

Cooking for our Taste Buds

With Chef Reema Dutta Gupta

This workshop involves preparing 5 sauces- tomato sauce or vinaigrette, ginger and soy, chilli crème fraiche and chocolate sauce. In addition to preparing these sauces, carrots and cucumbers will need to be chopped/peeled. You may wish to divide your class into groups to carry out these tasks. Each sauce is quite simple and quick to prepare.

Ingredients (based on a class of 25)

- Carrot – 2kg
- Cucumber – 4
- Parmesan cheese - 1 block (approximately 100g, can get grated)
- Crème fraiche – 200ml
- Brown Sugar – 50g
- Ginger – 30g
- Soy sauce – 20ml
- Vinegar – 20ml
- Olive Oil – 200ml
- Scallion – 60g
- Nachos – Enough for everyone
- Chocolate – 200 to 300gms
- Strawberry - Enough for everyone
- Marshmallows - Enough for everyone
- Chopped tomato – 1 tin (400g)
- Basil – 20g
- Chilli flakes – 5g
- Brown Sugar – 20g
- Salt to taste
- Pepper to taste

Please make sure that all fresh fruit and vegetables are washed before the session. Please note, we will be using tablespoons to measure out all liquids during the session.

Equipment:

- Hob/induction and pot (tomato sauce requires a hob but vinaigrette is an alternative option that does not need a hob)
- Peelers (max 5)
- Knives (max 5)
- Chopping boards (max 5)
- Whisk (1)
- Grater (1)
- Microwave and microwave safe bowl (1)
- Spoon, spatula (max 5)
- Bowls for assembly (5)
- Small plates/bowls/lunch boxes for tasting

- Toothpicks (one per student) or just use your hands and wash after!

The amount of equipment needed depends on the number of groups you have. Only one group should ever be chopping, peeling or grating at a time to allow for supervision. Please check out our cooking skills videos before the session to get ahead!

https://youtube.com/playlist?list=PLtwa_AdhaTjX1glwlew-BN2ka4ZhHj6FY

Good luck and enjoy!