food fanatics.

### Typical recipes:

- *Anchovy, Olive and Mozzarella Pizza*
- *Fresh Egg Tagliatelle with Pesto and Grated Pecorino Cheese*
- *Risotto with Wild Mushrooms and Pears*
- *Classic Tiramisu*
- *Focaccia Bread with Rosemary, Olives and Sea Salt*

## Knife Skills ■ 1 DAY

You don't need to be able to chop at chef speeds to cook well, but learning how to use knives to their best effect in the kitchen will make your cooking more effective and more enjoyable.

This course will introduce you to the basic chef knife set and show you how to use each knife correctly including sharpening, chopping, filleting and other fundamental techniques.

This is a great course for those lacking confidence in the kitchen and requires no previous cookery experience.

### Skills you will learn:

- Which knife to use for each task
- How to use knives with confidence whilst learning classic chopping, dicing, cutting and slicing
- Knife sharpening and maintenance
- Knife safety and speed
- Basic garnishing

## Mediterranean ■■■ 1 DAY

There is nothing quite like the aromas and spices of North Africa and the delicious fruits, ripe tomatoes and wonderfully diverse foods of the Mediterranean. The colours and flavours combine into rich Tagines, Kefta, fragrant cous cous, delicious flatbreads with herbs - all part of the wonderful experience. Our one day Mediterranean course brings you up close to this exciting cuisine and fuses flavours from Spanish, Greek and Turkish cookery, as well as dishes from Lebanon and the South of France.

### Typical recipes:

- *Tiger Prawns in Rosemary and Anchovy Butter*
- *Feta and Artichoke Tortilla*
- *Potato in Tomato and Chorizo Sauce*
- *Saffron Fish and Squid Soup with Fennel and White Beans*
- *Lamb Tagine*







## Modern British ■■■ 1 DAY

Great British food has made a huge come-back following the popularity of Chef-owned Gastro-Pubs. The emphasis on this course is to inspire you to seek out your local suppliers and cook hearty seasonal dishes with the best produce on offer at the time. You will learn Chef's techniques which you will be able to use in your home to delight friends and family with your delicious dishes.

### Typical recipes:

- *Chilli and Sesame Crusted Gurnard Fillet on Garlic and Ginger Leeks*
- *Pink Feathered Minute Steak served with Celeriac Mash, Devon Blue Cheese, Greens and Glazed Carrots*
- *Baked Seasonal Fruit En Papillote with Vanilla, Cinnamon and Star Anise, served with Lavender Ice Cream*

Our menu changes to reflect seasonal ingredients so you can take this course across the seasons and expand your repertoire of great Gastro cuisine.

## Modern Vegetarian ■■■ 1 DAY

This course is an ideal way of improving your vegetarian cookery or simply learning how to prepare meat-free dishes which are healthy and beautifully presented. The focus of this course is on skilful cooking using garden-fresh produce to create mouth-watering meals which are light and easy to prepare yet visually stunning and simply delicious.

### Typical recipes:

- *Creamy Parsnip, Lentil and Cumin Soup*
- *Filo Pastry Tart Filled with Creamy Leek, Apple, Wild Mushrooms and Tarragon with a Soft Poached Egg*
- *Stuffed Aubergine with Griddled Halloumi Cheese, Roasted Vegetables and Sweet Chilli Sauce Served with a Dressed Watercress Salad*

## Patisserie ■■■ 1 DAY

The finest ingredients, the most exquisite tastes, Patisserie is an indulgence to be enjoyed at any time of day. On our Patisserie course you will learn the art of short crust, sweet and choux pastry, working with biscuits, chocolate and homemade custards.

### Typical recipes:

- *Warm Chocolate and Hazelnut Brownie*
- *Raspberry Tart with Orange Blossom Water Pastry Cream*
- *Profiteroles with Chocolate Ganache and Crème Chantilly*
- *Shortcrust, Sweet & Choux pastry*

A light lunch is included and you will take your own baked goods home with you.

### A STUDENT'S VIEW

*"The Chef Tutors are clearly passionate about the seasonality and provenance of the food they use in the courses and they proved that with the best of British you can create some really special menus. In fact most of the produce was sourced from within Devon itself so less food miles and environmental impact. Coddie*





## Sauces ■■■ 1 DAY

Sauces! They are the heart of French cuisine and without a reduction or sauce on the plate to enhance the dish, it just isn't a complete meal. This fun course is aimed at homecooks who would like to improve their understanding and preparation of sauces.

### Skills you will learn:

- Stocks, Roux, Restaurant-style reduction sauces
- Hot and cold egg based emulsions
- Dessert sauces

## Tapas ■■■ 1 DAY

Tapas is unpretentious, colourful Spanish food using fresh ingredients and bold flavours. Simple to prepare and cook this is the perfect food to enjoy with friends and family.

