



'Yorkshire Prep Kitchen'

About Us:

Vicky @_eatmekitchen_ - Originally from an art & design background, Vicky is a self-taught, creative cook specialising in small, bespoke events such as retreats, supper clubs, shoot weekends and family celebrations.

She spent three seasons working at a cookery school in Umbria, which inspired her confidence and inquisitive nature. Vicky had a successful online preserve subscription business, and has also run a deli, been a live-in private cook & more recently worked for several high-end catering companies.

Kimberley @pickledradishfeasts - A background in retail hospitality, mainly in the pub sector, Kimberley has worked in lots of areas in the pub trade, as a Trainer, a Regional Manager & running both managed and tenanted pubs. But her real love has always been cooking & bringing people together through food.

Similarly to Vicky, Kimberley is a self-taught cook, passionate about ingredients & the impact food has on our wellbeing, always keen to learn new things & develop new recipes. Predominantly working on wellness & yoga retreats, supper clubs, workshops, & bespoke private catering.

We are working under the collaborative title of 'Yorkshire Prep Kitchen', to contact us please call or WhatsApp:

Vicky: 07958 729516, or Kimblerley: 07795 687793



2023 Workshops

The workshops will all be standalone, but attendees can come to a series and build their knowledge. The course content & ingredients will be seasonal, so there'll always be new recipes and methods to discover. The workshops will often tie into calendar events - BBQ's, Christmas, Bank Holidays.

Our workshops are £65 per day, with discounts available if you book more than one. The price includes morning coffee & cake, lunch & drinks throughout the day. They are held in Masham, North Yorkshire, 10.30am to 3pm.

Each day will have a key focus, but our overall aim is to give people confidence, to have fun & to take the stress out of food preparation. In each course we will also aim to deliver the following:

- Minimising food waste & reducing costs
- To encourage time saving, stress free food preparation
- To focus on using more seasonal & locally grown produce to improve health & positively impact the environment
- Tips, tricks & useful hacks
- How to get more veggies in your diet - targeting at least 30 plant-based items per week.

Workshops:

1. **21st March, Super Salads, Dressing & Pickles** - we'll learn to pre-prepare healthy, tasty ingredients using seasoning & spices, layering flavours & textures to give your salads & dressings an extra dimension. In the afternoon we will demonstrate some simple pickling techniques, talk through the principles & the different vinegars available.
2. **18th April, Get More Plants & Ferments in Your Diet** - for vegans, vegetarians & curious meat eaters! Up to date thinking & research advises that it is the variety of foods that we eat that's key to good health. Explore how to eat the recommended 30+ plant-based foods per week. Learn how to balance your diet to get the right amount of protein and nutrients; discover fermenting for health - kimchi, kombucha & kefir.

3. **16th May, How to Feed your Family For Less** - Cost effective batch cooking; how to plan & shop smart; use your freezer; prepare ahead weekday lunches, suppers & healthy meals. We'll show you some simple, nutritious recipes, which are so useful if you're trying to stick to a budget, or have a busy lifestyle. This would be especially great for students, new mothers or anyone still finding their feet in the kitchen.
4. **13th June, Summer Dining & Entertaining** - how to get ahead, catering a BBQ for family & friends; open fire cooking tips & tricks; we'll explore how to make veggie ingredients take centre stage or at least a greater role in the traditional family BBQ, we'll make some impressive side dishes & desserts.
5. **18th July, Gluten & Dairy Free Cooking** - spend a day preparing & cooking a gluten & dairy free menu, with lots of recipes to take away. Together we'll explore some G/F and D/F alternative ingredients, as well as the benefits & challenges of the G/F & D/F ingredients available in our supermarkets & more specialist suppliers.
6. **19th Sept, Pan Asian Fusion Flavours** - Broaden your culinary horizons & discover some of the ingredients that make Asian flavours so unique and delicious. Make your own miso, ramen, pad Thai, curry, sushi, broths & stocks, all inspired by the unique food of Central Asia.
7. **17th Oct, Upgrade Your Lunch** - Move away from the sandwich & declare 'no more Meal Deals!' Expand your dietary options to include more variety, veg & salad, avoiding processed & high sugar foods, & the cost of buying ready meals as a last minute solution. We'll show you what delicious elements, when served together, make mega meals that taste amazing served warm, cold, wrapped up &/or eaten on the go.
8. **14th Nov, Three Course Dinner Party with Table Scaping** - We'll demonstrate some of our most popular starters, mains & desserts with recipes, costings & time-plans to use at home. We will also show you how to style your table beautifully. Ultimately, sharing top tips to make entertaining stress free & enjoyable.
9. **5th Dec, Christmas Easy Entertaining** - Sharing platters/boards & canapes; preparing simple cocktails; seasonal celebration food, incorporating delicious, healthy options; get ahead preparation & hosting - being well prepared so that you can enjoy your festive entertaining.