

A Taste of Asia

Monday 10th September at 7.30pm

Wednesday 12th September at 10.00am

5 sessions—€110.00

This course covers traditional nutritious healthy Indian food, sweet, sour and savory from Thailand and the balance and harmony of Chinese cooking. These three cultures combine some of the healthiest food in the world. Lorraine demonstrates how easy it is to create your own sauces and marinades without relying on the processed jars and packets which are so heavily salted and contain additives like mono sodium glutamate (MSG) which is so common in processed foods. You will experience what it is like to create and taste these wonderful cuisines, one not to miss.

Entertaining made easy

Monday 5th November at 7.30pm

Wednesday 7th November at 10.00am

5 sessions—cost €110.00

Would you like to feel relaxed about entertaining friends at home or you simply need some new and inspiring ideas of what to cook? If so, this course should meet your needs. The demonstrations will utilize a range of techniques and offer a balance of dishes, some are relatively straight forward some, widely impressive...

Christmas is Coming

Monday 10th & 17th December

1 session 2hr. demonstration—cost €45.00

All you need to know about stuffing the turkey, preparing the ham and getting the dinner to the table all at once. Your guests will be overwhelmed by different stuffing's and alternative ways of using vegetables and all the trimmings. This course will plan your meal from start to finish and let you concentrate on what you are supposed to be doing, **enjoying yourself**

Terms & Conditions

A booking deposit of €20.00 is required for 5 session courses. Christmas & Barbecue courses are paid in full, in advance. The full deposit will be forfeited if notice is not received four weeks in advance of starting date. Subject to demand course schedule may vary. If you are unable to attend a class, you are welcome to send a friend. No refunds can be made for missed classes.

No Classes Bank Holidays & Notable Dates

Some of the dishes cooked in the classes contain nuts.

Directions

From Drogheda turn for Clogherhead, Dunleer via Ballymakenny Road, continue 9km from Dolan's Corner to roundabout, keep left, continue 1km over 2 hills, Blue Haven Lodge on left. From M1 exit for Dunleer turn for Grangebellew at Wogans hardware continue for 6km house located at top of hill on right after Gallestown turn. From Moinsterboice take Dunleer Road turn right after Valley Inn, continue to end of road, turn right, Blue Haven Lodge is third house on right at top of hill. SAT NAV GPS co-ordinates

53° 80049m N 6° 34073m W

Contact details

Lorraine Connolly

Blue Haven Lodge, Brittas

Grangebellew, Drogheda, Co Louth

Phone : 0860875587

connollycookeryschool@eircom.net

Www.connollycookeryschool.ie

CONNOLLY COOKERY Demonstrations

Cookery Demonstration classes on
Home Entertaining and Healthy
Eating



A FAMILY THAT EATS
TOGETHER STAYS
TOGETHER

Schedule of courses 2012

Lorraine Connolly has over a decade of experience in the catering industry and has used this for the basis of her successful series of cookery demonstration courses based on home entertaining and healthy eating. The main focus is preparing fresh and healthy food while avoiding the use of processed foods wherever possible.

Lorraine's passion for food is tangible and her appreciation for the ingredients used is so contagious that whether you are a beginner or seasoned campaigner her teaching style will provide you with new insights into the preparation and presentation of freshly prepared foods that not only tastes superb but is healthy for you, your family and your friends.

There is a tasting at the end of each class. Recipes are given each week for all dishes prepared in the class. Class duration is approx 2hrs.

Other services available :

- **Corporate & Private demonstrations**
- **Gift Vouchers are available**
- **Hens party package available**

5 Session courses run each

Monday night or Wednesday morning

1 Session demonstrations run

Monday nights

Square Meals for the family

Monday 20th February at 7.30pm

Wednesday 22nd February at 10.00am

5 sessions—cost €110.00

No class week 19th March, Bank Holiday

Now when the pressure of our busy lifestyles demand so much from our physical and mental well being, we resort more and more to the quickest eating option available to us "take away". This course introduces fresh ideas and simple techniques for creating a variety of healthy family dinners that suit our busy lifestyles.

A Taste of Italy

Monday 16th April at 7.30pm

Wednesday 18th April at 10.00am

5 sessions—cost €110.00

No Class week 7th May Bank Holiday

The most significant divide of Italy's cuisine is that between the North and the South. The North produces wines and dairy produces while the sunnier South is home to olive groves, aubergines, tomatoes and herbs. Although these are regional differences they do have one thing in common. Ingredients are fresh, techniques are simple, recipes are traditional and cooking is home style. Lorraine's flair for Italian cuisine will show even the beginner how easy it is to make homemade pasta, fresh pizzas as well as the many pasta dishes, and main courses with chicken, meat, risottos and much more.

Baking made easy

Monday 28th May at 7.30pm

1 session 2hr. demonstration €45.00 euro

Learn how easy it is to create your own pastry and also the art of baking fresh bread. " There is nothing like the aroma of freshly baked bread coming from the kitchen".

Barbecuing

Monday 11th June & 18th at 7.30 pm

1 session 2 hr. demonstration €45.00 euro

The barbecue, surely there's absolutely no better feeling than cooking and eating "al fresco". Some say it's the ultimate cooking experience. Once you've mastered the art of barbecuing, even novice cooks can achieve superb results and delicious aromas while strutting their stuff over the coals. So let's forget the days of burnt chicken or charred sausages and burgers. This course will make you connoisseurs of the coals. Go on, get sizzling

Corporate Demonstrations -

Hen Party Demonstrations -

Private Demonstrations -

Contact Lorraine to design a package that suites your requirements

0860875587