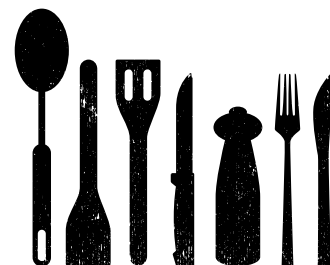




# 2012 course guide

Call today to make a booking on **0117 904 6679**



## A new name, a new home

Barny and the cookery school team have moved the three short miles across Bristol from their old home at Bordeaux Quay, to launch Square Food Foundation, their groundbreaking cookery school concept at the Park, Knowle West.

All your favourite courses will be there – from breadmaking to the mastery of meat – plus plenty of new, exciting and original classes, workshops and demonstrations. Our new purpose built kitchens are the ideal venue to take your cookery skills to a whole new level.

### The Cookery School A series of three 10 week comprehensive courses. Hands-on.

Name of course	Dates	Skill Level
<b>Term 1 - Basic</b> How to cook with confidence	Term starts 10th Jan 2012 6.30 - 10pm	
<b>Term 2 - Intermediate</b> How to cook with confidence	Term starts 17th April 2012 6.30 - 10pm	
<b>Term 3 - Advanced</b> How to cook with confidence	Term starts September 2012 6.30 - 10pm	

A series of comprehensive cookery courses to equip you with the ability and confidence to cook seasonally, shop carefully and interpret and understand any recipe successfully.

Courses run on evenings from 6.30pm - 10pm

**Price per course**  
£675 per term  
£1850 for all 3 terms



**Call 0117 904 6679 to book**

### The Cookery School Short Courses

A series of courses ranging from 1 day to 6 weeks. Hands-on.

Name of course	Dates	Skill Level
<b>Back to Basics</b> 6 weeks £475 per person	6.30pm - 10pm Feb 24th, Mar 2nd, 9th, 16th, 23rd, 30th	
<b>Breadmaking</b> 4 weeks £350 per person	6.30pm - 10pm Jan 30th, Feb 6th, 13th, 20th	
<b>All about Meat</b> 1 1/2 days £250 per person	Friday 6.30-9.30pm Saturday 10am-4pm Feb 17th & 18th	
<b>Fish Cookery</b> 1 day £180 per person	10am - 4pm Jan 13th April 27th	

A range of themed courses lasting from one day up to six weeks. More than just a workshop, these courses are designed for those wishing to explore in depth a particular topic – from basic cookery to artisan breadmaking.

Timings vary.

**Course prices vary**  
From £180 to £475



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**Workshops** Evening workshops that include a glass of wine and dinner. Hands-on.

## Mastering the Art of...



Name of course	Dates	Price
Provincial Italian Cookery	Feb 2nd May 24th	£90 per person 6.30 - 9.30pm
Provincial French Cookery	Jan 26th Apr 26th	£90 per person 6.30 - 9.30pm
Tapas	Jan 19th Apr 19th	£75 per person 6.30 - 9.30pm
French Bistro Cooking	Feb 24th	£75 per person 6.30 - 9.30pm
Artisan Bread making	Jan 9th, Feb 7th Apr 2nd	£75 per person 6.30 - 9.30pm
Soup & Stock	Jan 17th	£75 per person 6.30 - 9.30pm
Pasta & Risotto	Mar 1st	£90 per person 6.30 - 9.30pm
Poultry	Feb 21st	£75 per person 6.30 - 9.30pm
Seasonal greens – meatless meals	Feb 9th May 17th	£75 per person 6.30 - 9.30pm
Good food fast!	Jan 12th Apr 12th	£75 per person 6.30 - 9.30pm

Indepth, informative hands-on workshops that get to grips with real technique and authentic recipes.



Workshops run in the evening from 6.30pm-9.30pm

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**Kitchen Sessions** Short, sociable sessions in the evening. Hands-on.

