

Intensive cooking week

COOK
YOUR
LIFE



A week to immerse yourself into cooking and baking. You will explore the local markets and craftsmen like butchers, cheesemakers and farmers. All the incredible good products are processed in the kitchen in hands on training. You will learn cooking techniques and recipes where you can adapt them on the spot. 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 the doors of Cook your Life to guests from around the world who are interested in learning more about the food and local Dutch and European culinary culture. In Europe we have 2 cuisines that are worldwide known as classical and outstanding. We pay special attention to the

French cuisine in the fall intensive week and during the spring intensive we focus more on the Italian cuisine. This week is a special opportunity for an in-depth and personalized experience at Cook your Life. The week gives you a chance to spend one-on-one time with us where we come together to cook in our kitchen and immerse ourselves in the rich culinary culture of modern Dutch and European cuisine. Since the past 20 years local Dutch producers and suppliers developed and provide high standard products which are used in our Michelin star restaurants and as a spin off in our home kitchens. Vegetables, dairy and meat of high quality are available, and we will work with these products in our cook's atelier.

The audience we serve by this week consider themselves a good cook or chef. So you know how to cook. Some of you may however miss a basic education and you may feel unsecure in your kitchen just because you feel you're missing some skills and knowledge. Others are interested in European cooking and culture and want to deepen their experience in making classical and modern dishes. We teach and practice these.

What we want to give you is some knowledge, experience and above all more confidence in cooking. The emphasis is to be able to use your creativity in your cooking. You will be able to do so when you have confidence in your skills and knowledge.



We'll begin the program on Sunday evening where we'll meet and greet guests at our cook's atelier for a welcome dinner that includes a seasonal menu highlighting some of our favorite local food producers and wine distributors. Each course will be paired with great wines.



During the other days, we'll explore the local markets in Amsterdam and its country side and meet some of our favorite artisan food producers - butchers, bakers, cheese makers, wine distributors, and fishmongers. We'll gather around our atelier kitchen for hands-on cooking classes and learn the importance of sourcing locally Dutch products and cooking seasonally. Each class will highlight classic and new cooking techniques and methods that every chef should know. We'll touch on key cooking methods and kitchen rituals, talk through the importance of proper knife skills and the essentials of having a well-stocked pantry, and cover certain basics such as blanching, braising, frying, grilling, poaching, roasting, sautéing, searing and baking. We'll continue with preparing essential stocks and seasonal Dutch dishes, master the art of pastry doughs, desserts and explore the craft of making a simple whole grain Dutch bread and French baguette. You will learn how to filet a chicken and a lamb. You will prepare several kinds of fish. We'll uncover the secrets of the viennoiserie like croissants and brioches.



We'll enjoy a chef's table dinner at a famous Dutch restaurant, which is famous in serving local Dutch products and situated in one of our great museums, considered to be one of Holland's finest! Throughout the week, we'll enjoy seasonal dishes with wine pairings and taste some of most extraordinary Dutch wines. You'll learn more about prop and food styling, as well as the art of plating. Each day brings something new! We'll meet each morning for Dutch pastries and coffee at our atelier before the day begins.

You will get a lot of personal attention and guidance; therefore, we keep the groups small with a maximum of 6 participants. We also have a minimum of 4 participants to take off.

We look forward to welcoming you at Cook your Life, the Amsterdam cook's atelier!

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

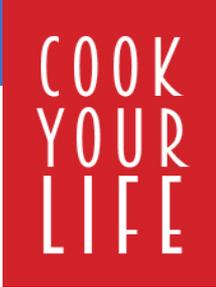


Cook your Life is situated in an old harbor area near the river IJ in Amsterdam, the capital city of The Netherlands.

The address is Houthavenkade 43, 1014 ZB Amsterdam.

You can reach us by email: info@cookyourlife.nl or phone: +31 20 3639066.

TERMS & CONDITIONS

The logo for 'Cook Your Life' is a red square with the words 'COOK', 'YOUR', and 'LIFE' stacked vertically in white, uppercase, sans-serif font.

Investment

With registration: deposit of 500 euros
1 month prior to the beginning of classes: balance of 750 euros

TOTAL INVESTMENT 1250 euros

Cancellations

By the participant:

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

Between 29 and 15 days prior to 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, 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



You will gather at dinner time at the kitchen of Cook your Life. We will serve you a dinner with seasonal products and pairing wines. During the evening we will go through the program of the week and if you have wishes you can share them. The program is flexible, so if possible, we can adjust the program to your wishes.

Day 1

On day 1 you will learn and refresh your knowledge about basic techniques and dishes like stocks and fonds, we will also focus on cutting techniques and why we have so many different styles. We will apply the techniques in a few dishes to show you that these techniques are very useful to master.

You will make basic preps for the stocks, sauces and juices that we will get to use during the week. This first full day will be like a fine dining restaurant kitchen in the beginning of the week to make the mise en place.

You will make your own puff pastry, which will be used later this week.



Day 2

The start of the day will be in a butcher's shop to learn by hands on the techniques of cutting a whole lamb.

Each day you will make a bread to understand the development of the dough and the baking process.

Day 2 will enhance the final processing of the stocks, using some of them in a soup and sauce.

You will make a few seasonal dishes with the techniques you just learned and the products we

brought from the butcher's workshop.

In the evening we go out for dinner in the restaurant Rijks where we will enjoy the cuisine of the Low Lands by the sea to be inspired by the creative chefs of this restaurant.



Day 3

This day you will learn to make some sausages, a three Michelin star soup and a new recipe for bread. We will do some wine-food tastings with the dishes we make. We end the day by joining the dishes and wines.



Day 4

We start at the cook's atelier to prepare some of the doughs we will process in the afternoon. After a coffee we will leave for a visit to the local farm and do a sight seeing and tasting. The farm supplies magnificent cheeses, you will be surprised about the variety and quality of the Dutch cheeses! You will get to see the cattle and the vegetable gardens. In the farm shop we will take some of the produce we will use later that day. Back in the kitchen we will have lunch and make another three Michelin star



dish with the techniques and sauce we learned earlier.

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

Day 5

On this final day you will make pastries in the morning. Some are classical and some are a modern twist of the classical.

In the afternoon you will get the chance to practice all the techniques you learned this week by making your own dish. After we all enjoy your dishes we will say goodbye and hopefully stay in contact with each other to be able to share more culinary experiences.

Note: this program depends on availability of our suppliers and can be changed according to the wishes of you, the participant!