Tapas is all about variety, and we will be working our way through simple classic dishes, to more complex traditional Spanish dishes, culminating in our own wonderful Tapas feast, enjoyed with a delicious glass of Sangria!

### Typical recipes:

- *Spanish Tortillas, Gazpacho, Cerviche, Patas Bravas*
- *Braised Squid, Garlic Lemon & Parsley Tiger Prawns*
- *Albondigas Meatballs, Crisp Shrimp Fritter*
- *The Best Sangria*

## Taste of the Westcountry ■■■ 1 DAY

The Westcountry is arguably the region producing the finest quality produce in the UK, and on this course we will be showcasing our fantastic local ingredients, many from our own suppliers in Ashburton, that you will use to create delicious and beautifully presented dishes to a good restaurant standard.

### Typical recipes:

- *Devon Seafood Soup*
- *Pan Fried Chicken Leg Topped with Somerset Goats Cheese, Walnuts, Pears and Roasted Vegetables with a Pear Cider Cream Reduction*
- *Rhubarb Sponge Pudding with Vanilla and Rhubarb Custard*

## Thai ■■■ 1 DAY

Our Thai course offers a chance to experience this fragrant and wonderfully flavoured cuisine and learn about some of the unusual ingredients that are essential to create your own Thai dishes. Using local produce and authentic Thai ingredients, you will create Thai snacks and starters, your own curry pastes, delicious mains and even a pudding.

### Typical recipes:

- *Spring Rolls Thai Style*
- *Thai Fish Cakes*
- *Hot and Sour Soup with King Prawns and Mushrooms*
- *Chicken Green Curry*





## Beginners ■ 2 DAY

Fancy yourself as the next Jamie Oliver but can't boil an egg? Don't worry, after taking our Beginners cookery course you will have a new found confidence and enthusiasm for cooking.

Our Beginners weekend will take you from enthusiastic novice to a practical working level in two days. This course is almost entirely hands-on and is designed to teach you the essentials of cookery.

Over the course of the weekend we'll cover baking, basic sauces, cooking meat and fish correctly and how to make puddings that create a stir.

### Skills you will learn:

- Bread-making for the home
- Simple homemade soups
- Pastry making
- Cooking with meat and fish
- The perfect roast dinner
- Simple desserts

By the end of the course you will have confidence in the kitchen and be ready to share your new skills with family and friends.

## Express Dinner Parties Plus

■■ 2 DAY

Our Express Dinner Parties Plus course, is our most popular weekend course simply because of the quality of dishes you will learn to produce with ease, that you can immediately share with family and friends. As always, the focus will be on quality, seasonal ingredients and fuss free preparation to enable you to deliver several well-presented, delicious three course dinners that will have everyone singing your praises.

Quick, effective and entertaining cookery!

### Typical recipes:

- *Pink Roasted Duck Breast Salad with Caramelised Apples, Raspberry Vinegar and Dried Cranberry Dressing*
- *Filo Organic Salmon Parcel With Sun-Dried Tomatoes, Olives, Basil Cashew Nuts and Anchovies*
- *Caramelised Scallop, Aubergine Puree, Fried Quails Egg*
- *Pan Fried Sirloin Steak, Griddled Young Vegetables, Wasabi Mash and Grain Mustard Sauce*
- *Plum Clafoutis, Brushed with Apricot Brandy Syrup served with Organic Clotted Cream*

The course will also include several ideas for canapés to serve with pre-dinner drinks.



### A STUDENT'S VIEW

*“Superb tuition delivered with passion, pace and energy, a great learning environment, beautiful ingredients, the opportunity to acquire new skills, caring staff and high standards make each course an addictive experience!” SH*

### Fish & Seafood Plus ■■■ 2 DAY

Whether you're new to fish or in need of some new ideas, our two-day, in-depth fish and seafood course will show you the best ways to prepare, cook and serve seafood. Scaling, gutting, skinning and filleting are all covered in addition to recognising different fish and shellfish varieties including what to look for when buying fresh fish.

In South Devon we are lucky enough to have access to great fish all year round from Brixham and Teignmouth. On this course we will use as much local line-caught, day boat fish where possible and we are always led by our fishmongers as to what fish we will be using on the day.

Not only will you master working with seafood you will create some stunning dishes with your new skills.