Name of course	Dates	Price & times
One pot wonders – foolproof family favourites	Feb 15th Apr 11th	£40 per person 6.30 - 8pm
The Spice trail – the art of cooking with chillies	Feb 22nd Apr 18th	£40 per person 6.30 - 8pm
The Perfect Steak & Chips	Jan 18th Mar 7th May 9th	£40 per person 6.30 - 8pm
Fish Suppers	Jan 25th Mar 14th May 16th	£40 per person 6.30 - 8pm
Proof of the pudding	Feb 8th Apr 4th	£40 per person 6.30 - 8pm
Sensational salads	Feb 29th May 30th	£40 per person 6.30 - 8pm
Remarkable risotto	Feb 1st May 2nd	£40 per person 6.30 - 8pm
Knife skills & Tools of the trade	Jan 11th Apr 25th	£40 per person 6.30 - 8pm



Fun, sociable and informative. Kitchen sessions teach great recipes, tricks of the trade and take the fear-factor out of cooking. Sessions are designed to appeal to novice and more experienced cooks.

Sessions run on evenings from 6.30pm - 8pm

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## Demonstrations Informative demonstrations with a glass of wine and dinner.

Name of course	Dates	Price & Times
Dinner date	Jan 20th Apr 20th	£45 per person 6.30 - 8.30pm
Celebrity chef demonstrations	Coming Soon!	Coming Soon!

Relaxing, informative and entertaining. Our cookery demonstrations are hosted by our own cookery school chefs as well as other well-known cooks, chefs and food writers. A Dinner Date ends with a 3 course meal and wine. Other demos include a glass of wine with plenty of tasters.

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## One-stop Fun, daytime classes that include coffee and pastries. Hands-on.

Name of course	Dates	Price & Times
Jams and preserves with Clippy	Apr 13th	£60 per person 10am - 1pm
Cupcakes with Sara Stanley	Jan 20th Apr 20th	£75 per person 10am - 1pm
Macaroon Masterclass	Feb 24th	£75 per person 10am - 1pm
Cakes & Biscuits	Mar 23rd	£75 per person 10am - 1pm
Crowd pleaser puddings	Feb 10th	£75 per person 10am - 1pm
Perfect Pastry	Feb 28th May 25th	£75 per person 10am - 1pm



Friendly, informal hands-on classes that cover a range of different themes and techniques. Includes coffee and pastries and plenty of take-home treats.

Classes run from 10am - 1pm

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## Bespoke Events

Birthday Parties  
Friends/Family  
Corporate days  
Teams and Groups  
Hen parties  
Winetasting



The Park, Daventry Road, Knowle  
West, Bristol, BS4 1DQ  
[www.squarefoodfoundation.co.uk](http://www.squarefoodfoundation.co.uk)




**0117 904 6679**

**COOK EAT LIVE  
BETTER**

# FOR THE KIDS

## The Cookery School - Saturday morning courses

A series of three 10 week comprehensive cookery courses. Hands-on. Term time. Ages 12 +

Name of course	Dates	Skill Level
Young Chefs Basic - Term 1 £295	Term starts Saturday Sept 8th	
Young Chefs Intermediate - Term 2 £295	Term starts Saturday Jan 7th	
Young Chefs Advanced - Term 3 £350	Term starts Saturday Apr 21st	



## The Cookery School - Holidays and half-term

A fun, informative four day course that provides young cooks with an indepth introduction to basic cooking methods and ends with a meal for family and friends.

Name of course	Dates	Skill Level
Foundation Course £185	Apr 2nd-5th	



## One-stop Workshops for Parents and Children

Combined parent and child workshops which focus on how to get good food on the table in a relaxed yet productive way. 2½ hrs. 3 recipes. Hands-on.

Name of course	Dates	Price
Cooking with children	Feb 11th, 14th, 17th, Apr 3rd, 12th	£55



## One-stop Workshops for Children only

Fun, friendly, hands-on workshops. 1hr / 2½ hrs. Ages 6+

Name of course	Dates	Price
Learn to cook, love to eat (1hr)	Feb 16th Apr 5th June 8th	£15
Introduction workshop (2 ½ hrs)	Feb 14th, 16th Apr 4th, 11, 13th	£35

