

# Vegetarian Cuisine; modern approach a chefs' workshop

## Introduction

This workshop is practically based and designed for professional chefs at all levels of competence. Each participant will cook and serve a variety of vegetarian dishes, working individually and in groups.

The workshop lasts for one day and will be held in University College Birmingham's state of the art skills and competition kitchens. Previously known as the Birmingham College of Food, University College Birmingham (UCB) has a very high reputation in this area. The workshop will be delivered by its experienced specialist lecturers.

## Content

**Thursday 6 May 2010, 0830 - 1630**

### **0830 Introduction; 'Versatility of Vegetarian Cuisine'**

Delicious Vegetarian Food, Vegetarian Nutrition, Ingredients Knowledge, Creative Recipe Ideas

### **0900 Start of Practical Session**

#### **Soups, Starters & Salads**

Risotto Variations, Simple Soups, Mushroom Pate, Polenta Cakes, Roast Vegetable Tart, Vegetable Croquettes

#### **Main Dishes, Vegetables & Side Dishes**

Vegetable Stew, Meat Alternatives, Pasta Variations, Tofu Burgers, Potato Dishes, Vegetarian Paella

### **12.30 – 13.00 Lunch Break**

#### **Barbecues, Dips, Sauces & Marinades**

Vegetable & Tofu Kebabs, Beetroot Humus, Eggplant & Mushroom Skewers, Pistou, Tomato & Basil Fondue, Flavoured Oils

#### **Desserts**

Considerations, Working with Gelatine Substitutes (agar-agar), Spoon Desserts & Jellies

### **1630 Departure**

## Participants

This workshop is practically based and designed for professional chefs working in universities and colleges at all levels of competence.

## Venue

University College Birmingham, Summer Row, Birmingham B3 1JB. The college is in central Birmingham, 10 minutes walk from New Street and Snow Hill railway stations. The day starts at 0830 and ends at 1630. There is more information at [www.ucb.ac.uk](http://www.ucb.ac.uk). Participants will receive full location details and other information when they make a reservation.

## Fee

The fee for this one day, non-residential workshop is £185.00 plus vat, per participant. This includes all workshop materials, ingredients, training costs, refreshments and lunch. Participants requiring overnight accommodation make their own arrangements. There are two Travelodges near to the college [www.travelodge.co.uk](http://www.travelodge.co.uk). There are also two Premier Inns nearby [www.premierinn.com](http://www.premierinn.com). There is a large range of bars and restaurants providing an evening meal within a short walk of the college.

To make a workshop reservation, please go back to our booking form, which may be completed on-line or off-line. May we respectfully draw your attention to the UHS business terms, which are on the seminars page of our web site and on the booking form?