#### Typical fish you will work with:

- Flat fish such as plaice, sole, flounder or brill
- Round fish such as bream, bass, salmon, mackerel, mullet
- Shellfish such as hand-dived scallops, crab, clams and mussels, oysters and tiger prawns

#### Typical recipes:

- *Poached John Dory Fillets, Red Pepper Coulis and Griddled Courgettes*
- *Seared Scallops and Squid on Apple, Chilli and Coriander Salsa*
- *Baked Flat Fish and Mussel Papilote Bag served with Fennel Slices and a Prawn and Dill Butter*
- *Saffron Fish Soup served with Croutons and Garlic Rouille*
- *Pan Fried Crispy Mackerel Fillets with Slow Braised Belly Pork, Crushed Chive Potatoes and a Mustard Sauce*



### French Plus ■■■ 2 DAY

Our French weekend is the perfect opportunity to get a more in-depth look at Gallic cuisine. Exploring the heart of provincial French cooking, we will cook classic dishes that burst with flavour.

#### Typical recipes:

- *Salad Nicoise & Traditional French Bread*
- *Bouillabaisse*
- *Moules Marinere*
- *Traditional Cassoulet*
- *Lemon Tart*
- *Agen Prune and Armagnac Ice Cream in a Tuille Basket*

### Game Plus ■■■ 2 DAY

Using the best local, seasonal game we can find, we will be turning them into Gastro-pub style dishes with ingredients from our local producers. This is an exciting weekend and a truly seasonal event in the culinary year. You can expect to be working with Dartmoor game such as:

- Pheasant or Partridge
- Rabbit
- or Wood Pigeon
- Hare
- Venison
- Wild Duck

You will be working hands-on in the preparation, cooking and presentation of game in addition to learning other techniques such as stock-making, vegetable preparation, sauce-making and working with fresh river fish. Students will be expected to prepare some of the game from scratch, including plucking and drawing game birds.

#### Typical recipes:

- *Salad Of Edible Flowers with Pan Fried Pigeon Breasts, Blueberries, Hazelnuts and Cassis Glaze*
- *Walnut Crusted "Organic" Brown Trout Fricassee of Broccoli, Tomatoes, Capers and Creamy Horseradish Dressing*
- *Roasted Loin of Venison wrapped in Sliced Prosciutto served with a Caramelised Fig Tart and Chocolate Oil*

### Gentleman's Relish ■■■ 2 DAY

For many men, cooking was not part of their upbringing, and they often lack the confidence and skills to really enjoy cooking for themselves or others. Aimed at men who want to feel more confident in the kitchen, our Gentleman's Relish weekend covers the fundamentals of cookery.

On this course we will cover all the areas of cookery you need to know to build your skills, confidence and enjoyment of cooking for yourself and others. By the end of the course you will be able to cook a great three course meal, a perfect Sunday Roast and delicious desserts.

#### Skills you will learn:

- Basic kitchen and knife skills
- Meat and fish
- Vegetable preparation and cooking
- The Perfect Roast
- Great British puddings

#### Typical recipes:

- *Matured Devon Sirloin Steak with Green Peppercorn Sauce, Fat Chips, Baked Field Mushroom, Roasted Tomato*
- *The Perfect Roast Dinner with all the Trimmings*
- *Bread and Butter Pudding served with a Grand Mariner Glaze and Clotted Cream*
- *Seasonal Fruit "Eton Mess" with Chocolate Shavings*

This course is one of our most popular gifts and has changed the lives of many men (and their families and friends!) for the better.

#### A STUDENT'S VIEW

*"Thank you so much for an excellent Fish and Seafood Plus course at the weekend. The Chef Tutor was engaging and knowledgeable and we covered an impressive array of dishes and techniques. The quality of the ingredients you supplied us with was exceptional - including the biggest crab either of us have ever set eyes on!" SH*

### Italian Plus ■■ 2 DAY

Over the course of the two days you will be absorbed in the simplicity of Italian food, both in the preparation and the presentation, learning the art of keeping things simple and letting the stunning ingredients speak for themselves. You will be making your own Pasta, Pizza Dough and Risotto.

#### Typical recipes:

- *Local Line Caught Fish Fillets topped with Fennel, Pine Nuts and Lemon Zest Served with Dressed Salad Leaves*
- *Homemade Tagliatelle with Griddled Veg and Fresh Pesto*
- *Anchovy Pizza with Three Cheeses*
- *Traditional Italian Meatballs with Tomato Sauce*
- *Classic Tiramisu*

### Mediterranean Plus ■■ 2 DAY

The Mediterranean diet - rich in grains, vegetables, pulses, fruit and nuts, with little meat, plenty of fish, and olive oil - has long been adopted as a model of healthy eating. But its real appeal is the sensual quality of the cooking, which is full of rich flavours, aromas and colours, as well as its simplicity.

Our Mediterranean Plus course explores the rich flavours, spices and cookery from Spain, Greece and Turkey and beyond. These exciting and subtle foods are simply wonderful and you can cook them again and again at home as they are as simple to prepare and make as they are delicious.

