The Culinary Workshop

Perky's HELP

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1:1:1 - Introduction to Perky's Workshop

At the heart of Perky's approach to cooking is a commitment to cultivating culinary knowledge, passion, and creativity. The workshop is designed to empower participants by providing them with the tools, insight, and confidence to experiment and innovate in the kitchen.

Through a structured, hands-on learning experience, participants begin with simple tasks and gradually progress to more advanced techniques. The goal is to encourage growth and self-expression, with an emphasis on understanding the principles and science behind cooking, rather than just memorising recipes.

The workshop encourages learning by doing, offering ample opportunities for experimentation, reflection, and real-time application of techniques. With a focus on both efficiency and mindfulness, it ensures that participants can develop their skills, plan meals effectively, and enjoy the process of cooking.

Through this holistic approach, participants not only enhance their culinary abilities but also foster a deeper passion for the art of cooking.

1:1:2 - Passionate Cooking

- **P**assionate Dedication - Commit to excellence with every dish
- **A**daptability in Ingredients - Adapt ingredients without compromising taste
- **S**park of Creativity - Spark creativity with diverse influences
- **S**pontaneous Innovation - Experiment and innovate in the kitchen
- **I**ntegrated Influences - Add flair while respecting cultural influences
- **O**ngoing Flexibility - Uphold culinary standards while remaining flexible
- **N**ever-ending Learning - Continue to learn and improve culinary skills

1:2:1 - Culinary Techniques

Beginners can explore a range of culinary techniques using the basic tools and aids available to them, gradually expanding their cooking repertoire and skills.

Sautéing or Stir-Frying
Utilise a non-stick pan for quick, high-heat cooking of vegetables or meats.

Roasting or Baking
Use the oven (if available) for roasting vegetables or baking chicken breasts for a flavoursome result.

Simmering or Boiling
Use saucepans for boiling rice or pasta.

Slow Cooking
Utilise the slow cooker for dishes like stews or braised meats.

Grilling or Broiling
Utilise the non-stick frying pan or oven grill for grilling or broiling meats and vegetables.

1:2:2 - Efficient Cooking

Plan & Gather
- Pick a recipe (or decide based on available ingredients)
- Gather all ingredients (check the recipe for specifics)
- Get out necessary tools (pans, knives, utensils, etc.)
- Preheat oven/boil water (if required by the recipe)

Prep Ingredients
- Follow recipe prep steps (chop, marinate, measure, etc.)
- Organise ingredients (group by cooking order, if needed)

Cook
- Follow recipe cooking instructions (steps, timings, heat levels)
- Cook a main dish (meat, pasta, sauce, etc.)
- Prepare sides/accompaniments (while the main dish cooks)
- Taste and adjust (seasoning, the consistency, etc., as you go)

Clean as You Go
- Wash dishes/utensils (while food is cooking)
- Wipe down surfaces (keep your space clean)
- Check the recipe's cooking times (for any adjustments)

Final Touches & Plating
- Follow the recipe for the final steps (garnishes, finishing touches)
- plate the dish (make it look appetising)

Serve & Enjoy
- Final seasoning check (taste again if needed)
- Serve!

Clean-Up & Store
- Finish washing dishes (clean everything after eating)
- Store leftovers (follow recipe advice on storing, if available)

Optional - Batch Cooking
- Cook extra for later (if the recipe allows for leftovers)

1:2:3 - Savour The Process

- **S**trategise - Plan your tasks and prioritise effectively to minimise last-minute stress
- **A**dapt - Be flexible and adjust your approach when faced with unexpected challenges
- **V**entilate - Take regular breaks to step away from the heat of the kitchen and clear your mind
- **O**rganise - Keep your kitchen space tidy and well-stocked to streamline cooking processes and reduce stress
- **U**nwind - Stay calm under pressure and enjoy the cooking processs
- **R**elax - Allow yourself moments of relaxation and enjoyment in the kitchen, savouring the process and the food you create

1:2:4 - Culinary Toolkit

This toolkit is designed for someone who is just starting to develop their skills in the kitchen or looking to simplify their cooking experience.

Basic Tools
- Chef's knife
- Chopping board
- Cooking utensils (spatula, mixing spoon)
- Measuring jugs and spoons
- Non-stick pan or pot
- Recipe book or online cooking resources
- Timer (smart devices like Amazon Alexa, or iPhone work too)

Staple Ingredients
- Chicken breasts or minced beef
- Common herbs and spices (like salt, pepper, garlic powder)
- Fresh vegetables (like tomatoes, onions, bell peppers)
- Olive or vegetable oil

Presentation Basics
- Basic plates and bowls
- Fresh herbs or parsley for garnish (optional)
- Simple table setting (forks, knives, spoons)

Convenience Aids
- Air fryer
- Rice cooker and/or microwave
- Slow cooker
- Soup maker
- Storage containers for leftovers
- Tin Opener

1:3:1 - Meal Magic (Schedule)

Week 1: Comfort Classics

- Monday - Cottage Pie
- Tuesday - Mac & Cheese
- Wednesday - Rogan Josh
- Thursday - Spaghetti Bolognese
- Friday - Tomato Risotto
- Saturday - Seek alternative
- Sunday - Seek Alternative
- Desserts - Apple Crumble/Banana Bread/Jelly
- Snacks - Fruit, Cheese & Crackers, Mini Sausage Rolls

Week 2: Hearty Favourites

- Monday - Green Thai Curry
- Tuesday - Butternut Squash & Spinach Gnocchi
- Wednesday - Paprika Chicken
- Thursday - Onion Gravy with Sausages & Mash
- Friday - Spaghetti & Meatballs
- Saturday - Seek alternative
- Sunday - Seek Alternative
- Desserts - Chocolate Orange Brownies, Lemon Drizzle Cake, Strawberry Jelly
- Snacks - Fruit, Roasted Nuts,Vegetable Samosas