



## HEART of ENGLAND fine foods

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### TASTE kitchen Events Programme (May be subject to change)

This list of events is frequently updated. For a live list of events please visit the News and Events pages on the HEFF website.

All events (unless otherwise specified) will be held in the TASTE kitchen at the Shropshire Food Enterprise Centre.

**17** November 2011 (Thursday 7.00pm)

#### A Winter Tasting menu

A six course tasting menu to warm and delight you on a winter's night.

HEFF Development Chef Ed Warren, has brought together some of the best produce from the heart of England in this fabulous tasting menu. Each of the beautifully presented and exquisite courses will be introduced giving you an interesting and light hearted insight into the artisan producers and the award-winning produce that we have in this diverse region. Each course will be perfectly complemented by a regional wine or drink.

£60 per person to include a matching drink with each course.

**19** November 2011 (Saturday 12 noon– 2.00pm)

#### Cooking Fish with Fish in a Box

Enjoy learning how to cook fish with Fiona Asson from Fish in a Box and the TASTE kitchen's chef Ed Warren.

No particular experience necessary, just a love of fish and a desire to get hands on!

£65 per person to include tastings, a main course fish lunch and a glass of wine.  
To book please contact [fiona@fishinabox.co.uk](mailto:fiona@fishinabox.co.uk) 01952 691453.

## December

**3** December 2011 (Saturday 9.00am – 12.00pm or 1.00pm – 4.00pm)

### Mini cakes for Christmas!

Individually gift boxed, your mini fruit cakes will be the perfect Christmas gift for someone special! You will see how to ice perfectly using fondant, with different finishing touches such as bows, sugar flowers and the very popular polka dot! Then it will be over to you to create four of your own mini cakes for Christmas.

£49 per person to include all ingredients and equipment.

To book telephone Claire on 01691 676088 or visit [www.crumblicious.co.uk](http://www.crumblicious.co.uk)

**8** December (Thursday 7.00pm)

### A Festive Tasting menu

A six course tasting menu to celebrate the festive season.

Details and price to be confirmed

## 2012 Events

### January

**21** January 2012 (Saturday 9.00am – 2.00pm)

### Fish Skills with Fish in a Box

Enjoy learning all the skills, top tips and helpful hints you need to prepare fresh fish with Fiona Asson and John Perry from Fish in a Box. From choosing the freshest, sustainable fish to learning methods of filleting, boning, skinning, descaling and preparing different cuts of fish, watch the demos and then have a go yourself.

No particular experience necessary, just a love of fish and a desire to get hands on!

£75 per person to include tastings, a main course lunch and a glass of wine

**27** January 2012 (Friday 9.00am - 11.00am)

### A five course tutored local breakfast

Come along to the TASTE kitchen and celebrate Farmhouse Breakfast Week with a delicious five course breakfast. Savour and enjoy each course and learn about the products and dishes with HEFF Development Chef, Ed Warren.

£20 per person

## February

**18** February 2012 (Saturday 9.00am – 2.00pm)

### Cooking Fish with Fish in a Box

Join Fiona Asson of Fish in a Box and HEFF Development Chef Ed Warren to enjoy a morning of tastings, top tips and helpful hints which will include:

- An understanding of sustainable native and warm water fish
- Avoiding bones in oily fish
- How to wow your dinner party guests
- Creating family friendly dishes

£65 per person to include tastings, a main course lunch and a glass of wine

**25** February 2012 (Saturday 10.00am – 4.00pm)

### Artisan breadmaking with Shrewsbury Bakehouse

Learn the art of breadmaking with artisan baker Sheila Tuskan Sager of Shrewsbury Bakehouse. Sheila produces natural handbaked breads, reviving artisan traditions of breadmaking, where the labour intensive process produces superior flavoured and textured breads. Under Sheila's guidance you will learn how to mix, shape, knead and bake a range of different breads. Enjoy a delicious lunch and a glass of wine or cordial during the workshop and finish off with tea and cake.

Places are limited to 12 people.

£75 per person

## March

**1** March 2012 (Thursday 11.00am – 2.00pm)

### Lizzy's Lunch - with leeks!

Are you tired of serving the same meals? Come and be inspired by Our Lizzy from Malvern. Lizzy will show you how to prepare quick and easy yet healthy, nutritious, meat free meals, and as it is St David's day, the menu will have to include some leeks! Watch the cookery demonstration and then enjoy a delicious 2 course lunch.

£30 per person

**3** March 2012 (Saturday 9.00am – 2.00pm)

### **New to Fish with Fish in a Box**

Get the know how and confidence by joining Fiona Asson of Fish in a Box and Ed Warren, HEFF Development Chef. Enjoy a morning of tastings, top tips and helpful hints. No previous experience required just enthusiasm to learn more and a hearty appetite!

£55 per person to include tastings, a main course lunch and a glass of wine

**13** March 2012 (Tuesday 7.00pm - 9.30pm)

### **Learn how to cook seasonal Indian meals**

Anita Sharma-James of The Spice Trade cookery school, will demonstrate how to create fabulous healthy Indian food using local seasonal ingredients.

£30 per person to include an Indian supper