

# Cookery School class

Please phone 01380 859986  
or e-mail [info@thebistrodevizes.co.uk](mailto:info@thebistrodevizes.co.uk) for bookings

**Sunday 2<sup>nd</sup> October**

## **Sardinian Cookery**


**With Peter Vaughan & guest Eleonora Aru**

Sardinia is the 2<sup>nd</sup> largest island in the Mediterranean Sea. Contrary to what many people think, the name Sardinia has nothing to do with the fish. It comes from the Greek leader Sardus. It is easy to see why the Greeks believed the island to be sacred. It is ideally located in a very strategic position for trade. The island enjoys almost 300 days of sunshine a year and is exceptionally fertile, thus making agriculture a strong industry. Parmesan is very rarely used in Sardinia and has been replaced by Pecorino, which is made from sheep's milk. This animal is well adapted to the rugged terrain of the island. There is so much more to Italian food than Pizza, dough balls & Lasagne.

We are delighted to have Eleonora Aru as part of The Bistro & Cookery School team. Eleonora was born and lived on Sardinia for 24 yrs and will help during the day with making the dishes that her mother and grandmother would be proud to serve.

You will learn to make many delicious dishes including Eleonora's grandmothers ricotta cake, Italian bread and much more.

This class is suitable for all skill levels and you will be under the close supervision of Peter Vaughan to help you build your culinary confidence.



*Classes run from 11.00am to 4.00pm on both floors of The Bistro. There is a combination of demonstration, tasting and hands-on experience. All equipment is provided. Participants have lunch together between the morning and afternoon sessions. Food, drink, recipes, VAT and very nice things to take home are included in the price. There is a maximum of 9 persons. The recommended minimum age is 16yrs.*

The classes are lead by **Peter Vaughan**, chef/proprietor of **The Bistro & Cookery School** ([www.thebistrodevizes.co.uk](http://www.thebistrodevizes.co.uk)). He is a member of the Academy of Culinary Arts and a regular guest lecturer at Leith's School of Food and Wine in London.

He has developed a 'naturally balanced' style of cooking. This incorporates using the best local produce, ethically traded and unrefined ingredients where possible. He pays close regard to ecological issues in order to help sustain the planet, as well as providing delicious 'body friendly' food.

Peter is involved with the charity Chefs Adopt a School (CAAS) and regularly works with children helping to promote healthy eating.

He has had many years of teaching/training in all sorts of settings, has an informal style and is so passionate about food that he can inspire confidence and enthusiasm.

