Magazine issue #7
Autumn/Winter 2019/20
Includes classes
and short courses

LEITHS
SCHOOL OF FOOD AND WINE

#MadeAtLeiths
Stay in touch!

Keen to hear about our new courses and classes, take advantage of exclusive discounts, and cook the recipes the Leiths chefs are discussing around the staffroom table right now? We send out email newsletters every few weeks – so you don’t feel bombarded – and we do our best to ensure they are full of genuinely useful, original foodie news and recipes.

They’re a great way to pass a commute or tea break! It’s easy to sign up; just visit Leiths.com, scroll to the bottom of the page, and pop your email in. You can unsubscribe at any time.

Enjoying your copy of Leiths Magazine?

Lots of you have told us that you visited Leiths.com, gave us your address, and only received one copy of the magazine. That’s because our old system (pre May 2018) only took your address once. We changed things in May 2018, and if you put your address in now, we will send you a magazine every six months unless you ask us to stop. If you ever want to stop receiving our gorgeous magazine (we understand, but we’ll miss you!) simply email dataprotection@leiths.com and ask to be taken off the postal mailing list. You can also use this email to request a change of address.

A little thank you

We believe that there are many things that set us apart from other cookery schools; our carefully sourced ingredients, our highly experienced teaching chefs who all teach on our renowned Diploma, and our student teacher ratio of 1:8.

That said, we know you could choose another cookery school, so we’d like to thank you for your loyalty to Leiths. As the bearer of this magazine, you are entitled to **10% off** any weekday, in-house class before **31st March 2020**. This excludes guest chef classes. To claim your discount, simply visit Leiths.com and use the code **TASTY10** when booking. Enjoy!

Made At Leiths
Hello

Summer brought us intense heat with stormy interludes – and our appetites stayed strong! Another cohort of professional students and eager enthusiasts passed through the school, delighting us with their cooking and setting out to achieve their food-filled dreams.

You may have seen our #MadeAtLeiths campaign around London or on our blog, which shone a light on past students and their achievements. In this issue of Leiths Magazine, we wanted to share some of those stories to give you an idea of the many directions a career in food can take.

With words from chef and author Olia Hercules, a wonderful Black bread recipe from Tomek Mossakowski, stirring statements from food policy innovator Angela Malik, and other highlights from our Instagram hashtag; we hope you’ll enjoy delving into the experiences of our alumni. But it’s not just about having professional ambitions…

Part of the joy of being at Leiths is meeting a huge number of people who lead vastly different lives and yet share a common passion: food. Cooking enriches our existence, whether it’s throwing together an evening meal after a long day at work, clearing a day so that you can bake fresh bread with a friend; or remembering the first time you tried that treasured family recipe.

Our courses for autumn and winter are designed to inspire and warm you up as we move into the darker months. What’s a bit of frost if you can knock up a nourishing feast in our Spanish and Moorish Dishes class with Ben Tish? The wind seems to lose its bite when you’re tucking into Festive Canapés and Wine Pairings with Louis Latour; and who would give the rain a second thought in the midst of a Cake Decorating Masterclass with GBBO’s Steven Carter-Bailey?

Whichever class or course you choose, you can be sure that it will leave you feeling warm, fuzzy and replete… but we can’t guarantee you won’t be hungry for more!

The team and I look forward to seeing you at the School soon,

Camilla

Camilla Schneideman, Managing Director

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View all our courses and classes online at leiths.com
News from the Mews

When Leiths first moved to Wendell Road, back in 2008, it seemed we were spoiled for space. In recent years, things have started to feel a little bit snug. So it was hugely exciting when we got the keys to a beautiful Edwardian townhouse in July. Our new venue in Warple Mews is just ten minutes’ walk from the main Leiths building, and will be available for corporate events and recipe development very soon…

Brixton gets a taste of Tuscany

Billing itself as ‘your new neighbourhood Tuscan restaurant’, Maremma is named after an unspoilt part of Tuscany, yet it’s housed in the former Montego Inn building in Brixton. With a menu including dishes like Wood-baked hake with clams, samphire and aïoli, Leiths alumna and executive head chef Alice Staple has created a beautiful space in which to lose yourself in authentic Italian cooking.

The YBFs

Ones to watch

You may remember last year that we partnered with The YBFs (Young British Foodies), a yearly food and drink award ceremony that exists to shine a spotlight on unsung food and drink heroes. The YBFs have springboarded some incredible talent into the spotlight, including Tomos Parry of BRAT, the trio behind BAO when they were starting out as a street food truck and, more recently, Roberta Hall of The Little Chartroom in Edinburgh. This year promises to be as talent-laden as ever with all 35 judges keen to unearth some new superstars. Leiths will be hosting the Chef and Front of House judging for 2019 - stay tuned for news from the awards night on 24th September at Ennismore Sessions House.

Evenings just got tastier

It’s the moment you’ve been waiting for…the Evening Essential – Part 2 is here! Back in 2016, lots of you were telling us you really wanted to take a professional cookery course without taking time out of work and other commitments, so we launched the Evening Essential. Running on Monday and Wednesday evenings (and three Saturdays) the course has been a sell-out success. Then, many of you asked if there was a way to take your learning further – still in the evenings and weekends. Well, we listened! From flaky pastry to perfect gnocchi, students will hone and build upon the foundation skills they learnt on the Essential Certificate. Our September Part 2 course sold out immediately, but we still have a few spaces for January.
**Talented trio**

What do you get when you cross a coffee roaster, a sommelier and a Leiths trained chef? Aisling Chaudhuri, who took the Diploma in 2016 and went on to work as a chef at Petersham Nurseries, has got together with friends Miles and Dylan to open Wacka Espresso in Wimbledon. As well as speciality coffee and a seasonal all-day brunch menu, the trio now serve gorgeous small plates, wine and craft beers in the evenings.

