



DECEMBER 2009

Cheeky Veggies and Yummy Pasta

Thursday 3rd 10am-12pm

In this class each child chooses a vegetable they don't like and throw it in a big pot. Somehow the vegetable finds its way back to their plate "unnoticed".

This is a class full of humour, fun and laughter.

The children will get involved in making a healthy pasta sauce served with their favourite pasta. They will also learn about the nutritional vitamins in vegetables.

Gourmet Delight

Wednesday 9th 3-5pm

Each person selects a lettuce. The different lettuces are washed then piled up on a big serving plate. Then comes the steamed asparagus, fresh avocados, cherry tomatoes grated carrots and the list goes on. This is a signature dish from Jean-Claude's best seller *Legendary Cuisine*. It is called *Gourmet Delight*.

Adults and children adore it.

In this class the children will learn about the importance of fresh vegetables for their health.

La migliore cucina italiana

Tuesday 15^h 3-5pm

Presenting a platter of Italian tasty delights, introducing the best techniques, by using fresh and premium ingredients, this class is an inspiration on how to impress yourself as well your guests of course, with the simplicity and the sophistication of the meals.

La soupe et le potage

Tuesday 22nd 3-5pm

This class is about explaining the difference between *La Soupe* and *Le Potage*. The former is never strained except for bread soup, whereas the latter always is.

We often like bread with our soup, hence the French expression "tremper la soupe", to wet the soup. Find out more about some traditional soups eaten all over France, from the north to the south of Provence.

Phoenician Feast

Tuesday 29th 2:30-4:30pm

Jean-Claude is specialised in revealing ancient recipes and preparing great feasts, easy to prepare and has the ability to impress.

In this class we go back into history to discover the influence of the Phoenician culture and cuisine all over the Mediterranean basin. Yummy is an understatement, delicious does not even begin to describe these royal and aristocratic cuisine.

So get ready for your one thousand and one nights.

Cost \$100 per adult and \$15 per person if market tour is required. Tours start 30 minutes before marked times.

Cost \$40 per child – includes market tour.

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