**Cookery Course Descriptions**

**Jamie’s Ministry of Food:** This Jamie Oliver style cookery course is suitable for people of all abilities, who have an interest in food and nutrition and are looking to build up their cooking knowledge and experience. It is a nice place to start if you are new to cooking however it is also great for getting some inspiration for those who already cook often. This course is very much about learning all those essential cooking techniques, such as correct knife skills, heat control, using herbs and spices. Every week covered a different food type and so a wide variety of ingredients and recipes are explored over the 8 week course.

**Food Nation courses:** Food Nation does... Courses are a little step up from the Ministry of Food programme. You do not necessarily have to complete the Ministry of Food course before a Food Nation course and if you feel that you have pretty much mastered good knife skills and have some experience with cooking then these courses would be perfect for you. These courses cover important cooking skills, nutritional knowledge and food tips & tricks and look at new ways to use fresh and more seasonal foods.

**Food Nation does Brunch & Lunch:** is packed full of delicious recipes which are perfect for brunch and lunch time. There is also a focus on alternative bread recipes e.g. soda bread and whole wheat chapattis, as well as perfecting a delicious veggie dish that can easily be adapted for meat lovers! Also included is a Moroccan feast (lamb burger, pitta, chargrilled veg, garlic dip and hummus) and sausage pasties, veggie fritters and Asian prawn dumplings! This course looks at various, exciting techniques such as using a bamboo steamer, using pestle and mortar to make pastes and making pastry from scratch.

**Food Nation does Dinner:** this course looks at 6 delicious and very different dinner recipes including a posh fish supper, to an authentic Asian curry to homemade gnocchi. It is a lovely follow-on from Ministry of Food but again, it is not necessary to have completed MoF prior to signing up for FNDD.

Food Nation courses are a little bit more expensive than MoF courses (FN £8 and MoF £5) due to the fact there are many more ingredients. All courses require participants to bring their own Tupperware to take home the food they prepare.

**Food Nation does Smart Food:** is a 6 weeks course which enhances cooking skills, nutrition and healthy eating knowledge, to instil confidence in creating well-balanced meals using a range of ingredients including those most commonly found in food banks. This innovative food skills course is mainly targeted at past, current users of food banks including people at risk of using food banks due to their socioeconomic situation. The course includes sessions on nutrition education, practical cooking, small scale food growing, portion size guidance, food storage and waste reduction, shopping skills & budgeting as well as meal planning. Tasty recipes cooked include Spinach, Sweet Potato and Lentil Curry, Mexican Salad & a delicious twist on a Sweet and Sour Chicken Mix.