**Cauliflower Power**

Congratulations go to Leiths alumna Kathy Kordalis, who has released a brand new book of cauliflower recipes...60 of them in fact! This humble brassica is packed with fibre, omega 3s, B vitamins and minerals, and in Kathy’s masterful hands, it is transformed into arancini, katsu curry, a freeform tart and even caramel brownies! Cauliflower Power is available to buy online now.

**Ship shape**

Whether you’re auditing remaining ingredients on a cargo ship, or plating fine dining during an almighty storm on a superyacht, cooking at sea is an incredible experience, filled with challenges, camaraderie and a chance to see the world. New for 2019, Leiths is a registered provider of the Assessment in Marine Cooking, a vital step towards achieving the Ship’s Cook Certificate and working at sea. We are also building a number of relationships with yacht staffing agencies such as Wilson Halligan. If you would like to cook on a grand voyage, chat to Gemma, our Registrar, for more information.

**Cooking for the stars**

Leiths alumna Annabel Wray has had an incredible career, more recently teaming up with fellow alumna Victoria Knight. After meeting at Leiths, they reunited two years later, undertook a nutrition course and set up their own company, Hakuna Foods. Together they work all over the world cooking for clients in film, TV, sport and fashion. From Hollywood A-listers to professional athletes, Annabel and Victoria assist their clients from a nutritional perspective, whether they are bulking up to be superheroes or getting ready for the red carpet.

**Want more?**

Would you like to have access to an official noticeboard, app, or online forum where you could interact with Leiths alumni past and present? Whether you’re recruiting new chefs for your restaurant, seeking your first graduate role or looking for mentorship and advice, the Leiths community has so much to offer, and we’re wondering if we ought to bring you all together in one place. If you have any thoughts on whether you’d like this, or how it could work, please email marketing@leiths.com.

View all our courses and classes online at leiths.com
My love for Middle Eastern baking

By Sarit Packer, Leiths guest teacher and co-founder of Honey & Co

I have always had a sweet tooth and a love of baking; even at the age of five I was most often found in the kitchen with my hands in a bowl of cake batter or in the biscuit tin. When I’ve been travelling in the Middle East – most recently in Jordan, Egypt and Turkey – Itamar and I have made it our mission to hunt out the best bakeries and pastry shops.

We take recommendations, do a lot of research, and often find ourselves crossing a city in the hunt for a little shop or stall down this alleyway or behind that market. When you finally find the shop you are hunting for, the reward is often a beautiful window stacked with freshly baked trays of baklava, syrup cakes, pastries and breads, ready to entice you in.

Middle Eastern baking is not just baklava, though there are thousands of variations on the spindly, syrupy treats. The Kadaif pastry used in baklava is a hugely versatile pastry. It’s made by drizzling a thin stream of batter onto a hot plate, creating thin strands of filo-like pastry which can be baked with sugar for a sweet pie crust or with warm spices for savoury. There’s also Yufkah pastry which can be used almost like lasagne sheets. Then there are the breads; pillowy Pita bread, Ashtanur griddle breads, and enriched yeasted doughs that make beautiful plaited challah.

Of course, there are always a lot of nuts involved when it comes to cakes and desserts – pistachios and almonds for sure - and plenty of rose water or orange blossom water. A tray of Basbusa combines these elements perfectly. Sweet syrups are used with abandon; date syrups, pomegranate molasses and honeys are poured freely over pastries, just as they come out of the oven. Not just for the super sweet-toothed, the syrups have a purpose, helping preserve the desserts against the hot, humid climate. There is nothing better to follow a long leisurely lunch on a sweltering day than a plate of small sweet bites with a strong coffee.

When we first opened the doors of Honey & Co, we didn’t think we’d serve cakes, but Itamar and I soon realised a display of freshly baked cakes in the window was the way to entice our new neighbours in, just as we are enthralled by those windows abroad.

We’ve taken the very best elements of all the desserts we’ve tasted growing up and on our travels, and added our own spin. We might take a traditional flavour combination and bake with a different method, or vice versa; as well as traditional chocolate flavoured Babkas, we experiment seasonally. Lately this has involved jam and custard, and salted caramel and white chocolate.

‘A display of freshly baked cakes in the window was the way to entice our new neighbours in.’

Equally, we’ve added a Middle Eastern twist to some British favourites; our coffee and walnut cake is made with traditional cardamom cooked coffee, and our Fitzrovia bun, dedicated to our neighbourhood, takes the Chelsea bun and adds sour cherries, pistachios and rose syrup.

Our cold feta cheesecake, the dessert we are most famous for, is a happy balance between our Middle Eastern and British influences - a sweet baked Kadaif pastry base is crowned with a generous spoonful of a feta and cream cheese mix, then sprinkled with almonds and blueberries and drizzled with honey from Regent’s Park. Divine.

www.honeyandco.co.uk
Social @Honeyandco
Listen to Sarit and Itamar on their podcast Honey & Co: The Food Talks available on iTunes and Spotify.
Feta and honey cheesecake on a Kadaif pastry base

Taken from *Honey & Co: The Baking Book* by Sarit Packer & Itamar Srulovich, Hodder & Stoughton, 2015

This dessert has become our signature dish. It's quite complex, with a few different components, and is quite ambitious for home preparation – not because the stages are difficult, but because there are a few of them. You can use a generic supermarket feta, but for a finish that is smooth and salty, buy one of the tinned smooth fetas sold in Middle Eastern delis.

Kadaif is the most amazing pastry; it is made out of tiny thin noodles that you bake with butter and sugar. The best thing to do is to buy it ready-made in a Middle Eastern grocery store; use what you need for this recipe and keep the rest in the freezer for next time. However, if you can't find Kadaif, use filo pastry and shred it as finely as you can with a knife or a pair of scissors.

The advantage of this dish is that each part can be made in advance and assembled just before you are going to eat – just as we do at Honey & Co. This makes it good for stress-free entertaining (although not so much for stress-free preparation). You could simply make the cheesecake cream and place it in a large bowl, sprinkling with some nuts and drizzling with honey; not quite the same, but still tasty.

