

Intensive cooking week

COOK
YOUR
LIFE



An intensive cooking week where you immerse yourself in cooking and baking, explore local markets and visit craftsmen such as butchers, cheesemakers and farmers. We work with great quality products that we learn to prepare and process during a hands-on course. You will learn cooking techniques and recipes that you can apply immediately.

This week is for food lovers and professionals who want to learn undiscovered culinary tools and tricks.

Introduction

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A few times a year we open our doors to guests from all over the world who want to know more about food and the Dutch and European culinary culture. In Europe, we have 2 cuisines that are known worldwide as classic and excellent. We pay special attention to French cuisine during the intensive week in autumn. During the intensive week in spring, we focus more on Italian cuisine.

The week gives you the chance to spend one-on-one time with us, where we come together to cook and immerse ourselves in the rich culinary culture of modern Dutch and European cuisine. Over the past 20 years, local Dutch producers and suppliers have developed and supplied a variety of high-quality products which are used in our Michelin-starred restaurants but also in our kitchens at home. We always work with high-quality vegetables, dairy, and meat.

Participants of this intensive cooking week consider themselves a good cook or chef. In short, you know how to cook. Some of you may lack basic education and feel insecure in the kitchen because you feel you lack some skills and knowledge. Others may be more interested in European cuisine and culture and want to gain experience in making classic and modern dishes. We teach and practice many skills and make numerous dishes.



We want to give you some knowledge, experience and above all more confidence in the kitchen. We emphasize the creativity that you can apply in your kitchen. This is possible if you have confidence in your skills and knowledge.



On Sunday evening we start the course. We'll meet at the Cook Your Life cooking school where you can enjoy a welcome dinner. The dinner is composed of seasonal products which originate from some of our favorite food producers and wine distributors in the area. Each course is combined with delicious wines.



During the other days, we'll explore the local markets in Amsterdam and its countryside and meet some of our favorite artisan food producers including butchers, bakers, cheese makers, wine distributors, and fishmongers. In the cooking school, we get together for practical cooking lessons and learn how important it is to buy local Dutch products of the season. In each lesson, we explain classic and new cooking techniques and methods that every chef needs to know.

We discuss the most important cooking methods and kitchen rituals, the importance of proper knife skills and a well-stocked pantry. We cover certain basics such as blanching, braising, frying, grilling, poaching, roasting, sautéing, searing and baking. We will learn how to prepare essential stocks and seasonal Dutch dishes, how to master the art of dough making and desserts and we will explore the craft of making a simple wholegrain Dutch bread and French baguette. You'll learn how to fillet a chicken or a lamb and will master several preparations of different kinds of fish. We discover the secrets of the *viennoiserie* such as croissants and brioches.

We will embark on a luxury canal boat to visit a typical Amsterdam wine cave and enjoy a relaxing lunch in a famous Dutch restaurant, which is known for its local Dutch products and is housed in one of the largest and most famous museums in the Netherlands.

Throughout the week we enjoy seasonal dishes that are combined with matching wines. We also taste some of the most extraordinary Dutch wines. We visit our local kitchen shop to learn more about props and food styling, as well as the art of plating. Every morning we meet in our cooking school while enjoying Dutch pastries and coffee before class starts.

You will receive a lot of personal attention and guidance. We, therefore, work with small groups of at least 4 to a maximum of 6 participants.

We look forward to welcoming you at Cook your Life, a unique cooking school in Amsterdam.

All instructions are in English. To make a reservation, please email us at info@cookyourlife.nl.

Contact details

Cook your Life is situated in an old harbor area near the river IJ in Amsterdam, the capital city of The Netherlands.

The address is Houthavenkade 43, 1014 ZB Amsterdam. You can reach us by email: info@cookyourlife.nl or phone: +31 20 3639066.



TERMS & CONDITIONS



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Investment

With registration: deposit of 750 euros
1 month prior to the beginning of classes: balance of 750 euros

TOTAL INVESTMENT 1500 euros

Cancellations

By the participant:

Over 30 days before the beginning of the session: 90% of payment is refunded.

Between 29 and 15 days before the beginning of the session: 10% of payment refunded.

Less than 15 days: no refund.

By Cook your Life

Full payment is refunded within two months.

Price includes

All meals during the stay at Cook your Life, transports to the venues we visit, wines and other drinks, dinner at the Rijks restaurant, wine tasting and boat trip, apron and printouts of all recipes.

Not included in price

Transportation to the atelier, hotel costs, flights, breakfasts.

Accommodation

If you wish we can advise places to stay in the neighborhood of our atelier.

Dates

2019: November 3-8

2020: May 24-29 and November 1-6

Program of the week

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Day 0



All participants come together for the first time at the cooking school. You will be served a dinner that we have prepared with seasonal products supplemented with pairing wines. During the evening we discuss the weekly schedule. If you have any wishes you can share them. We take your wishes into account, so if possible, we can adjust the program accordingly.

Day 1

This first day in our kitchen we make the *mise en place*. You will learn and refresh your knowledge about basic techniques and dishes such as stocks and fonds. We will also focus on cutting techniques and why there are so many different styles. We will apply the techniques in several dishes to show you that these techniques are very useful to learn.

You will make basic preparations for stocks, sauces, and juices that we will use during the week. You also make your puff pastry, which we will use later in the week.

Day 2



We start the day at the butcher's shop where we learn several cutting techniques on how to process a whole lamb.

Just like every day, you make a loaf of bread to understand the development of the dough and the baking process. On day 2, the bouillons are ready. We use them for soup and sauce.

You make some seasonal dishes using the techniques you have learned before, using the products from the butcher's shop.

In the evening we will have dinner in the restaurant *Rijks* where we will enjoy the cuisine from the Low Lands at sea and be inspired by the creative chefs from this restaurant.

Day 3



This day you will learn how to make some sausages, a three-star Michelin soup and a new recipe for bread. In the afternoon we will take you to a wine tasting in one of our wine cellars. If possible, we go by boat, so you can catch a glimpse of our Amsterdam canal structure. We take several wines with us that we combine with the dishes we make. We end the day with the dishes and wines.

Day 4



We start in the cooking school to prepare some doughs that we will process in the afternoon. After a coffee, we leave for the local farm for a sightseeing tour and a tasting. The farm offers beautiful cheeses, you will be amazed by the variety and quality of the Dutch cheeses! You will get to see the cattle and the vegetable gardens. In the farm shop, we take some of the products with us which we will use later that day.

Back in the kitchen we have lunch and make a few other Michelin-star recipes with the help of previously

learned techniques and a sauce we made earlier in the week.

You will also learn how to make *croquettes* and *bitterballen*, a typical Dutch delicacy.



Day 5

On this final day, you'll be making pastries in the morning. Some are classics and others are modern versions.

In the afternoon you will have the opportunity to practice all the techniques you have learned this week by making your dish. After we have all enjoyed each other's dishes, we will say goodbye. Hopefully, we will stay in touch with each other to share more culinary experiences.

