



Sissi Fabulous Food

2017

COOKING CLASSES

***VENUE: Unit 6K, Clapham North Art Centre, 26-32 Voltaire Road,
London, SW4 6DH***

Sessions consist of a 2-3 hour interactive lesson hosted by Gordon Ramsay-trained chef Gregory, followed by a beautiful 3-course meal with a complementary 2 glasses of wine. These can be at our professional kitchen in Clapham or at your home, and you will receive recipe packs. Any leftovers can be taken home with you.

		Programme 1	Programme 2	Programme 3
<p>Category 1 (incl. 1 dessert)</p>	<p>Classic fish & meat</p> <p><i>A lesson in classic ways of cooking fish (sautéed, steamed, roasted) and meat (roasted and grilled). You will also learn the secret to preparing wonderful fish & meat - sauces. Then enjoy eating them as your starter and main course!</i></p>	<p><i>Mediterranean seabass or daurade</i></p> <p><i>Truffle-butter coated roast chicken</i></p> <p><i>Accompanying sauces and seasonal vegetable sides</i></p>	<p><i>Carving master class:</i></p> <p><i>Rib-eye of beef</i></p> <p><i>Chicken</i></p> <p><i>Pigeon</i></p> <p><i>Lamb leg</i></p>	<p><i>Herb-crusted cod or halibut</i></p> <p><i>Beef Wellington</i></p> <p><i>Accompanying sauces and seasonal vegetable sides</i></p>
<p>Category 2 (incl. 1 dessert)</p>	<p>Tagines, stews & braises</p> <p><i>These comforting, homely dishes generate splendid aromas at every stage of preparation and we will take you through how to turn these rustic dishes into fabulous meals</i></p>	<p><i>Moroccan lamb & apricot Tagine and Lemon & chicken tagine with European-style, lavish couscous salad,</i></p> <p><i>King prawn Thai curry or monkfish Indian curry</i></p>	<p><i>Traditional Austrian goulash with home-made spätzle (pasta), gnocchi or pommes puree</i></p> <p><i>Traditional Austrian Tafelspitz (Beef)</i></p> <p><i>Paprika chicken</i></p>	<p><i>French Coq-au-vin style braised poussin</i></p> <p><i>Italian Osso bucco with wild mushroom risotto</i></p> <p><i>Classic ragu a la Bolognese</i></p>
<p>Category 3 (incl. 1 dessert)</p>	<p>Health & nutrition-orientated</p> <p><i>Great techniques for making healthy food taste delicious</i></p>	<p><u><i>Superfoods</i></u></p> <p><i>Great ways to cook: Kale, broccoli & spinach</i></p> <p><i>Delicious quinoa salad</i></p> <p><i>Beans & lentils in stews</i></p> <p><i>Goji berry porridge</i></p> <p><i>Blueberry & pro-biotic yoghurt dessert</i></p>	<p><u><i>Rich in Omega3</i></u></p> <p><i>Poached or roast salmon</i></p> <p><i>Mackerel burger</i></p> <p><i>Nicoise salad</i></p> <p><i>Moules mariniere</i></p> <p><i>Whole grain bread with flaxseeds</i></p> <p><i>Walnut & coffee cake</i></p>	<p><u><i>Healthy classics</i></u></p> <p><i>Ice cold green melon & basil soup</i></p> <p><i>Asian chicken salad with soya bean sprouts & rice noodles</i></p> <p><i>Roasted & Mediterranean root vegetables</i></p> <p><i>Lebanese aubergine & pomegranate salad</i></p>

<p>Category 4</p>	<p>His & Hers favourites</p> <p><i>We will teach you our top tips on how to create dishes to woo your other halves with ease and style</i></p>	<p>Women cooking for men</p> <p><i>The ultimate burger and fries</i></p> <p><i>The perfect steak with classic accompaniments</i></p> <p><i>Tastiest whole roast chicken with carving lesson</i></p> <p><i>Caramel floating islands</i></p>	<p>Men cooking for women</p> <p><i>Superfoods workshop – the healthiest vegetables cooked perfectly</i></p> <p><i>3 salad dressings to impress differently every time and 3 salad recipes to go with them</i></p> <p><i>How to cook salmon & tuna beautifully</i></p> <p><i>Sugar free chocolate mousse</i></p>	<p>Mutual satisfaction tasting menu</p> <p><i>Home-made hummus (ancient Roman aphrodisiac)</i></p> <p><i>Love potion soup: Bloody Mary tomato & basil with Oysters</i></p> <p><i>Tuna tartar with avocado puree</i></p> <p><i>Tournedos Rossini (Filet steak and foie gras)</i></p> <p><i>Decadent flourless chocolate tarte</i></p>
	<p>Desserts</p>	<p><i>Chocolate fondant</i></p> <p><i>A variety of chocolate mousses</i></p> <p><i>Mini chocolate marquise and truffles</i></p> <p><i>Salzburgerknödeln (Soufflé)</i></p> <p><i>Kaiserschmarrn (sweet omelette) with classic compotes</i></p> <p><i>Summer pudding</i></p> <p><i>Exotic fruit and pistachio-meringue pavlova</i></p> <p><i>Lemon curd tart</i></p>		

If you are interested in booking us for an event or would like more information on the services and food we can offer please contact the Sissi team via the following:

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Email: events@sissifabulousfood.com