Makes a generous 4 portions

For the Kadaif base
25g melted butter
50g Kadaif pastry (or shredded filo)
1 tbsp caster sugar

For the cheesecake cream
160g full-fat cream cheese (we use Philadelphia)
160ml extra thick double cream
40g icing sugar
40g honey of your choice (a grainy one works best, in my opinion)
50g feta, smooth and creamy
Vanilla pod seeds from ½ a pod (or 1 tsp vanilla essence)

For the honey syrup
50ml honey
50ml water

For the garnish
A few fresh oregano or marjoram leaves
A handful of whole roasted almonds, roughly chopped
Some mellow-flavoured seasonal fruit; white peaches or blueberries are best (raspberries or apricots are also good)

**Baking with Sarit Packer of Honey & Co is on 8th November. You'll make make dishes taken straight from *Honey & Co At Home* and *Honey & Co The Baking Book*, including *Harissa and goat’s cheese buns and Tahini, preserved lemon & white chocolate cake*.**
Method
Preheat the oven to 180C/gas mark 4.
Mix the melted butter with the pastry and sugar in a bowl.
Fluff the pastry by pulling it and loosening the shreds
with your hands until it gets an even coating of sugar and
butter. Divide into four equal amounts, pulling each clump
of pastry out of the mass like a little ball of yarn. Place
these on a baking tray lined with parchment paper.
They should resemble four flat birds’ nests, each about
the size of a drinks coaster.

Bake for about 12-15 minutes or until golden. Allow to
cool and keep in an airtight container until ready to serve.
The pastry nests will keep for 2-3 days, so you can prepare
them well in advance.

Place all the cheesecake cream ingredients in a large
bowl and combine with a spatula or a big spoon, using
circular folding motions until the mixture thickens and
starts to hold the swirls. Don’t use a whisk: it’s vital not
to add air into the mixture as the secret is in the texture.
Check that it is sufficiently thick by scooping some onto
a spoon and turning it upside-down: it should stay where
it is. If it is still too soft, mix it some more. If you are
increasing the quantities in this recipe to feed lots of
people, I suggest using a paddle on a mixer for this, but
you’ll need to watch it like a hawk so it doesn’t turn into
butter. You can prepare the cheesecake cream in advance
(up to 48 hours before serving) and keep it covered in
the fridge until it is time to assemble.

Put the honey and water for the syrup in a small pan
and boil together for 1 minute, skimming off any foam
or impurities that come to the top. Remove from the hob
and leave to cool, then store covered in the fridge until
you are ready to serve.

When you come to assemble the dessert, place a pastry
nest on each plate and top with a generous scoop of
the cheesecake mix. Sprinkle over the herb leaves and
chopped nuts, add a few blueberries or a couple of slices
of peach, and drizzle a tablespoon of the honey syrup over
everything. If you want to be super luxurious, drizzle with
some raw honey as well.
If you’ve visited our website, opened one of our emails, or been into the School this year, you will have seen our Made at Leiths campaign.

It all began in March, when we decided to advertise on the London Underground.

We wanted to create a series of images that would celebrate Leiths, and by Leiths, we mean the school, the food, and everyone who has ever trained with us!

To start with, we approached Carolyn Barber, a talented local photographer who regularly heads up photoshoots for Oliver Bonas, The White Company and Boden.

Carolyn offered some really useful advice; keep it real!

“We wanted the images to be gentle and thoughtful,” she said. “We didn’t want to shy away from the fact that retraining as a chef – or achieving a cookbook deal – is a challenging process with highs and lows.”

And so we set to work, chatting to alumni and hearing their unfiltered stories.

We featured Olia, Tomek and Melanie in our advertising campaign, but it didn’t stop there; something was in motion. We were speaking to dozens of alumni, and it felt like there was an inspiring, against-the-odds story behind the success of many of our graduates.

We decided to run a blog a day for the month of May – 31 in total. If you haven’t had a chance to read these on our website, do take a look at leiths.com/blog.

The stories we’ve featured are diverse and refreshing. Susie Morrison talks about overcoming an eating disorder and a near fatal accident on her path to becoming a successful chef, training with Michel Roux Jr. Adam Shaw talks about developing recipes for his wife to eat during pregnancy by focusing on what you can eat, rather than what you can’t. And Esther Clark talks about...
going from supermarket checkout girl to cookbook author and deputy food editor of BBC Good Food, driven forward by her bold, gutsy nature.

We have a feeling we’ve only just glanced the surface on this one. The Leiths family is brimming with talent, gumption and original thought, so if you have a story to tell, do get in touch, either on social media or by emailing marketing@leiths.com.

We’ll try not to gush with pride when we tell everyone what you’ve achieved, but we can’t promise anything!

Made at Leiths in Numbers

3,904
The number of people who have taken the Diploma since we launched it in 1975

158
The number of people who have taken our ten-week Nutrition in Culinary Practice course since its inception in 2016

27,223
The number of times our #MadeAtLeiths alumni articles have been read on Facebook

449
The number of times our students and alumni have written Instagram posts using #MadeAtLeiths

37
The years of professional cooking experience held by our longest standing Leiths List alumni chef

Leiths through the decades

1970s: Based in Notting Hill Gate, Leiths took on 64 students each year. There were ten members of staff; Caroline Waldegrave as Principal, along with a vice principal, six teachers, a registrar and a book-keeper. Fresh herbs and olive oil were on the menu; quite a revolution!

1980s: We were yet to introduce How to Cook, so students worked through textbooks usefully called Leiths Book 1, Book 2 and Book 3! All our recipes were stored on a series of Rolodex files, and teachers wore trendy Leiths sweatshirts, until we introduced more formal chefs’ whites. The cooking was still quite traditional, and saw students clearing lemon jelly, formally plating Coronation chicken with rice salad, and using sherry with offal in dishes like Kidneys Turbigo. The School moved to St Albans Grove in 1985.

