

Recommended by Michelin Star Chef Derry Clarke & TV Celebrity Chef Catherine Fulvio

Leisure & Pleasure Cookery Club [Demonstration]

Look forward to the Winter Months with a weekly visit to Donegal Cookery School where you can enjoy a 1 hr Cookery Demonstration, meet up with your friends for an hour, enjoy a delicious slice of homemade cake with a cuppa and sample the delicious dishes demonstrated.

Thursdays 10 - 12am or 2pm - 4pm

Mmm... Let's Cook © (Demonstration & Weekly Menu Planning)

An essential lifestyle choice for the busy family cook who knows that in the long term, processed foods and readymade meals are not healthy choices for their family. A weekly visit to Mmm...Let's Cook will take hours off your cooking time, reduce your shopping bill by 30% and your family will benefit from a nutritional and varied menu on a daily basis. (Lucky them and time & ☺☺ for you) 1 hr Demonstration & 1 hr Menu Planning, refreshments & tastings of dishes .

Tuesday Morning 10 - 12am & Evening 8 - 10pm

Master Classes (Hands On)

Master a particular cookery skill such as knife skills or sauce making as you prepare and cook a 3 course meal. Master Classes are hands on unless otherwise stated.

Wednesday Evening 8 -10.30pm

Saturday Master Classes concentrate on frugal freezer cooking for busy busy family cooks.

Saturday 10.30am - 2.30pm

www.donegalmanor.com

Donegal Manor, Clar Road, Donegal Town, County Donegal. Tel: +353 (0) 7497 25222 Email: info@donegalmanor.com

Enthusiastic and Supportive Teaching Team with over **25 years Teaching Experience**
As seen on RTE1 Masters Apprentice

Master Classes (Hands On)

The Ultimate dining experience and gift to someone special. For the Can't Cook Won't Cook who would love the right opportunity to cook a 4 Course Dinner to surprise / thank someone special in their life. Organise 6 couples to 'Cook Up a Dinner Party'. Your tutor/ Chef will instruct half the group to prepare, cook and serve a delicious 4 course dinner, whilst the rest of the group relax with a glass of wine and await the arrival of a culinary masterpiece. Great for birthday parties, valentines & anniversaries.

Overnight stay included in price (or ask for discount if no accommodation required)

Monday/ Thursday/Friday/Saturday



One of the Teen Thyme Clubs August 2009

Teen Thyme - After School Club (Hands On)

Cooking life Skills & Appreciation of Good Healthy Foods for 11 - 14 & 15 - 18 years.

Tuesday and Wednesday 4.30 - 6.00

**Please Note:
All Classes Subject to Demand**

Recipe

Home-made Granola with Rhubarb & Raspberries served with Greek Yoghurt



To Serve:

Layer granola and fruit in a glass dish and top with Greek yoghurt.

I love this recipe although granola really is just a simple list of store cupboard ingredients, quantities can be adjusted as your store cupboard allows. With rhubarb & raspberries it becomes a delicious dish which can be served equally well as a dessert or as a good healthy breakfast alternative. It is also a dish that can be prepared all year round using seasonal fruits or even dried & frozen fruits. (As a dessert serve with a good dollop of fresh cream or custard).

Granola (Double or triple the recipe as it keeps for weeks in an airtight container)

200grms Porridge Oats

100grms Dried desiccated coconut

100grms any kind of Chopped Nuts, dried fruits & Seeds

6-8tblsp Honey, Syrup or Maple Syrup (more if you want it sweeter)

Method

Mix dry ingredients together.

Add honey or syrup Stir until all dry ingredients are coated.

Place in a shallow baking tin and place in a hot oven (200c) or under the grill.

Do not leave unattended as the granola will burn very quickly. Stir every 5-7 minutes until golden brown.

Todays Top Tip: Chopping Boards need freshening up frequently. To do this -pour a thin coating of vinegar on the board and leave for an hour or so. Wash thoroughly.



Mmm Let's Cook...

Now is a good time to get children back into eating properly for the Winter months. Donegal Cookery School has developed an exciting weekly programme to help busy mums & dads plan their weekly meal times. Mmm... Let's Cook is the only menu plan system on the market that takes into account busy family lives such as evening activities and meetings and will also save a massive 30% off your weekly shopping bill. Weekly sessions are only available in Donegal Town with further centres scheduled to open next year around Ireland. For only €10 a week and an initial €30 fee for the Mmm...Lets Cook manual. Its a night out for you and 7 healthy meals for everyone at home.

Celebrity Chef...Catherine Fulvio



By the time you get to read our 1st Newsletter I will have met up again with TV Chef and Cookery Writer Catherine Fulvio. I first met Catherine when we filmed RTE1's TV Programme Masters Apprentice back in June 08. Having qualified and taught Home Economics for over 25 years, I had been thinking about setting up my own cookery school at the Manor. Out of the blue I was given the opportunity to be shown how to set up a Cookery School. However the only setting up on that occasion was the participants of the cookery lesson I was scheduled to teach for the TV Programme. An over enthusiastic student named Dave turned out to be our own Michelin Star and Celebrity Chef - Derry Clarke. Catherine was a great help and gave me great encouragement to set up Donegal Cookery School as did Derry who I am delighted to say highly recommended my teaching competence. The programme was a great success with over 200,000 viewing the show and repeats to be aired in the USA and Ireland. Catherine runs a very successful and award winning cookery school in Co. Wicklow as well as appearing regularly on national TV.