



CHRISTINA'S FOOD STUDIO PROGRAMME - JANUARY - MARCH 2024

Welcome to the first cooking programme for 2024. I look forward to welcoming you into my kitchen.

The theme for this year is: FEEL GOOD FOOD! Easy to prepare, using easily available and seasonal ingredients. As we get older (and wiser!) we realise more and more how important a healthy diet is! Healthy can be both delicious and effortless (well – almost!)

Book early to secure your spot. I am in the process of creating a WhatsApp group to secure easy communication in future.

Please contact me if you would like to book a private class for yourself or a group of friends

BOOKING AND PAYMENT:

Cost @ R500 per class

NB! Please confirm class availability before doing an EFT. Send me a WhatsApp on [0829200329](tel:0829200329) OR email at: capendale@imagnet.co.za

Your place will be secured once payment or POP is received. REMEMBER to add your name and date of class to your POP

BANKING DETAILS:

C.Capendale

Standard Bank

Acc Nr: 082419183

Please use your name and date of class as reference

Thank you and I look forward to be cooking with you soon

Christine Capendale

Cell: [082 920 0329](tel:0829200329)

19 JANUARY (class is fully booked)

MAKE THE MOST OF YOUR AIR FRYER

24 AND 26 JANUARY

BEST OF SUMMER

Fun recipes – that will not take too much of your time, using fresh, seasonal ingredients. Perfect for warm summer evenings or long al fresco lunches

MENU:

Prawn, mango and Avo cocktail

Smoked chicken crunch salad

Pan-fried beef fillet strips on rocket with blistered tomatoes and parmesan

Gnocchi with butternut sauce, caramelised onions and soft whipped feta

Mexi-bowls with spicy beef, beans and nachos

Berry and lemon semi-freddo

7 AND 9 FEBRUARY

EASY SUMMER ENTERTAINING

Effortless entertaining to spoil friends and family.

MENU:

Green gazpacho

Fig and gorgonzola tarts

Duck, peach and pea salad

Minty lamb meatballs with pistachio and pomegranate tabouleh

Butternut and roasted onion fondue pie

Grilled egg plant, tomato and olive salad

Mango and coconut layered cheesecake

21 AND 23 FEBRUARY

VEGETARIAN FOR EVERYBODY

You don't have to be a vegetarian to enjoy this class!

The perfect class for those who like to enjoy plant-based meals AND those who would like some Meatless Monday inspo

MENU

Twice baked cheese souffles

Brinjal on cauli mash with salsa verde

Leek fritters with yoghurt sauce

Mushroom lasagne

Potato, oven roasted tomato and caramelised onion tarte tatin

Lemon meringue pie OR limoncello crème with nut crumble

6 AND 8 MARCH

LETS EAT MEDITERRANEAN

Experience and learn more about the exotic and diverse array of flavours of Mediterranean food

MENU:

Caprese Bruschetta

Pull apart leg of lamb with tahini sauce and minted yoghurt

Brown rice salad with olives, preserved lemons and apricots

Greek lemony chicken meatballs with whipped feta

Lettuce wedges with celery leaf pesto and pecan crunch

Roasted brinjals with lemon aioli and gremolata

Triple chocolate tiramisu

13 AND 14 MARCH

AIR FRYER – LIGHT, QUICK AND HEALTHY

Inspiration and ideas on how to make the BEST of your air fryer

MENU:

Olive cheese straws

Smoked snoek samosas with homemade tomato and ginger chili jam

Spicy lime chicken skewers

Tex-Mex sweet potatoes with guacamole

Asian style Pork belly skewers

Cheesy sage and lemon Hasselback potatoes

Pumpkin fritters

Coffee and walnut loaf cake