1990s: We started to teach Indian and Indonesian dishes on the Diploma thanks to Caroline’s friendships with Madhur Jaffrey and Sri Owen. Our teacher Jocelyn Dimbleby helped adapt international recipes for our Diploma students, as not all of them had cooked Asian food before. In 1993, Diana Henry came to Leiths only intending to do one term. She has now authored ten cookery books and has become an award-winning food writer, journalist and broadcaster.

2000s: In 2008 we head-hunted Camilla Schneideman as our new Managing Director, and moved to the current school building on Wendell Road. A big year for Leiths! Camilla expanded our offering in every way possible, bringing Peter Gordon’s wizardry to the Diploma, and Malaysian street food to those taking our one day classes.

2010s: We celebrated our 40th anniversary in 2015 with a glamorous bash, with guest speakers including Rick Stein, Gizzi Erskine, Yotam Ottolenghi and of course Prue Leith. And in 2018 we launched our first digital course, beaming Leiths training all around the world!

An unforgettable influence

Born just before the start of the Second World War, in 1938, Sir Christopher Bland had an incredible career. A brilliant businessman, he understood when to invest and when to hold back, how world events and economics could affect businesses on the ground, and how to inspire and guide the best staff. He was chairman of more than a dozen organisations, including BT and the BBC, and he had a passion for good food.

Camilla remembers: “Christopher taught me to be bold and decisive. He’d often say, ‘make a decision, even if it’s the wrong one’. In business you need to keep moving and have to be ready to adapt.

“He was passionately interested in the school and would often take classes here, reproducing the dishes at home. I remember he particularly favoured a Thai pork dish with lots of chilli. Nothing intimidated him!”

Christopher led Leiths with exceptional skill right up until January 2017, when he sadly passed away. The school is now owned and chaired by his wife, Jennie Bland, who has been incisive and supportive from the start.

Have you been left inspired? Fancy following in our alumni’s footsteps...but treading your own unique path? Head to Leiths.com/professional-courses for more information on the Leiths Diploma in Food and Wine.
Dreamscapes, food memories and kitchen heroes; chef and author Olia Hercules discusses her culinary roots spanning Ukraine, Cyprus and Italy, and shares a few highlights from her upcoming book.

Interview by Pamela Daniels

Working as a junior reporter in her mid twenties, Olia Hercules dreamt of something more. She tells me she didn’t know how to fry an egg until her early twenties, yet she was totally obsessed with cooking. One day she plucked up the courage to tell her parents that she wanted to take the Leiths Diploma.

Before she could begin her lengthy explanation about why this was the right thing to do – she couldn’t imagine her parents helping her pay for more education after a BA and Master’s degree – Olia’s mum stopped her first explain a vivid dream that she had. The two were on a bus together. Olia suddenly disappeared and her mother panicked. She looked out the window and with relief saw Olia walking confidently up a mountain.

Do you recall your first food memory? What was it and how did it make you feel?
One of my earliest food memories would be Mum slicing the first cucumbers of the season into an enamel bowl to make a salad. After a long winter eating vegetables mostly in pickle form, the freshness of the smell took my breath away. It is still one of my favourite ever smells.

You moved around a bit in your childhood, would you say your foundations of cooking draw from Ukraine, and have the other locations along the way informed your culinary style?
I lived in Cyprus and Italy, which in a way resonate with south Ukrainian cuisine quite a bit... so yes, I do enjoy the simplicity of good, seasonal ingredients. If I can help it, I won’t do too much to ingredients, especially in the warmer months. You can’t beat a delicious courgette, new potato and tomato stew when courgettes are at their best or a tomato salad with just a sprinkling of salt and a slick of unrefined sunflower oil. I also tend to add flavour to dishes using fresh herbs rather than spices.
Tell us about one of the unique and cherished ingredients from your mother land?
Unrefined sunflower oil – in Ukraine it’s almost as punchy as sesame oil and amber in colour. We use it to dress salads or fermented pickles. Clearspring do it in the UK!

On your most recent trip to Ukraine, what were the highlights and who did you cook with/share knowledge with?
Cooking dishes such as Tuzluk and Bograch outside was definitely one of the highlights as well as our hike to see the shepherds in the mountains (who make a fantastic fresh goats cheese)! The dumpling masterclass went down a treat – my students were rather brilliant and got the hang of it all very quickly. It was an international group with guests from the UK, USA, Germany, Switzerland and South Africa. They were wonderful, creative and curious, kind and positively eccentric.

Best eating (in your opinion) in Ukraine or Eastern Europe?
I really enjoy Kanapa in Kyiv and Pretty High Kitchen in Lviv. Also Vino Underground in Tbilisi and Pheasant’s Tears in Kakheti (both in Georgia).

Who are your food heroes and influences from these regions?
My mother has been and still is my hero in every respect. She is the best cook that I know. Despite my training and experience as a chef, I still need another ten years of practice before I can do some things that she can, like spinning super thin filo pastry effortlessly in the air.

How do you see Ukrainian food and its visibility in the London food scene and other places abroad?
To be completely honest I don’t. There are some elements of it that are creeping in here and there, but overall there isn’t a Ukrainian restaurant that I know of that is breaking the mould.

‘Everyone has their own personality, their own path, their own drive and expectations. I quite honestly did not have big dreams or aspirations. I just wanted to cook for a living.’

Please tell us the secret of your Mama’s beautiful dumplings? Did you grow up with a freezer full of them?
Freezing them is actually a recent development, my mum does it so we can use them conveniently once she has gone back to Ukraine. She used to just make them fresh for us when we were younger! She rolls the dough very thinly. Her dumplings are very delicate... dangerously so, they just slip in until you realise you must have had twenty.

You have used the mediums of book writing, an inspiring Instagram, and lovely intimate dinners to spread the message of your native cuisine. Has this been effective for you in getting the reach you would like?
Yes, it has had a tremendous effect, all three complimenting each other. First came the book which sold surprisingly well. Then the Instagram grew and then I decided that writing about the food wasn’t enough – I wanted people to taste it and experience the way we eat in Ukraine – long communal tables, etc. The three have been working perfectly together.

