

# THE SMART SCHOOL OF COOKERY NEWSLETTER

July / August

The Smart School of Cookery, 62 Main Road, Danbury, Essex CM3 4NG  
[www.thesmartschoolofcookery.com](http://www.thesmartschoolofcookery.com) [ann@thesmartschoolofcookery.com](mailto:ann@thesmartschoolofcookery.com) 01245 226575



## Our Chefs

We are proud to be able to work with such professional, some being celebrity chefs who thoroughly enjoy passing their knowledge to our clients, such as:

**Martin Blunos**, Martin is one of the country's greatest chefs. Having held two Michelin stars for more than fifteen years, Martin, a Baltic giant of a man has a wicked sense of humour and is a most colourful character. Often seen on TV with James Martin's Saturday Kitchen and Taste the Nation. He was born and brought up near Bath, his parents having come to England from Latvia just after the Second World War. Influenced by his mother's wholesome cooking from her homeland and Russian relatives, Martin has today become one of the finest chefs in Britain. In each of his restaurants he earned two Michelin Stars.

**Valentina Harris**, Celebrity Chef Valentina Harris is the noted authority on Italian food and food culture and a member of the International Association of Culinary Professionals. Descending from the important Renaissance Sforza family, Valentina is bright, passionate, accessible and appeals to people far beyond her chosen subject. Being a prolific author of over 40 cookery books as well as doing many TV appearances, she is always in demand to appear at top food events. She has given innumerable live cookery demonstrations and lectures extensively across Europe, Australia, New Zealand, Japan and South Africa. Valentina's first cookery book, Perfect Pasta, has been translated into six languages and won The Award for Literature and Gastronomy in Germany.

Valentina's new TV series 'Tasting History!' was recently shown on Anglia Television.

### Inside This Issue

Our Chefs	1
Private Hire	2
Smart Courses	3
Corporate Events	3
Cooking Abroad	4
Schools	6

**Tiffany Goodall**, We are delighted to announce that Tiffany has signed a two-book deal with Quadrille and the first publication will be published Summer 2009.

As a student studying hard at university Tiffany was very concerned with the quality of food surrounding her – the students were all interested in food and how to cook it but found it difficult in halls of residence with restricted budgets; she felt she could bring everyone together to cook and enjoy food and 'Tiff's Tuesdays' became a regular event.

**Steven Walpole**, Clad in black leather and careering to a halt on his fabulous motorbike may not be the conventional way for one of the country's best young chefs to turn up for a cookery demonstration! However, in no time at all Steven Walpole switches his engaging smile into gear, dons his professional attire and soon charms his audience with his energetic personality and wonderful cooking skills.

Steven is a Senior Executive Chef at BA.

Please See *Website for Full Details on Chefs*

**Franck Pontais**, Franck has mastered the culinary world from an unusual angle, that of a Traiteur chef, and it is this skill that makes him UNIQUE in the UK today. Poached by Selfridges to repeat his Harrods success, he set up a Traiteur counter in both the Oxford Street and Manchester stores and helped to educate the eating habits of customers.

His next move was as a chef for London 's top outside caterer. He catered for film premiers including James Bond, royal functions, rock royalty functions for stars such as Elton John and at home for celebrities. He confesses that he hardly recognised many of the celebrities, coming home to wife Jude uttering cryptic descriptions such as 'the tall man that ran a hotel' for John Cleese.

---

**John Ingui**, Born in Kettering into an Italian family of bakers and confectioners, cooking and catering has been in the blood from a very early age! From school he attended catering college, and has worked in a wide variety of catering and hospitality roles ever since.

Initially helping in the family bakery. From there he opened a successful bar in London's East End.

Moving on from here he opened a cafe bar in rural Essex, providing early morning breakfasts and evening entertainment and outside catering. After selling this he's moved into managerial roles within the contract catering industry, but is still keen to put on chef's whites for The Smart School of Cookery.



## Private Hire

Whether you are looking for canapés for a drinks party or collect a ready made dinner party for you to enjoy with your guests. We can cater for a formal or informal event from 6 people to 200 people, to suit your budget and requirements.

