



create it. plate it. enjoy it.

L Plate Cooking Package – Fab Starter Pack

Knife Skills

Learn how to choose the right knife for you

What knife performs what task

Learn what cuts are cook for what dishes

Learn how to sharpen and take care of your knife

Cost- \$50 (1hr) + ingredients (travel cost may apply for full conditions see the FAQ page)

All about Eggs

Ever wanted to poach the perfect egg and have no idea where to start? This lesson will teach you all you need to know about making:

- Poached/scrambled and perfect fried eggs
- Simple omelettes
- Egg sauces (mayonnaise and hollandaise)

Cost - \$60 (1hr) + ingredients (travel cost may apply for full conditions see the FAQ page)

Soups and Stocks – The starter to delicious meals can be based on many stocks and sauces

- Learn how to make a delicious chicken and beef stock
- Learn to make sauces from these stocks
- Learn to make a Asian style broth and hearty beef soup

Cost - \$120 (2hr) + ingredients (travel cost may apply for full conditions see the FAQ page)

Chicken – One of the most used proteins and very easily cooked to be dry and boring, let's change that by learning one of the following dishes

- Simple stir fry
- Crumbed chicken
- Marinated chicken skewers
- Whole roast chicken



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Cost - \$60 (1hr) + ingredients and travel (for full conditions see the FAQ page)

Beef – Another popular protein, again BBQ to a crisp (unless you like it that way) or not quite right – let's change that

- Grilled steak with vegetables
- Bolognese sauce + lasagne
- Rissoles or meatballs with vegetables or salad

Cost - \$60 (1 hrs) + ingredients and travel (for full conditions see the FAQ page)

Vegetarian - Need some variety in your vegetable consumption? Look no further

- Free form vegetable tart
- Cooking with Quinoa (not just a trendy ingredient)
- Corn/Zucchini or Chickpea fritters
- Jacket potatoes with 2 toppings

Cost - \$60 (1 hr) + ingredients and travel (for full conditions see the FAQ page)

Pasta or Gnocchi – Make from scratch with a simple tomato sauce

- Fettucine or Spaghetti
- Potato or Semolina gnocchi

Cost - \$60 (1 hr) + ingredients and travel (for full conditions see the FAQ page)

Salads – take your repertoire up a notch

Asian – noodles/rice

Classic – Caesar, Waldorf

Contemporary – Quinoa, Roast vegetables

Cost - \$60 (1 hr) + ingredients and travel (for full conditions see the FAQ page)