Can you share any glimmers from your next book?
There will be a big chapter on pickles (fermented and not), a vegetable chapter and a sourdough recipe. Quite a lot of fun prose writing will be included about Ukraine and its traditions, and some first-person accounts; even love letters to summer kitchens by people from different corners of Ukraine.

Look out for Olia’s guest chef classes at Leiths by searching ‘Olia Hercules’ on our website where you will discover the exciting flavours of regions such as Ukraine, Georgia, Azerbaijan, Armenia, Iran, Russia and Turkey.
Black Bread (Makes 1 loaf)

This delicious bread from Eastern Europe is moist, dark and full of flavour. It has bitter notes from the coffee, cocoa and molasses. A little bit of sweetness and spice levels it out to make a wholesome and delicious loaf of goodness.

Ingredients for rye starter
110g active rye starter
210g water
150g dark rye flour

Ingredients
470g rye starter
260g light rye flour
9g salt
1 tbsp caraway seeds, lightly crushed
1 tbsp fennel seeds, lightly crushed
1 tbsp molasses (or treacle, or dark brown sugar)
30g cocoa powder
100g brewed coffee
50-100g water

Instructions
For the rye starter; mix and leave to ferment at room temperature for 12-24 hours.

Then, oil a loaf tin well. Mix all the ingredients together in a large bowl until there are no dry lumps of flour or streaks of molasses. Use very warm water (30°C+), as ideally you want the dough temperature to be above 30°C. Don't overmix the dough: rye flour is low in gluten so mixing loads won’t do much other than begin to overwork it.

Put the rye mix in the tin, then wet a scraper and smooth the top and push down the sides. Top heavily with dark rye flour.

Ferment the dough until it’s risen near the top of the tin, has bubbles on the surface but isn’t too potholed. There should be cracks in the dough showing through the rye flour. This should take around two hours. Preheat your oven to 250°C.

Put into the oven at 250°C, then immediately turn it down to 200°C and bake for 45 minutes to an hour. Bring out of the oven, remove from the tin and leave overnight until the bread is completely cool and the crumb has set inside.

Try it with...
- Honey, ricotta, pancetta and fresh figs
- Smoked salmon, cream cheese and pickled cucumber
- Homemade mackerel pate with gooseberry compote
- Avocado, chilli, lime and toasted seeds
- Gorgonzola, truffle honey and pear

About Tomek

Before becoming a baker, Tomek was an academic teaching English at King's College London. He decided to change career and retrain at Leiths, before co-founding the Dusty Knuckle Bakery School in Dalston. You can read his honest and surprising story on our blog, and follow his adventures on Instagram: @bakeryschooldk.
Leiths alumna Rose Ashby is head chef at Spring in Somerset House. We asked her how easy it is to go ‘single-use plastic free’, and she shared her tips for reducing plastic, both at home and in a restaurant kitchen.

With a tempting menu of seasonal British food, Spring is known for its passionate cooks and produce driven approach.

Their head chef, Rose Ashby, manages a team of 25, across a 90 cover restaurant. Just 29, she is a beacon of talent, and always seems to keep her cool! Spring’s menu, which changes fortnightly, famously focuses on vegetables from their beloved bio-dynamic farm in Wales. Recently, the team have become known for their commitment to sustainability; not only have they greatly reduced food waste, they’ve also eliminated single-use plastic from their kitchen.

This approach has the potential to make a real impact; according to aplasticplanet.com, of all the plastic made in the world in 2018, approximately 40% was used for packaging.

Why did you decide to eradicate food waste and free Spring of single-use plastics?

We’ve always been a conscious kitchen. It was an easy decision with regards to food waste – why waste beautiful ingredients, even if they’re not quite good enough for the restaurant? This lead Skye Gyngell, our founder, to create our ‘Scratch Menu’ (explained opposite). We became aware of the effects that plastic was having on the planet and acted. Sian Sutherland was invited to Spring on a Sunday so we could watch her documentary, ‘A Plastic Planet’. All employees attended and together we made the switch to being single-use plastic free.

How grand a challenge was this shift, and what was the strategy?

It wasn’t actually that hard. Replacements were found and ordered, and then we went cold turkey. Cling film was number one on our list, so we got lids for our metal containers. Plastic straws were replaced with corn straws. Plastic
lined ice cream cups were replaced with mini ceramic dishes. Staff drinking cups are now stainless steel. Till-roll centres are now cardboard, and our gloves are 100% latex, which is a natural product.

Did you look at recyclable or even biodegradable products and their impacts?
We discovered that biodegradable doesn't necessarily mean it will break down quickly enough to substantially benefit the environment. The correct chemical environment is needed, which means that most actually don't biodegrade; compostable seems to be the best option.

Tell us how the ‘Scratch Menu’ was conceived...
Skye is the genius behind ‘Scratch’. The name came via a conversation with her friend about scratching around in the back of the fridge to make a supper with leftovers. Our best dish to date is a plate of little bread dumplings that we made using yesterday’s sourdough (crusts removed). We pushed it through a pasta machine and re-worked it until it turned back into a dough. We then made little dumplings filled with cheese ends and slow-cooked beetroot tops. We served them with yoghurt made from the excess milk left in the jug after making a cappuccino.

How do you get your team on-board? Is it a philosophy you look for when hiring staff?
When Sian Sutherland visited that Sunday, it was everyone's day off but we had 100% attendance; staff were enticed with pizzas which may have helped! We divided into groups, identified problems and came up with solutions, which we then implemented. It is so important to empower others and inspire them to help. A like-minded philosophy is a quality I look for when hiring new chefs, however I love seeing a chef come in and learn from us as I know they will help to spread the word in kitchens to come.

And how do you get your suppliers to follow suit?
A few suppliers have been onboard but others are slow to change, often due to their hands being tied by their own suppliers. A shift further down the food chain is needed. Our dry store is the hardest obstacle. For example, one type of polenta comes from a small Italian supplier in the middle of nowhere, who has been using plastic for years. Fruit and veg is easier as we swap the plastic for paper. All plastic received is sent back to suppliers immediately, as a bit of a statement.