- Canapés
- Dinner party meals for collection
- Private chef services at your own home/premises
- Chilled ready meals
- Celebration cakes

One to one instruction in your own kitchen; you can hire a chef to teach you.

A minimum of 2 hours instruction. £195 (plus ingredients and expenses).

## Smart Courses

01 Aug 2009	Teen Cuisine - John Ingui	½ Day
01 Aug 2009	Vegetarian afternoon	½ Day
02 Aug 2009	Al Fresco Dining Italian Style - Valentina Harris	Full Day
16 Aug 2009	Five Course Master Class - Franck Pontais	Full Day
21 Aug 2009	Paella Evening - Ann Hood	1.5 Hours
22 Aug 2009	Teen Cuisine	½ Day
05 Sep 2009	Easy Entertaining - John Ingui	½ Day
12/13 Sep 2009	RHS Hyde Hall - Tiffany Goodall	
19 Sep 2009	Easy Dinner Party Menus - John Ingui	½ Day
20 Sep 2009	Five Course Master Class	Full Day
27 Sep 2009	Easy Entertaining - Tiffany Goodall	Full Day
04 Oct 2009	Italian Master Class - Valentina Harris	Full Day
09 Oct 2009	Asian Express - John Ingui	1.5 Hours
10 Oct 2009	Easy Entertaining - Franck Pontais	Full Day
17 Oct 2009	Seafood Extravaganza	Full Day
23 Oct 2009	Mediterranean Cuisine - John Ingui	1.5 Hours
24/25 Oct 2009	RHS Hyde Hall - Valentina Harris	
31 Oct 2009	Five Course Master Class	Full Day
07 Nov 2009	Winter Dishes	Full Day
14 Nov 2009	Chefs Table - 5.30pm - 9.30pm - Franck Pontais	4 Hours
21 Nov 2009	Five Course Master Class	Full Day
28 Nov 2009	Dinner Party	4 Hours

## Corporate Events / Team Building

Our team building events are quite unique. Depending on the pressure you want your team to encounter – we will set up a suitable venue with 3 kitchen/workstations – for a ‘Hells Kitchen’ style event.

Our celebrity chef will brief all teams, as in a real kitchen environment, then demonstrate each course for each team to recreate. Teams will assign Team members as an example.

- Matre'D
- Head Chef
- Chef de Partie
- Sous Chefs
- Commis Chef

Time limits will be set for service.

It's fabulous event, action packed.

Corporate and Team building events can be tailor made from 6 – 100 people.

## Cooking Abroad



### Long weekend at the Castel Ritaldi, Umbria, Italy

The perfect team building or group event, you can choose how much you want to get hands-on or simply enjoy watching our celebrity chef demonstrate and enjoy his amazing dishes. Many inspirationally improvised based on the local ingredients available. Each dish will be carefully explained and cooking tips will allow you replicate every dish at home.

- Shopping with chef to Market
- Wine tasting at local vineyard
- 3 meals per day, incl refreshments
- Cookery classes

Deposit £250 and balance 12 weeks prior to weekend.

Villa with separate guesthouse: 8 bedrooms and 5 bathrooms (max. capacity: 16 people)

Upon arriving at this beautiful house, you will feel the silence and the peace.

Every single room and every terrace, the large garden and the private pool (heated by solar panels) offer you a magnificent view of the surrounding hills, olive groves and fields. Its an ideal holiday house for everybody who wants to relax in a quiet atmosphere with beautiful surroundings but without missing the comfort from home.

Drier, washing machine, iPod box, computer with broadband Internet access, 2 fireplaces, 2 barbecues (one beside the pool), iron, flat-screen TV, DVD, Mosquito nets in all windows. Near to the villa you can find a riding stable.

The nearest village with bars and shops is Castel Ritaldi (4 km). Spoleto is only 15 km away from the villa. The village Montefalco with its wine cellars, producing Sagrantino and Rosso di Montefalco. The nearest motorway exit is 15 km away making day trips to Assisi, Perugia, Orvieto and Rome very easy.

Main villa on three levels for 12 people Open living room on 3 different levels with the kitchen in the centre.

