

# Kids in the kitchen - Summer cooking workshops for children (20 GBP)



Location **South East, Berkshire**  
<https://www.freeadsz.co.uk/x-536334-z>

Summer cooking workshops for children, 9-12 years old. Pasty, bread and pasta workshops. Morning and afternoon slots available. Book a space following the link:  
<https://www.eventbrite.co.uk/e/summer-cooking-workshops-tickets-35807847235>



**ELNETTE'S FITNESS & FOOD**  
Get active & Feed the Burn

**Kids in the KITCHEN**  
Embrace the Mess, Encourage Success, Equity for Life

**Summer cooking workshops for kids!!!!**

**9 - 12yrs  
£20 per session**

**Pasta making workshop**  
Making your own pasta and sauce with fresh ingredients.  
Experimental work: Sensory evaluation of pasta made with different types of flour.  
**Recipes:**  
\* Ravioli with vegetable sauce  
\* Macaroni Cheese  
**Dates:**  
July: 25<sup>th</sup>  
August: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>  
**Morning slot:** 10:00 - 12:30  
**Afternoon slots:** 2:00 - 4:30

**Bread making workshop**  
Making your own bread working with yeast.  
Experimental work: Looking at the gluten content of different flours and how it affects the structure of bread.  
**Recipes:**  
\* Hamburgers  
\* Pizza  
**Dates:**  
July: 26<sup>th</sup>  
August: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>  
**Morning slot:** 10:00 - 12:30

**Pastry making workshop**  
Making rough puff and short crust: pastry  
Experimental work: Sensory analysis of pastry made with different types of shortening (fat)  
**Recipes:**  
\* Mini summer fruit tarts.  
\* Val-au-vents / Roast veg squares.  
**Dates:**  
July: 27<sup>th</sup>  
August: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup>  
**Morning slot:** 10:00 - 12:30  
**Afternoon slots:** 2:00 - 4:30

**Contact:**  
Elnette Parsons  
07414008802 / [elnettoparsons@yahoo.co.uk](mailto:elnettoparsons@yahoo.co.uk)

Sessions include all ingredients & Equipment  
Finished products will be taken home.  
Venue: 45 Morlais, Emmer Green, RG4 8PQ



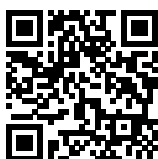
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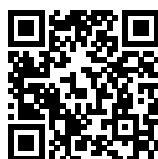
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