Are you hoping to get to totally waste free? Is this an achievable goal for most kitchens?
Spring is always striving to improve and do more. It would be hard to go 100% waste free but we are close. What doesn't go on ‘Scratch’ becomes staff food, so we are doing well. There are restaurants like Silo in Brighton that were purpose-built to be waste free. They return all waste to the land via compost or animal feed. Unfortunately we can't send waste to our farm for compost as it may not be 100% biodynamic. Yet all restaurants can easily start using their waste. You don’t need to create a special menu. Perhaps add a special dish to the menu, or simply become more conscious of what goes in the bin, and ask yourself if you can use it.

What do you think of the idea of a ‘plastic tax’ and ‘plastic free trademark’?
I love the idea. The trademark would simplify shopping for those who search for plastic free. The tax could lead to a drop in sales of plastic wrapped items, which would hopefully encourage the company to rethink their packaging.

Can you provide our readers with 6 easy steps to a plastic free kitchen?

1. Use bee's wax wrap instead of cling film
2. Only buy what you need; wasted food = wasted packaging
3. Choose loose fruit and veg and opt for no bag, or take your own
4. Buy household cleaning products and dry store ingredients from bulk shops, refilling instead of buying new bottles
5. Use a bamboo toothbrush
6. Buy loose tea instead of tea bags, which often contain plastic

Learn more about Rose's Leiths Diploma journey on our blog: leiths.com/blog.
#MadeAtLeiths Highlights

We’re so proud of our alumni! It’s been fascinating hearing about their success, ingenuity and creativity as they’ve posted using #MadeAtLeiths.

Leiths alumni go onto high profile positions in food writing, recipe development and food photography. They are entrepreneurial; starting their own catering companies and pop ups, authoring cookbooks, launching food businesses and of course going on to work for Michelin-starred restaurants.

Many work on food series for television, and others act as thought leaders in the future of food and technology in governance and policy. Here is a glimpse into their world...

## Food #MadeAtLeiths

A delicious line up from Leiths alumnus @thecookiemilluk.

Rainbow doughnuts for Pride created by @fentonsfeasts.

Final day spoils in the Leiths kitchens from @the_kitchen_chronicles_

Seasonal splendour in the Diploma dinner parties by @libbyslunchbox.

@food.by.kat’s lobster dish looking too pretty to eat!

Impressive lamination from @preppypineapplecatering!
Chefs #MadeAtLeiths

@preppypineapplecatering cooking Indian street food for 60.

@fentonsfeasts getting a taste of life at delicious. magazine!

@charlottehcookery and @confessionsofachefintraining running their supperclub.

@prepptherapy trained 8 years ago and is now a nutrition & cookery consultant.

@fentonsfeasts & co celebrate finishing the Diploma.

@willverdino has worked as a chef at St. John, Ballintaggart Farm and Inver.

@esthermclark is Deputy Food Editor at BBC Good Food.

@fentonsfeasts & co celebrate finishing the Diploma.

@willverdino has worked as a chef at St. John, Ballintaggart Farm and Inver.

@esthermclark is Deputy Food Editor at BBC Good Food.

@angela.malik is a prominent and influential voice in food policy.

@anitas_kitchen_london is a chef and presenter of her own food TV show 'Return to Kenya'.

To learn more about our alumni follow #MadeAtLeiths on Instagram and read their blog stories on leiths.com/blog.
George Hixson of Tom Hixson of Smithfield takes us around the globe to discover unique cuts of meat. Tom Hixson of Smithfield pride themselves on sourcing the finest exclusive beef from Britain and around the world. The breed, conditions and rearing methods of each country of origin help to create unique, high quality produce. George Hixson, one of the third generation family members at the master butchers, has identified six specialist cuts for Leiths readers. These are must-tries for any meat connoisseur.

1. **American Wagyu fillet**: The world-renowned American Wagyu fillet is of exceptional quality and carefully adheres to Wagyu tradition. Idaho’s Snake Rivers Farms have mastered their own breeding process, which results in buttery meat with deep, robust flavour.

2. **The Picanha**: From Argentina, this is a prized delicacy in South America. The Picanha’s blanket of fat protects the meat and then renders out to create succulent, juicy flavours.

3. **Galician bone in loin**: This cut from Spain is a phenomenon in the world of beef. The longer maturation process (over 15 years) of the Rubia Gallega allows for a higher fat infiltration and marbling. This creates a distinctive yellow fat, bursting with flavour.

4. **Black Angus sirloin**: Imagine biting into a perfectly pan fried Black Angus sirloin. Ours is created by the Australian producers of Black Onyx. Matured for 270 days, dry aged and grain-fed, its marbling would put many Wagyu products in the shade.

5. **Salt Moss aged beef back ribs**: These ribs are homegrown and the first of their kind. The beef is enclosed in an ageing chamber with oriel sea salt and moss. The salt intensifies the flavour and the moss draws out the moisture. This process helps to heighten the taste and tenderness of the meat.

6. **Japanese A5 Wagyu ribeye**: Meet the beef with the highest possible marbling score. This cut is masterfully carved from the rib within the forequarter and is the world’s most desired beef, making it the centrepiece on many Michelin starred menus. Incredibly tender with smooth, melt-in-your-mouth texture and rich flavours.

The expertise and passion of the producers is the thread that links these six steaks together, but the proof really is in the taste. Available exclusively to Leiths customers, you can enjoy 20% off your first order when you spend over £100. Simply head to tomhixson.co.uk and apply the code LEITHS20 in the basket section of the site.
Friends of Leiths weigh in on their must have store-cupboard ingredients...

