

THE BIG EAT III

Maida Hill Place, 2 Fernhead Road, W9 3ET

FANCY KICKING OFF A CAREER AS A CHEF?

Did you know that there is a big shortage of professional kitchen staff in the UK?



The Big Eat 3 is a Community Kitchen training program set up by Maida Hill Place in collaboration with Westminster Adult Education Service.

This course is a great opportunity for work in the catering industry.

If you are interested in a new career then this course is for you.

Entrance requirements:

Aged over 19+
Looking for work
Westminster resident

Time:

Six week course

Saturdays 10am–3pm

March 23rd and 30th.

April 6th, 13th, 27th and May 4th.

Training Location:

Maida Hill Place, 2 Fernhead Road,
London W9 3ET



Six class modules taught over six weeks to improve students' professional cooking skills and learn more about plant-based recipes. By the end of the course, participants will be empowered to make informed choices on foods that promote optimal health, to integrate more fresh cooking with their day-to-day life routines and to eat a greater variety of plant foods, especially fresh vegetables and fruits.

Includes time for Q&A at the end of each practical session and at the end of the course to address personal obstacles to eating better.

Practical sessions teach the following skills through preparation of recipes:

- preparing simple meals from scratch
- basic knife skills and knife maintenance
- veg chopping techniques
- preparation techniques incl. steaming, baking, stir-frying, grating, slicing, sprouting

To register: please send an email to manager@maidahillplace.co.uk
or call **020 8964 2549**



maida hill place



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