#### Typical recipes:

- *Chicken with Preserved Lemons, Olives and Cous Cous*
- *Lamb Tagine with Almonds*
- *Baked Trout with Rocket Pesto*
- *Grilled Vegetable Salad with Sherry Vinegar and Halloumi Cheese*

### Modern British Plus ■■ 2 DAY

This course takes inspiration from the recent British Gastro-pub resurgence where talented British chefs have created fantastic menus based around classic British recipes and local, seasonal ingredients.

Not only will you enjoy learning to make the food you love to eat, but we will learning a broad base of cookery skills such as filleting fish, preparing meat and presenting food to a restaurant standard.

#### Typical recipes:

- *Salad of Baked Red Mullet with Poached Quails Eggs, Crispy Parma Ham and White Truffle Oil*
- *Roasted Pork Tenderloin with a Fricassee Of Cockles, Artichokes, Peas, Apple and Tarragon Cooked in Cider*
- *Pink Roasted Duck Breast with Slow Cooked Confit Leg And Cassis Jus, Potato and Parsnip Rosti, Green Beans and Carrots*
- *Lavender Crème Brulee with Plum Compote*
- *Plymouth Gin and Tonic Sorbet*

### Modern Vegetarian Plus ■■ 2 DAY

The days when Vegetarian meant worthy stodge are long since gone and we offer one of the finest weekend vegetarian cookery courses in the country. The course reflects a contemporary approach, applying professional chef techniques to the preparation of meat-free meals.

For those in the catering industry it's a great opportunity to learn how to make the most of the 'vegetarian option' and for those who cook for vegetarians in the family or who are vegetarian themselves, we'll show you haute-cuisine vegetarian style!

#### Typical recipes:

- *Wild Mushroom and Smoked Tofu Frittata, Crushed Potato and Chive Salad*
- *Tarragon Polenta Cake served with Garlic And Hazelnut Mushrooms, Poached Egg and a Tarragon Oil.*
- *Two Cheese Soufflé with Organic Salad and Edible Flowers*
- *Open Ravioli with Roasted Cherry Tomatoes, Local Goats Cheese, Wilted Little Gem Lettuce and Fresh Pesto*
- *Honey Roasted Parsnip and Black Pepper Bread*
- *Spiced Seasonal Fruits with Basil Ice Cream*

#### A STUDENT'S VIEW

*"I know it's quite a dramatic thing to say but my life in many ways has been improved significantly since experiencing the Vegetarian Plus weekend. it's reawakend a passion into my life that I had forgotten, and you will never find me in the vegetarian freezer section again! Thanks and best wishes."*

CRQ



### Pastry & Puddings Plus ■■■ 2 DAY

This is the dream course for those of you with a sweet tooth that want to master breadmaking, patisserie and desserts over one super weekend. Our Puddings Plus combines the best of our 1 day Breadmaking, Patisserie and Desserts courses into one super weekend.

The weekend will include traditional breadmaking such as Walnut Bread and Brioche and some delicious Patisserie, learning to master short crust, sweet and choux pastry, working with biscuits, chocolate and homemade custards.

There will be plenty of wonderful desserts as well, such as Panna Cotta, Chocolate Mousse and Homemade Ice creams. With so many wonderful things to try through the day, lunch will be a light and delicious buffet.

#### Areas you can expect to cover include:

- Shortcrust Pastry
- Sweet Pastry
- Crème Patisserie
- Brioche,
- Spelt Bread
- Lemon Posset
- Panna Cotta
- Pecan Shortbreads
- Chocolate Fondant Puddings
- Chocolate Chip Cookies
- Choux Pastry
- Focaccia Bread
- Individual Fruit Tartlets
- Sticky Toffee Pudding
- Choux Swans
- Raspberry Coulis
- Chocolate Sauce



### Thai Plus ■■■ 2 DAY

Thai cuisine places emphasis on lightly-prepared dishes with strong aromatic components and our Thai Plus cookery weekend offers a chance to explore this exotic cuisine.

We will be working with traditional ingredients to create authentic Thai snacks, starters, main courses and curries, and deserts.

This hands-on course will show you traditional Thai starters including fishcakes, spring rolls and Numtok Moo. You will learn how to make exciting noodle & rice dishes such as Pat Thai and fried rice.

You'll also learn to make hot and sour Thai salads such as Yum Sim, and you will be shown ways with noodles and how to make red and green curry pastes from scratch.