**My secret ingredient has to do with chilli powder. There are so many different types of chillies, some fruity, some hot, some mild... so whenever a recipe calls for chilli powder I use three different chilli powders to add balanced heat and a wonderful depth of flavour to a dish. You can find a recipe for my Chilli Con Carne using three chillies on my blog.**

*Lisa Goldfinger, Leiths Alumna, Nutrition in Culinary Practice 2018 panningtheglobe.com*

**I cook a lot of Thai and Asian food and tamarind paste is a regular feature in my kitchen. Combined with sugar, it adds a wonderful sweet sour note to a wide variety of dishes, from Pad Thai and Massaman curry to various dipping sauces. One of my favourite recipes involves simmering it with fish sauce and sugar to create a syrupy sauce, which is perfect for drizzling over crispy skinned salmon. Delicious!**

*Dominique Woolf, Leiths Alumna, Evening Essential Certificate January 2019 thewoolfskitchen.com Instagram: thewoolfskitchen*

**You've got to have proper mayonnaise (the full fat stuff). A homemade burger or Club Sandwich is not complete without it! I dip my chips in it (fries if you prefer). Add Sriracha to it and hey presto – any raw vegetable becomes divine.**

*Scott Poulson, Graphic Designer and Director, Special Design Studio*

**I won't be without Reggae Reggae sauce for two reasons. One: it's a great dip for pretty much anything, but especially meaty pizza. I find ketchup too sweet but the spice in Reggae Reggae seems to offset that. Two: my wife and kids hate it so they won't steal anything from my plate.**

*Clive Portman, Web Developer and Director, Special Design Studio*

**My store cupboard staple is Orzo soup pasta. It means I can make a healthy vegetable soup for my kids and tell them it's pasta soup. They see the pasta, they wolf it down. Winner winner!**

*Diggory Orr-Ewing, Leiths Buyer*

**Mesto Artisan Pure Extra Virgin Olive Oil is unbelievable! I've known Cate and Vasilis who make it for quite a few years now; Cate brings it over from Crete and Vasilis is in charge of all the trees – all organic and hand cared for. As it is filtered naturally for two months it doesn't lose its natural smoking point – you can fry with it at 30 degrees higher than regular oil. A fish and chip shop in Brighton even used it one year when she had surplus!**

*Be Kassapian, Leiths Guest Teacher*
Seasonal ways to stay nourished

By Lauren Lovatt, raw food and fermentation instructor

Lauren is a plant-based chef with a keen interest in inspiring better mental health through food. As well as teaching on our Nutrition in Culinary Practice course, she has her own Plant Academy in East London, where she shares a passion for plants through tasty classes with a focus on creativity and wellbeing.

Lauren: Staying nourished is important as the seasons change. Going from long sunny days to shorter cosy nights demands a shift in what we put on our plates.

It’s a time to focus on immune support, recognising that your body will require different nutrients, whilst making the most of the unique seasonal offering.

Autumn is my favourite time of year. We can still enjoy the summer bounty and also revel in the glorious roots and squashes about to burst into life. Here are my top three tips for basking in inner sunshine throughout the year.

Ferment the season
Fermentation is a fantastic way to preserve the season, harnessing the light and fruity flavours of the summer and keeping them with you in darker winter days. Herb vinegar, summer vegetable kimchi, turmeric kraut and blackcurrant kombucha are great ways to maintain those summer flavours.

As a starting point, a simple vinegar can be made by taking a clean jar, filling it with apple cider vinegar with the “mother” (the naturally occurring colony of beneficial bacteria) and adding a handful of your favourite summer herbs. Leave to infuse for a few weeks then enjoy as a short shot topped with warm water each morning to keep your immune system strong through the winter.

Keep it fresh
It’s lovely to enjoy the cosiness of warm ingredients, but don’t forget the power of fresh elements on your plate. The life and vibrancy of fresh ingredients can do wonders for us through the winter season.

Kale is sweet and currently available. Massage it in pumpkin seed oil and miso and use in soups, stews and pasta. Make winter slaws with shredded parsnips, tahini and fresh herbs, and enjoy cauliflower rice on the side of a winter squash curry.

Eat with autumn
Blackcurrants, crown prince squash, leeks and many more are in abundance now. Find ways to think differently about these plentiful crops. I love to make blackberry balsamic to drizzle over winter Waldorf salads, golden squash porridge with toasted pecans, and deep broths topped with crispy leeks.

‘Fermentation is a fantastic way to preserve the season.’
Leiths book corner

By Leiths alumnus Tristan Chappel

What can be better than kicking back with a good cookbook and seeing inside the worlds of great chefs as they inspire you to try new techniques? When I graduated from Leiths, I knew I’d miss our incredible teachers and brilliant class demonstrations. Then it occurred to me that this was a group of people who could provide me with a pretty elite reading list! So I asked them: What is your favourite cookbook of all time?

**Bread: A Baker's Book of Techniques and Recipes**
by Jeffrey Hammelman

**Leiths Headteacher Hannah**
A brilliantly researched and comprehensive manual that uses an illustrated step-by-step approach to teach the elemental art of breadmaking. The book was considered a revelation when first published in 2004 and has since attained legendary status among the breadmaking glitterati.

**Leiths teacher Annie**
There are perhaps a handful of chefs, restaurateurs and writers who could reasonably be said to have shaped today's food landscape. Elizabeth David and Julia Child spring to mind. Waters founded (and still runs) Chez Panisse in California, widely considered to be the most influential restaurant in the US. Part memoir, part diary, her book is so much more than that; it's a riff on self-actualisation and fulfilment and a frank account of a life lived without compromise.

**‘A riff on self-actualisation.’**

**Leiths Teacher Louise**
Today it is difficult to believe there was ever a time when chefs didn't all have a dozen tattoos, a hipster beard (or floral knotted headscarf - the lady chef equivalent) and a wardrobe full of skinny jeans. But Bourdain's highly readable account of sex, drugs and cooking didn't just make food cool, it made it rock and roll, and inspired a generation of chefs in the process.

