

## PRICE LIST:

COOKING CLASS:	€60
COOKING CLASS WITH BOOKLET & LUNCH:	€95
COUPLES CLASS WITH BOOKLET & LUNCH:	€150

# Cooking

in

# Caava

SPANISH RESTAURANT  
& TAPAS BAR



*Impress your  
friends with a  
delicious dessert!*



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**ONE ON ONE CLASS WITH QUALIFIED CHEF.  
TECHNIQUES, RECIPES, TASTING & MORE.**



## Learn the art of bread-making

*Cooking in Cava* is a one on one cooking class in *Cava Spanish Restaurant & Tapas Bar* with a qualified chef. These classes include bread and dessert making, tapas tasting and making, and an introduction to Spanish cooking as well as an insight into local fish and meat available in Galway. Students will get to experience first hand the workings of a modern professional kitchen.

The class runs from 9am to 1pm. It begins with bread making and a discussion of the students own food interests. Following bread making, the chef will focus on a specific Spanish dessert, complex enough to entertain, but simple enough to be recreated by the student in his or her own home.

After the dessert making, there will follow a brief talk about the specific fish and meat that *Cava* use in their cooking, explaining the region and seasonality of each specific fish. Students will get to prepare specific fish and meat for cooking and this section will also include a discussion of matching fish and meat with various sauces and wines available in *Cava*.

Subsequent to this, the chef will focus on certain Tapas: the Tortilla (Spanish Potato Omelette), Patatas Bravas (Spanish Fried Potatoes), & other famous tapas.

In conclusion, students will make Paella (a Spanish seafood rice dish). This section will include stock making, seafood and shellfish preparation, assorted knife techniques and tasting of the finished dish. It will also include historical information regarding the origin of this national dish.

These classes are designed for those who have an interest and passionate love of food and who want to experience the ins and outs of a modern kitchen. The classes can also be tailored for the more experienced student looking for more specific experience in the kitchen industry. Furthermore, they will also suit couples who have a joint interest in Spanish food and cooking. No experience is necessary.

A booklet of the recipes, which will also include a brief history of Spanish cooking and *Cava Spanish Restaurant & Tapas Bar*, will also be available for students to take home.



## Work alongside a qualified chef