



Boss the Basics – Course 1

Lesson 1: Ragu & Tomato Sauce

This first class focusses on basic skills that you will use again and again and build on through the course. We will start with making a basic ragu (bolognese) where you will learn knife skills, how to sweat vegetables, and build flavour by reducing a sauce and careful seasoning. Alongside the ragu, we will make a classic tomato sauce which will consolidate these skills, and which can be turned into a soup with the additional of more liquid. Finally, we will cook some pasta and taste the dishes.

Skills: Knife skills; sweating vegetables; cooking with garlic; simmering; reducing; seasoning; cooking pasta

Lesson 2: Roux & flour-thickened sauces

A roux is a mixture of equal amounts of flour and fat (usually butter) cooked together and used to thicken sauces. You will learn how to make a basic white sauce. White sauce is one of the “mother” sauces and she has many daughters! These include cheese (Mornay), bechamel, parsley, and onion sauces, and I’ll talk you through how to make these variations. Once you’ve got the hang of making a good white sauce, we’ll look at the many ways white sauces can be used, and make a cauliflower cheese, Croque Monsieur, Lasagne, and a cheese soufflé.

Skills: Making a roux; flavouring milk; understanding the thickening qualities of flour; preparing and cooking cauliflower; separating eggs; whisking egg whites; baking a layered meat dish & testing for doneness.

Lesson 3: Chicken

Chicken is the most consumed meat in the UK accounting for nearly half of all meat eaten! As such, it makes sense to learn how to cook and handle it safely. In this class, you will learn how to make a perfect roast chicken, how to carve a chicken and make a delicious gravy with the pan juices. We’ll also look at how to make a good chicken stock (or bone broth). Finally, we’ll make a yummy pan-fried chicken dish with a creamy pan sauce – a technique that you will be able to adapt endlessly with different flavours and ingredients.

Skills: food safety when cooking poultry; roasting - times, internal temperatures; resting meat; knife skills; carving a chicken; making a stock; simmering; making gravy; pan-frying chicken; making a pan sauce

Lesson 4: Eggs

Which came first? Well, in Boss the Basics, we’ve put the chicken first, followed swiftly by the egg. Eggs are an incredible ingredient – a nutritional powerhouse and culinary workhorse. They have so many uses in the kitchen, from binding ingredients, rising cakes, enriching sauces and emulsifying dressings. In this lesson, we are going to look at basic egg cooking – boiled, poached, scrambled and a classic omelette. In addition, you will learn how to separate egg whites and yolks and use the yolks to make a mayonnaise and the whites to make a meringue.



Skills: boiling eggs -times & textures; poaching eggs; scrambling eggs / low temperature cooking; making an omelette; separating eggs; making an emulsion sauce (mayonnaise); whisking egg whites; making meringue

Lesson 5: Batters & Quick Breads

In this lesson, we'll be looking at batters – basically pourable mixes of flour, liquid, eggs and sometimes a chemical leavening agent (baking powder or bicarbonate of soda) that are thin enough to pour or drop to make crepes, pancakes, Yorkshire puddings and the like. Quick breads are baked goods that are made with a batter base and raised with chemical leavening agents, such as muffins, Irish soda bread, banana bread and scones. In this class, you will learn basic recipes and ratios which you'll be able to modify and flavour to your heart's content!

Skills: making batter; cooking crepes, Yorkshire puddings, and American pancakes; chemical raising agents – what they are and how they work; making a loaf cake, scones, making muffins, and a no-knead soda bread.

Boss the Basics Course 1 costs £250 for a course of five 2-2.5 hour classes. For class dates and times, please click the booking link on the website.