#### Typical recipes:

- *Krathak (Tiger Prawn Firecrackers)*
- *Tom Ka He'd (Ta Lay) - Galangal Soup with Seafood and Coconut Cream*
- *Pad Thai (Stir-fried Noodles with Roasted Peanuts)*
- *Som Tam (Green Papaya Salad)*
- *Ga Pad Bai Ga - Prow (Spicy Chicken with Thai Basil)*
- *Tod Mun Pla (Thai Fish Cakes)*
- *Laab Ped Yaang (Roast Duck Salad with Thai Herbs)*
- *Gang Ped Hoi Shell (Red Curry With Scallops, Peanuts, Potatoes And Bamboo Shoots)*
- *Kati Prik Sorbet*

### Chef Skills Plus ■■■ 2 DAY

Our popular Chef Skills course focuses on the essential skills that professional chefs employ in a working kitchen. Experienced home cooks or catering professionals will benefit from this course, learning some of the advanced techniques you would find in top restaurants.

Working with the freshest ingredients, such as hand-dived scallops, line caught mackerel and sea bass, Dartmoor lamb, organic herbs and vegetables.

On the Sunday you will create your own fabulous 5 course 'Tasting Menu'.

#### Skills you will learn:

- Stocks, reduced and emulsion sauces
- Pastry
- Desserts including ice creams
- Fish preparation including filleting, pin-boning and skinning;
- Basic butchery

#### Typical recipes:

- *Focaccia Bread with Anchovies and Olives*
- *Roasted Best End of Lamb, Boulangere Potatoes, Baby Carrots, Spinach, Beetroot Puree and Thyme Reduction*
- *Pan Fried Baby Squid with Chorizo, Organic Salad Leaves and Edible Flowers*
- *Pink Grapefruit and Champagne Sorbet*
- *Dark Chocolate and Hazelnut Tart, Orange Segments and Cinnamon Ice Cream*



### Chef Skills Advanced Plus

■■■■ 2 DAY

Our Chef Skills Advanced Weekend has been developed from our successful Advanced 5 Day Course and is aimed at those ambitious cooks that want to cook to a fine dining level.

Using only the finest, local and seasonal ingredients you will learn intricate recipes and techniques coupled with refined presentation skills that will result in the food that you would expect to find in a fine dining restaurant.

To take this course you need to be an experienced cook with good knife skills, comfortable with advanced cookery techniques including fish filleting and making sauces and reductions.

#### Skills you will learn:

- Complex fish & meat preparation and cooking
- Sauces, emulsions & oils
- Working at pace
- Slow cooking techniques
- Palate development
- Presenting food to a fine dining restaurant standard

#### Typical recipes:

- *Saffron Ravioli, Butternut Squash and Garlic Purée, Quail Egg, and Morel Sauce*
- *Pink Pigeon Breast, Apple Puree, Caramelized Walnuts, Raisins and Lemon Oil.*
- *Loin Of Venison, Parsnip Textures, Cabbage and Bacon, Port and Jasmine Tea Infused Jus.*
- *Dark Chocolate Fondant, Banana Ice Cream, Butterscotch Sauce and Peanut Tuille*

## Foundation Cookery ■ 5 DAY

Love food but need help with cooking - or unsure of your skills? Want to be the next Michel Roux Jr but don't know your lemon grass from your elbow? We know there are thousands of food lovers out there who are desperate to get cooking for themselves but really don't know where to start to improve basic skills.



Our five day Foundation Cookery course is ideal for those with little cooking experience wishing to gain more experience in the kitchen. We will build your confidence to become a competent cook, starting with the basics and moving on to more complex areas.

This course is ideal for those moving away from home, or to university for the first time and need to build confidence in the kitchen and a practical approach to cooking at home.

### Typical recipes

- *Chicken, Mushroom & Bacon Pie*
- *Lamb Stew with Dumplings*
- *Roast Beef & Yorkshire Puddings*
- *Tomato & Basil Soup*
- *Baked Lemon Sole*
- *Omelettes*
- *Spiced Pork Meatball Ragout*
- *Chocolate Profiteroles*



### Typical Course Content

- Day 1
- Introduction to knife skills
  - Soups & sauces
  - Pies & pastry
  - Seasonal salads
  - Cooking vegetables
  - Fruit desserts
- 
- Day 2
- Omelettes
  - Pasta
  - Lamb stews
  - Cold desserts
  - Vegetables and potato garnishes
- 
- Day 3
- Shortcrust pastry & quiches
  - Rice dishes
  - Biscuits and scones
- 
- Day 4
- Stir-fries
  - Traditional roasts
  - Pastry work
- 
- Day 5
- Basic fish dishes
  - Salad ideas
  - Egg desserts
  - Fish cookery

**Student Video Testimonials:**  
hear what students have to say about  
this course. Visit: [www.acs.mx/fdn](http://www.acs.mx/fdn)







### A STUDENT'S VIEW

*“Just completed the Intermediate course last week. Thanks very much for the best course I’ve done in anything for years - including flying! Great food, great instruction and great fun!” KH*

## Intermediate Cookery ■ ■ 5 DAY



On the Intermediate course we work with the core techniques on which you can build your skills. We work towards a daily early evening tasting so you can sample the results of your work. Each day your skills will increase as well as become refined as you work through the syllabus. We teach theory and equipment skills as we go and develop a rolling menu so nothing is left to waste.