The dining room is on the lowest level with a fireplace and direct access to the garden. The kitchen, half a floor higher, gives you direct access to the west and east terraces. Both terraces have big tables and offer you the possibility to take your meals in the sun or shadow depending on your preferences and the time of the day. On the same level you will find 2 double bedrooms, 1 twin bedroom and 2 bathrooms (one with shower and one with bath tub).

The light-flooded living room, half a floor higher, equipped with another fireplace invites you to relax with a beautiful view over the nearby olive groves and the Apennines in the distance.

At the 1st floor you have an office/ TV-space on a gallery as well as 1 double bedroom with en-suite bathroom, 2 twin bedrooms and bathroom.

The office/ TV-space has a computer with broadband internet connection, a DVD player, an iPod-Box and a flat screen television.

Both bathrooms have a access to a little terrace.

Separate guest house for 4 people: (The Smart School Staff).



### Villa Elena, Sicily

Villa Elena is a luxurious six-bedroom villa in the southern area of Sicily close to Agrigento and the stunning Mediterranean coastline. It's as beautiful inside as it is outside offering all the privacy, comfort and relaxation you would want for a home-like holiday with all the luxuries of a hotel. Spacious contemporary designed rooms, high-quality kitchen and dining area surrounded by lush gardens, swimming pool and breathtaking views of Sicily's natural beauty. It's the perfect get-away for a group of friends or family.

#### Rooms

All six rooms have been uniquely designed to the highest standards and reflect the natural elements of Sicily. Lemons, oranges, tomatoes, aubergines, grapes and of course, the sun and sea have influenced our choice of colors. All rooms have the following:

- Air-conditioning
- Flat screen TV
- Internet
- Telephone
- Professional hairdryer

Red Room also has:

- Luxury bathroom with Jacuzzi shower
- Lounge area within room
- Private terrace overlooking hillside
- Private balcony looking out to 13th Century Baroque town, Naro

Purple Room also has:

- Luxury bathroom with hydro massage bathtub
- Lounge area within room

Orange and Green Rooms also have:

- Rainfall shower

Green, Yellow and Turquoise Rooms share a terrace.

#### **About Sicily**

Sicily is one of the best-kept holiday secrets. It is not as well trodden as some other European countries and in my mind that is a blessing. There are still many undiscovered areas that make you feel like you've stepped back in time. It has some of the world's best-preserved ancient Greek and Roman ruins, regions full of Baroque towns, spectacular scenery ranging from the world's most active volcano to rugged mountains to expansive fields of grain, olive groves and vineyards to sandy coasts and crystal-clear water. Thanks to Sicily's Mediterranean climate, it enjoys mild to warm, wet winters and warm to hot, dry summers.

For the past decade, Sicily's wines and olive oils have been awarded some of the most prestigious prizes and the island's fish and produce are among the freshest. Add to that a warm, welcoming population, as well as a warm, sunny climate and well, you have the perfect holiday destination. As Goethe said in A Journey to Italy : "Without seeing Sicily it is impossible to understand Italy – Sicily is the key to everything".



### Working With Schools

The Smart School has been working in schools throughout 2008 with a healthy eating roadshow–hands–on!

We have also been fortunate enough to work closely with The Food Standards Agency and Chelmsford Borough Council within Essex Schools.

Age groups from 5 to 6th form. We supply all the equipment needed for a fun packed day. We prefer for schools to invite parents/carers to come along and join in so the experience can be taken home to help change diets throughout the whole family. Our specialist chefs demonstrate fabulous, tasty dishes that everyone will enjoy, on a budget and a simple healthy and cheaper alternative to supermarket foods.

Each child will fully prepare with their parent/carer a tasty dish to take home and cook. 6th form students have a tailor made programme to suit their existing schedules.

We supply:

- A portable cooker/workstation
- 1 chef and 2 staff helpers
- Food
- Silicone chopping boards (kindly supplied by OXO)
- Kitchen tools for all the children to work with
- Take away boxes
- Hand gel

You supply:

- Up to 40 children per session, maximum 3 sessions per day

8 week menu and events plans coordinated with schools kitchens to budget and dietary requirements.

Fees: £1 per child for food and our fee from just £6 per child. Please contact Ann Hood on 0800 756 6805 for a quotation to suit your needs.