

Intensive cooking course

COOK
YOUR
LIFE



A cooking course 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 course 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 offer a great cooking course to food lovers 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 cooking course and during the spring intensive we focus more on the Italian cuisine. This course is a special opportunity for an in-depth and personalized experience at Cook your Life. It gives you a chance to spend one-on-one time with us where we come together to cook in your 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 provided 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.

The audience we serve by this cooking course consider themselves an enthusiastic cook. So you know how to cook, although you may think you are a beginner. 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 a day of your choice where we'll meet and greet each other at your kitchen. The first day we will start learning some cutting techniques and their applications. 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 in the 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 leisurely lunch 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. We'll browse our local *kitchenware shop* and 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 have no minimum of participants to take off. So, a one-to-one class is also possible.

We are looking forward to meeting you!

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



Cook your Life is a small company which promotes authentic cooking based on classical techniques and cooking traditions. Since we moved from our great kitchen studio to a small house in Utrecht, we only do the cooking classes at your own kitchen. The advantage is that you learn cooking in your own kitchen with all the kitchen tools you already have.

You can reach us by email: info@cookyourlife.nl or phone: +31 6 54681196.

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 for a 1-1 class

Do you want to attend with more, please ask us for an offer.

With registration: deposit of	500 euros
1 month prior to the beginning of classes: balance of	2700 euros
TOTAL INVESTMENT	3200 euros

Cancellations

By the participant:

Over 20 days prior to the beginning of the session: 90% of payment is refunded.

Between 19 and 10 days prior to the beginning of the session: 10% of payment refunded.

Less than 10 days: no refund.

By Cook your Life

Full payment is refunded within one month.

Price includes

All meals, wines and other drinks, dinner at the Rijks restaurant, aprons and printouts of all recipes.

Not included in price

Transportation, hotel costs, flights, breakfasts.

Accommodation

If you wish we can advise places to stay in the neighborhood of the kitchen we work.

Dates

All dates are upon request.

Program of the course

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Day 0



This program is an example of how a week can look like. We adjust the program to your wishes and the possibilities of the suppliers, shop and restaurants.

If applicable for a group:

You will gather at dinner time at your kitchen. 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 and 2

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 3

If applicable and available: 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 3 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.
It is possible to add another day and do this part of the program at lunch time.

Day 4



This day you will learn to make some sausages, a three Michelin star soup and a new recipe for bread.
In the afternoon you will do a wine tasting in one of our wine supplier's cellars. If possible, we go by boat, so you will get a glimpse of our Amsterdam canal structure. We will bring some wines to do wine-food tastings with the dishes we make. We end the day by joining the dishes and wines.

Day 5



We start 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 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 6

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.



Final cooking and presentation of the personal dishes