

The Terrace

Free
Food for Health
Courses

This is an invitation to attend our free, exciting cookery course at The Terrace. Run by acclaimed chef Michael Price

■ Learn about using exotic ingredients and seasonings to create sophisticated dishes that reflect the best of light modern cooking.

■ Learn about the benefits of local and seasonal food and wild ingredients that can be locally foraged.

The aim of this course is to equip you with the skills and knowledge, to produce fantastic and exciting dishes incorporating many healthy cooking techniques.

The course takes the form of a series of demonstrations and tasting sessions.

People of all abilities are welcome and places are very limited so early applications are essential.

There are eight sessions available, on the following dates:

23rd April, 30th April, 8th May, 14th May, 21st May, 29th May, 4th June & 11th June

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