Soups, sauces & stocks; breads & pastries; shellfish, fish, meat, poultry and game; vegetable dishes; chocolate, sugar, creams and custards and a whole lot more are all condensed into five days – it’s hard work but immensely satisfying and provides a comprehensive introduction to all aspects of cooking and the kitchen. This course has been used by many of our students to successfully start their catering careers.

Whether you want to become a better home cook or want to experience the life of a catering professional, if you’re serious about cookery then this is the course for you.

### Typical recipes:

- *Vichyssoise Soup*
- *Goat’s Cheese and Red Pepper Tortelli with Fresh Pesto Sauce*
- *Pan-fried Mackerel Fillet with Cannellini Bean and Tomato Stew, Crispy Belly Pork and Salsa Verde*
- *Stuffed Plaice Fillets with Roasted Red Peppers Served with Saffron Sauce and Sautéed Scallops*
- *Glazed Lemon Tart*
- *Crème Brûlée*
- *Dark Chocolate Pot with Amaretti Biscuits*

**Student Video Testimonials:**  
hear what students have to say about this course. Visit: [www.acs.mx/int](http://www.acs.mx/int)

### Typical Course Content

#### Day 1

- Stocks
- Chicken butchery
- Vegetable and potato prep
- Cold chocolate work
- Risotto

#### Day 2

- Breads
- Lamb butchery and cooking
- Hot desserts
- Poached eggs
- Soups

#### Day 3

- Pastry work
- Poached fruit
- Pork butchery and cooking
- Sauces
- Ice-creams

#### Day 4

- Beef - rib-eye
- Pasta making
- Savoury and sweet tarts
- Vinaigrettes

#### Day 5

- Shellfish and seafood day
- Preparation, filleting and other techniques
- Cold desserts



## Intermediate Cookery Extra ■ ■ ■ 5 DAY

Starting where our Intermediate Cookery course ends, our Extra course takes your skills to the next level. Working individually and in pairs you will perfect your cookery and presentation skills and enhance your knowledge of the produce.

This courses offers entirely different content and recipes in much greater depth and detail.



### Skills you will learn:

- Intricate butchery and fish preparation
- Working daily with restaurant style reduced sauces
- Advanced soups such as consommés and shellfish bisque
- Working at pace
- Presenting food to a restaurant standard

### Typical recipes:

- *Red Mullet Nicoise Salad*
- *Stuffed Chicken Breast with a Goat's Cheese Mousseline*
- *Shellfish Bisque and Poached Oysters*
- *Fillet of Sole with Dill Gnocchi and Poached Grapes*
- *Chocolate Fondant*
- *Apple and Tarragon Tarte Tatin*

### Typical Course Content

#### Day 1

- Sorbets
- Pastry
- Mousselines
- Complex veg garnishes
- Boning and stuffing poultry

#### Day 2

- Complex fish prep and cooking
- Ice creams
- Chocolate
- Complex reductions
- Working with eggs
- Complex hot dessert

#### Day 3

- Lamb butchery
- Complex soups
- Complex desserts
- Complex stocks
- Shellfish
- Veg purées

#### Day 4

- Complex canapés
- Braised beef dishes
- Game butchery and garnishes (seasonal)
- Sweet pastry desserts
- Coulis

#### Day 5

- Fish filleting - flat & round
- Complex techniques - shellfish risotto
- Complex emulsion sauces
- Petit fours
- Crème brûlée



### A STUDENT'S VIEW

*"I would just like to thank you for the support and the knowledge you have given me. This has allowed me to fulfill my dream of becoming a Chef. I am please to say that I have been offered a position as a Commis Chef at The Greenaway. This restaurant has been awarded 3 rosettes, and without having attended various courses at the Ashburton Cookery School would not have been offered this fantastic opportunity" IS*

Intermediate Extra: Open Ravioli of Poached Trout, Mussels & Clams

**Student Video Testimonials:**  
hear what students have to say about this course. Visit: [www.acs.mx/int](http://www.acs.mx/int)



## Advanced Cookery ■■■■ 5 DAY

Our most advanced course is aimed at ambitious cooks who want to take their cooking to a fine-dining level. You must have attended our Diploma or Level 3 course or have demonstrable cooking experience at an equivalent level.



We will be working with intricate techniques and covering areas in-depth to create combination plates which showcase techniques and skills.

You will be creating assiettes of desserts, infused foams, petits fours, complex sauces, and learning advanced cookery and presentation skills to create beautifully refined dishes. The emphasis is on using seasonal produce at its very best and developing awareness of flavours and textures on the palate.

