

## **Cookery Workshop with Years2-4**

**Tuesday 29<sup>th</sup> October 2019**

Today's cooking workshop was very fun. First, we washed our hands, so the germs don't get into our food. To start off, we named all the vegetables and fruits we would need: lettuce, cherry tomatoes, red peppers, cucumbers, and lemons - all graciously provided by Abel and Cole. Christian and Amanda, the people who taught us, had already made our salad dressing for us from natural yogurt and olive oil from Italy.

First, we were given thick bread, which we broke into bitesize pieces, onto a baking tray. The adults put them into the oven to bake them into croutons (crunchy bread). Then, we chopped up the cucumbers using the claw cutting technique, where you tuck your fingers underneath your palm forming a claw. We then sliced the knife through the cucumber. Rohan and Vanaiya were asked to show how to do all

the technique's in their groups. As Rohan goes cooking club every week, he is an expert!!!!!!

We were given a chance to taste the tomato's – as soon as we bit into them the juice and seeds exploded into our mouths! Next, to cut the cherry tomatoes we used the bridge cutting technique. To do that, you hold the tomato in your pointy finger and the thumb and slice the knife through. We used our hands to rip the lettuce into small bits. After, we also got to suck a greenish yellow lemon without making a funny face. It was supposed to be sweet but some of us thought it was sour. Everyone's hands got really wet when squeezing the lemons and they kept on falling into the yoghurt!

We got to taste the parmesan cheese, which had been especially imported from Italy. It was so cheesy and had a strong flavour as it was 2 years old. We were taught that it was important to grate it from the side with small holes, so we didn't get hurt. At first, the cheese was hard but

after grating, it was soft and had a strong aroma. Finally, we gave everything a good mix by doing a quick dance! The salad was packed away into take away boxes and we were given the recipes so we could make our own similar salads at home.

All of us enjoyed participating in this workshop as it taught us how to make quick healthy meals using daily ingredients. We all recommend that you go to cooking club as it teaches you skills in the kitchen, is fun and the food made is ALWAYS tasty! :😊

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