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April Newsletter

April is a busy month with the Easter Holiday's that's around the corner. To assist you with your Easter entertaining, we will post a few of our favorite Easter recipes on our website during the course of the month. We will also be posting a monthly wheat-free recipe on our website from this month. With the Royal Wedding at the end of the month, we decided to revisit an old classic: Chicken à la King. It is not only quick and easy, it is also comfort food at its best with the wet weather we've been having lately!

Carolie's long-awaited Three-day Holiday Cookery School Hands-on course For Kids is taking place in April. The course is open to boys and girls between the ages of 7 and 17 years. This course may possibly be repeated during the June/July school holidays if there is enough interest. We are open to suggestions with regards to possible dates and will try to accommodate both private and government schools.

Subscribe to www.cookingupastorm.co.za if you would like to be notified the moment recipes and upcoming events are posted.

In this newsletter:

- Courses, Talks & Demonstrations
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- About Us

COURSES, TALKS & DEMONSTRATIONS

THREE-DAY HOLIDAY COOKERY SCHOOL FOR GIRLS (presented by Carolié)

In this hands-on course your child will learn to cook and bake healthy but also "fun" and child-friendly food - including breakfast, lunches, light meals and more.

- Three 4 hour hands-on cooking and baking sessions.
- Includes a substantial recipe file (which will be used for many years to come!), all ingredients and refreshments and generous tastings.
- Baking and cake and cup cake decorating
- Appropriate discussions including child and teenage nutrition - "what to eat and why"
- Demonstration of practical techniques and then "hands-on" - working together in teams of two
- Take away's - each one please bring along a lunch box for take away's.

Date: 18, 19 & 20 April

Time: 10h00 - 14h00

Venue: Foodlink Cookery School, Beaulieu (Kyalami)

Cost: R600.00 per person

Book: Go to [Events](#) and complete the **Booking Form** for this event or send an e-mail to info@cookingupastorm.co.za to request a booking form.

Age: Kids between 7 - 16 years of age

ABOUT US

COOKING UP A STORM - Jeanri Verster

- Tailor-made private cooking lessons - in your own kitchen! For yourself or your domestic worker.
- Supplier of a variety of quality cooking utensils & equipment, e.g. Wizbake reusable baking sheets, silicone bakeware, etc.
- Kitchen accessory, bakeware and gadget demonstrations
- Motivational talks and individual consultations on healthy eating.
- Weekly or monthly healthy meal plans with grocery lists for the busy cook.

Read more about [Cooking Up a Storm](#).

FOODLINK COOKERY SCHOOL - Carolié de Koster

- Cookery demonstrations on a variety of topics.
- Hands-on cookery sessions for social, corporate or staff training.
- Consultations for food service and management of guest houses, lodges & coffee shops.
- Assistance with advertising, recipe development and food styling for food companies.
- Recipe books, e.g. Kies Gesond, Art Of Cooking, Kuierkos.
- GuestWise Reservation and Management System - suitable for Guest Houses, Bed & Breakfast establishments and lodges. Covers all aspects of reservation, invoicing, and accounting.

Read more about [Foodlink Cookery School](#).

Please do not hesitate to contact either of us for more information on our services.

Regards

Jeanri Verster

Cooking Up A Storm

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Note for first time readers: Our monthly newsletter provides details of the events and services offered by Cooking Up A Storm (Jeanri Verster) and Foodlink Cookery School (Carolié de Koster). We share a passion for all things food-related, and we are excited to share this passion with you through the services we provide. Please visit www.cookingupastorm.co.za for more detailed information on our cooking schools.