You will develop consistency and detail across your cookery to take your food to an exceptional level of culinary skill.

### Typical recipes:

- *Sautéed Scallops, Spicy Lentils, Coriander and Crème Fraiche*
- *Well Aged Roast Rib Of Beef, Calves Liver and Crisp Veal Sweetbread, Shallot Tart Tatin, Whipped Truffle Potato Puree, Balsamic Veal Glace and Essence Of Truffle.*
- *Slow Cooked "Salmon Pave" In Spiced Vanilla Oil, Scallop Powder, Chowder of Clams, Mussels, Pancetta, Sweet Potato, Shallots and Garlic in a Shellfish and Chervil Emulsion*
- *Chicken Consommé Paysanne, Morel and Chicken Mousseline Stuffed Farfalle Pasta*
- *Quenelle Bitter Chocolate Ganache, Thin Pecan Shortbread, Parsnip Ice Cream, Parsnip Crisp, Maldon Sea Salt, Gold Leaf*
- *Raspberry Soufflé, Raspberry Sorbet and Raspberry Smoothie*

### Typical Course Content

#### Day 1

- Advanced sauces
- Advanced veg garnishes
- Advanced dessert garnishes
- Advanced butchery
- Timed student challenge

#### Day 2

- Advanced fish & shellfish prep and cooking
- Complex soup
- Chocolate work
- Further sauces/emulsions
- Vegetarian ideas
- Cured meat

#### Day 3

- Cold cured fish
- Consommé
- Duck butchery
- Soufflé
- Sorbet
- Student palette test

#### Day 4

- Student starter challenge
- Further sauces
- Complex offal dishes
- Tempura fruit
- Beef cookery

#### Day 5

- Sushi
- Game butchery
- Amuse bouche
- Petit fours
- Pre-desserts

**Student Video Testimonials:**  
hear what students have to say about this course. Visit: [www.acs.mx/adv](http://www.acs.mx/adv)



Advanced Course: Raspberry Soufflé

## Diploma Course ■■ 4 WEEKS

Ashburton Cookery School's Cookery Diploma is a 20 day, practical cookery course designed for those looking to take their cookery skills to a professional level

Typically students that join our diploma have had another career or broad life experience, and are looking for comprehensive, practical cookery training that takes their cooking to a professional level. They do not want to pursue an unnecessary NVQ route at a catering college for young students, which would take a year of vocational assessment.

Typical ambitions of students that come on our Diploma course include:

- launching a career in catering as a chef;
- opening a bistro or restaurant;
- working as a chalet or yacht chef;
- launching a corporate/outdoor catering business;
- personal cookery skill development;

We cover all the skills that are required in a professional catering environment. Over a four-week period, we train you to the standard of cooking expected at NVQ Level 3 (but better!). Diploma graduates regularly go on to achieve amazing success in their culinary career.

Whilst this course will contain the necessary components of theory to develop your knowledge, this is a very practical, hands-on course and the amount of time you will be cooking is maximised.

You will not spend hours of your day washing up, or weighing flour and peeling potatoes as you will do at most other cookery schools - we take care of that. The essential ingredients for the day are pre-weighed and prepared for you to maximise your cooking time (unless it is an essential aspect of the training, i.e if you are learning to fillet a flounder, you will get a whole flounder.)

Over the course of the 4 weeks you will work with at least four different, highly experienced chef tutors, all of whom have a wealth of experience in catering, and you will receive plenty of personal attention.

We are blessed with some of the countries finest produce in Ashburton, and your cooking will benefit from the quality of the ingredients. With a strong focus on presentation also, you will be amazed at the range of restaurant quality food you will be producing daily.

Your lunch and early evening dinner menus will feature the recipes you are working on that day, so you won't be leaving the course hungry!



**Student Video Testimonials:** hear what students have to say about this course. Visit: [www.acs.mx/dip](http://www.acs.mx/dip)



### Typical Course Content

#### Week 1

- Theory
- Stocks, basic soups and sauces
- Vegetable cuts
- Basic butchery and fish filleting techniques
- Pastry making and basic desserts
- Seafood
- Butchery - chicken, lamb, pork

#### Week 2

- Theory
- Preparing and cooking beef including slow and quick cooking methods
- Preparing and cooking duck, venison, rabbit
- Desserts / patisserie
- Further fish & seafood prep

#### Week 3

- Theory
- Bread-making
- Pastry
- Catering for vegetarians
- Asian cuisine
- Canapés
- Some seasonal game (partridge, quail, pigeon)

#### Week 4

- Theory
- Mystery box
- Wine tasting & food matching
- Making 3 course dinner and canapés under assessment
- Sushi & varieties
- Healthy eating
- Mediterranean cuisine
- Theory recap & exam
- Certificate presentation

### A STUDENT'S VIEW

*"I have finally taken the plunge and am now working as a commis chef at a good Gastro-Pub. Thanks to the Ashburton Cookery School for laying the foundations that enabled me to make this career change - it's great to be putting that learning into practice."* R



## Course Gift Vouchers

AVAILABLE FOR ANY ONE, TWO OR FIVE DAY COURSE OF YOUR CHOICE!

