

## A Taste of Italy

Monday 28th Mar/4th,11th Apr/2nd,16th May  
at 7.30pm

Wednesday 30th Mar/6th,13th Apr/4th,18th  
May at 10.00am

5 sessions—cost  
€110.00



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.

## Barbecuing

Monday 23rd May or 30th May at 7.30 pm

1 session—Cost €45.00

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.

## 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

### Contact details

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## CONNOLLY COOKERY Demonstrations

Cookery Demonstration classes on  
Home Entertaining and Healthy  
Eating



A FAMILY THAT EATS  
TOGETHER STAYS  
TOGETHER

## Schedule of courses

2010/2011



**Lorraine Connolly**  
has many years

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. After moving from Dublin to Louth, Lorraine is continuing her courses from her new address in Brittas, Grangebellew.

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.

Courses run for 5 week each Monday night or Wednesday morning. There is a tasting at the end of each class. Recipes are given each week for all dishes prepared in the class. Lorraine demonstrates in her spacious and well equipped kitchen. Class duration is approx 2hrs. Some of the dishes cooked in the class contain nuts.

**Gift vouchers available for all courses.**

**Group bookings available for corporate or private sessions.**

### Square Meals for the family

Monday 13th,20th,27th Sept /4th,11thOct at 7.30pm

Wednesday 15th,22nd,29th Sept /6th,13th Oct at 10.00am

5 sessions—cost €110.00

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 meals that suit our busy lifestyles.

### Entertaining made easy

Monday 18th Oct/ 1st, 8th,15th, 22nd Nov at 7.30pm

Wednesday 20th Oct/3rd, 10th, 17th, 24th Nov at 10.00am

5 sessions—cost €130.00

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 6th Dec or 13th Dec

1 session—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*

### A Taste of Asia

Monday 10th, 17th, 24th, 31st Jan/ 7th Feb at 7.30pm

Wednesday 12th, 19th, 26th Jan/ 2nd, 9th Feb at 10.00am

5 sessions—cost €110.00

This course covers traditional nutritious healthy Indian food, hot, sweet and spicy Thai cooking and the balance and harmony of Chinese cooking. These three cultures combine some of the best 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 these processed foods. You will experience what it is like to create and taste these wonderful cuisines fresh without preservatives, one not to miss.

### A Taste of the Sea

Monday 21st, 28th Feb/7th 14th, 21st Mar at 7.30pm

Wednesday 23rd Feb/2nd, 9th, 16th, 23rd Mar at 10.00am

5 sessions—cost €130.00

Living on an Island we have the luxury of fresh fish daily. With so many innovative ways of cooking and such a large selection available, this course will tantalize seafood lovers and show those who shy away that using different ingredients one can create a fantastic selection of dishes that not only taste good but are super healthy for ourselves and out families