

gateways

because there's more
than one way to be educated



survival skills
for solo cooks

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From French toast to stir-fries, pasta to puddings, you'll discover how to cook easy, delicious dishes in a fun and supportive space at gateways' brand new teaching kitchen.

Whether you're a first-time cook or you already know your lentils from your linguini, this six week course will help you learn to make easy, delicious and healthy meals, and be confident in your own kitchen.

You'll also learn about "clever" shopping, food safety, knife skills, menu planning, using herbs and spices, cooking for friends and how to make your food look as good as it tastes.

Food allergies, intolerances or ingredients you don't like? Just let us know and we'll take care of it.



week 1: brilliant breakfasts

Mouthwatering smoothie bowls, creamy porridge, invigorating shakes ...a great breakfast will keep you energised for hours.



week 2: nature's powerhouse

Eggs are awesome. They're packed with good stuff like proteins and vitamins, and there's so many delicious ways to use them... pancakes, shakshuka, omelettes – you name it. And they're cheap!



week 3: one pot wonders

From French onion soup to chilli con carne, every cuisine in the world has some a one pot wonder. And there's only one cooking pan to wash. Whether it's a steaming bowl of minestrone, a comforting casserole or an exotic Chinese stir-fry – take your pick.



week 4:
perfect pasta

Mac and cheese, spaghetti with pesto, lasagne al forno... Welcome to the possibilities of pasta.



week 5:
mince!

Beef, turkey, soy - whatever the protein, mince is always delicious and so versatile. Think Turkish meatballs, spaghetti bolognese, cottage pie - all so easy once you know how.



week 6:
sweet cravings

You just can't beat a freshly baked apple and blackberry crisp, or a luscious lemon cake. They may take a bit longer to make than running out for a shop-bought pud, but it's worth it!



how it all works

You'll be cooking with other solo student cooks in a small group, and take a break whenever you need it. Once your dishes are ready, there's relaxing a break-out space and cafe to sit and enjoy what you've cooked with your fellow students.



your cooking teacher

Your teacher is Judi Rose, a chef and daughter of the legendary cookery writer, Evelyn Rose. Judi has been with gateways for over five years and like her famous mum, has written several cookbooks. She believes that learning to cook for yourself can be fun, relaxing and delicious!



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Edgeworth Close, London NW4 4HJ
020 8183 0164 • info@gateways.org.uk • gateways.org.uk

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