**Want to buy a cookery course as a gift - but don't know which course to choose?**

Don't worry - all you need is one of our gift vouchers and your recipient can choose the course that they want!

We can send the gift voucher direct to you so you can give them the gift yourself, or we can deliver it direct to your recipient. For those last minute gifts, you can also choose to send a gift voucher via email from our website.

With over 40 cookery courses to choose from, you can be sure that they will find the perfect course for them. Vouchers are valid for 9 months for use against any available course, so they will have plenty of time to decide! Vouchers can also be put towards the cost of a more expensive course.

To order a gift voucher online, visit [www.ashburtoncookeryschool.co.uk](http://www.ashburtoncookeryschool.co.uk) or phone us on **0843 289 5555**.



# where we are

## Easy to find, but a million miles away...

The town of Ashburton is just off the A38 equidistant between Exeter and Plymouth. Georgian and Medieval buildings line the main street and there are many antique shops and pretty cafés to explore and enjoy.



### By Train

The nearest train station is Newton Abbot which on all main train services. From London Paddington you can be at our doorstep in under 3 hours. Taxis are available outside the train station and it is a 15 minute taxi ride to our front door.

### By Car

Ashburton is equidistant between Plymouth and Exeter just off the A38.

### From the South / Plymouth

Take the 2nd turn off to Ashburton sign-posted LinHay Turn-off.

### From the North / Exeter / M5

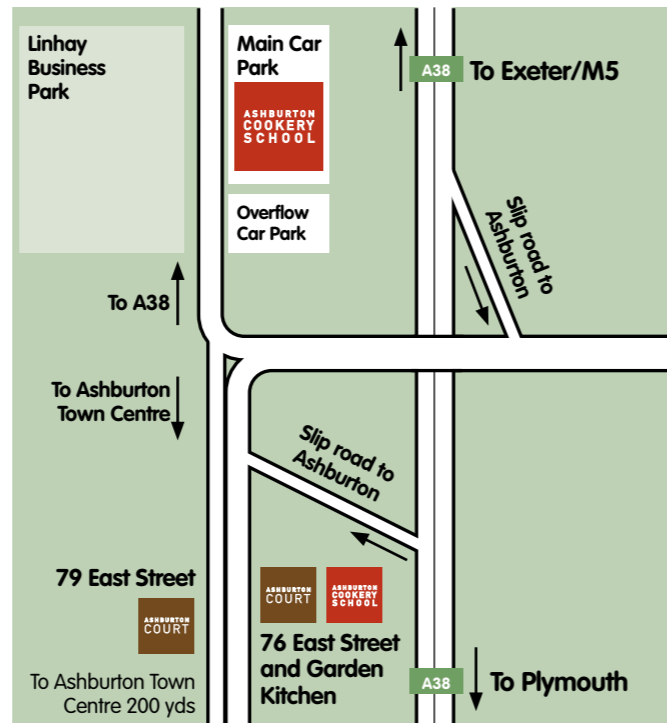
Take the first exit to Ashburton sign-posted LinHay Turn-off.

### To the Cookery School

From the A38 slip road, you will turn right towards Ashburton. Take your first right, sign-posted Newton Abbot (A38) / Linhay Business Park. You will see the Cookery School 150 yards on your left. Park in the cookery school car-park.

### To Ashburton Court / Garden Kitchen

From the A38 slip road, turn right towards Ashburton Town Centre, following the road around to the left. 76 East Street is 500 yards on your left, immediately after a church and war memorial. Parking is on street.



## Log on to a feast of information

The Cookery Network is a fantastic way to continue enjoying your cooking experience with Ashburton Cookery School. You can stay in touch with the Tutors and other students to share recipes and ideas, get help and advice, post your photos and find out about forthcoming events.

The Cookery Network is growing every day, so why not join us and discover a cornucopia of cookery know-how and advice at your fingertips. It's the place on the web for passionate cooks.

It's FREE to join.

[www.cookerynetwork.co.uk](http://www.cookerynetwork.co.uk)



Ashburton Cookery School Education LLP  
Old Exeter Road  
Ashburton  
Devon TQ13 7LG

Telephone: 0843 289 5555

Fax: 01364 654120

Email: [support@ashburtoncookeryschool.co.uk](mailto:support@ashburtoncookeryschool.co.uk)

[www.ashburtoncookeryschool.co.uk](http://www.ashburtoncookeryschool.co.uk)