**The Art of Fermentation**
by Sandor Katz

**Leiths Teacher Belinda**
Fermentation is currently enjoying a pretty major bask in the limelight. And yet there is good reason to think this particular trend isn’t about to become yesterday’s fad. The book is a masterclass in fermentation by a fascinating character who is living testament to its health benefits and who was achieving international acclaim for his work before Noma had even opened its doors.

**The Square, The Cookbook**
by Phil Howard

**Leiths Headteacher Michael**
Some restaurant cookbooks are pretentious exercises in brand building; all moody portraits and pretentious twaddle. This book couldn't be further from that. It’s a brilliant, workman-like labour of love from one of the best chefs of a generation. Phil is keen to pass on everything he knows about refined restaurant cooking - outstanding.

**Floyd on Fish**
by Keith Floyd

**Tristan's pick**
I couldn't let this article go without plugging my own personal favourite. Keith Floyd is the reason I started to cook and his swashbuckling style made him (along with Delia) the biggest TV chef of the 80's and 90's. Beneath the compelling media personality was a genuinely knowledgeable cook on a personal mission to defeat the pomposity and snobbery that surrounded “fine dining” in the UK at the time. Grab a copy and see what I mean.

Have your own favourite cookbook which you’d like to share with us? Tweet @leithscooking with your personal culinary bible and we will help spread the word.
Awesome wines and where to find them

Some of our brilliant wine tutors are also members of the Association of Wine Educators. The following wines, extracted from the list of 100 Awesome Wines 2019, form a selection of affordable, quality bottles currently on sale in the UK, chosen by our tutors.

On your marks... get set... swill!

“Marlborough Sauvignon Blanc may not be the most original choice to feature here but it’s become popular for a reason – some of it is really good. From Marlborough’s top sub-region, the Awatere Valley, this is highly expressive Sauvignon with above average verve and energy.”
– Richard Bampfield MW

Stellenrust Chenin Blanc 2018, South Africa: Sainsbury’s £8.50
“Chenin Blanc is South Africa’s classic variety grown here on old vines in the famous region of Stellenbosch. Grapefruit and lime flavours work beautifully alongside a more tropical fruit character. It’s versatile and matches with many different dishes such as Chicken fricassée, as well as pork and apple, salads and Chinese food. It also has a great propensity to slip down easily on its own. An absolute steal at this price.”
– Laura Clay

Grüner Veltliner Der Ott 2016, Bernhard Ott, Wagram, Austria: Savage Selection £19.80
“A beautifully fresh, lively, textbook expression of Grüner Veltliner. Focused stone fruit flavours and real vitality on the palate, finishing with very good length. 2016 was not an easy year in Austria but this wine shows genuine style and elegance.”
– Nancy Gilchrist MW
Malbec Don David, Blend of Terroirs, Argentina: Co-op £9
“Made by one of the largest producers in Argentina, meaning that they can call on grapes from all the major wine regions, this Malbec has good depth and structure but also retains the freshness and sheer drinkability that are the hallmarks of all good wine. One of the best-selling brands in Argentina itself.”
– Richard Bampfield MW

“The Gamay grape creates a fresh, crisp and fruity red wine and this is a typical example of the modern, improved style from Beaujolais. An ideal wine served chilled for summer picnics or paired with poultry and fruity sauces.”
– Vivienne Franks

“Pure, perfumed, black pepper aromas and extremely fine, silky tannins; particularly extraordinary for Cornas. This is the most gorgeously correct Syrah from a very small vintage in the Northern Rhône. Super elegant wine.”
– Nancy Gilchrist MW

Champagne Castelnau, Brut Réserve, France: The Wine Society £28
“A Champagne that delivers so much in flavour and class that it tastes much more expensive than it is. The extra ageing this wine is given brings out a toasty maturity which stands well alongside its uplifting zestiness. A real pleasure to drink as an aperitif or with all sorts of dishes.”
– Laura Clay

Special Reserve Brut Vintage Champagne 2007, France: Waitrose £25.99
“This rich, creamy Chardonnay-based Champagne with both Pinot Noir and Pinot Meunier in the blend, is an elegant and flavoursome sparkling wine. Both a great aperitif wine and an excellent accompaniment to a celebratory dinner.”
– Vivienne Franks

For further inspiration and to learn more about The Association of Wine Educators, check out their website at wineeducators.com.

‘This is highly expressive Sauvignon with above average verve and energy.’

Keen to scrub up on your wine knowledge? Take it to the next level on the WSET Level 1 Award in Wines, or enjoy a lunchtime of Wines from Around the World with Amelia Singer (23rd November).
Many of us remember Samin Nosrat taking the food world by storm with the release of her best-selling book in 2017. More of us still recall her creeping into our late night Netflix binge and changing our culinary lives forever with her four part original documentary series: *Salt, Fat, Acid, Heat*.

Samin has the extraordinary ability to distil decades of observation and professional experience into just four simple elements. Her warmth, wealth of food knowledge and incredible recipes make her one of the most inspiring contemporary food writers of our time – not to mention that infectious laugh and the joy beaming from her as she captivates a room.

Earlier this year, an audience at Leiths was lucky enough to enjoy an evening filled with everything from food science, advice about life in restaurant kitchens, climbing the ranks, and the assurance that nothing is impossible if you put in the hours, the graft and the passion.

Samin shared early anecdotes of being told that she should keep her aspirations realistic because those working in the restaurant industry simply don’t:

A) Become famous
B) Write their own cookbooks
C) Star in their own TV shows

Needless to say, she’s ticked all three off her list; truly proving a point to those who doubted her!

So what did Samin teach us during her time at Leiths?

1. **SALT** – Not all salt is created equal. Some are sharp and salty like the Mediterranean Sea, while others are mild and have sweeter undertones. There’s a lot to consider so think twice before throwing any old salt into a recipe as it will have a tremendous effect on the flavour and outcome of a dish. Take a leap of faith by abandoning detailed measurements and adding it by hand incrementally, tasting every step of the way. With repetition and experience, you will learn how much of which salt you like with each dish.

2. **FAT** – Let fat carry your flavour. As it coats the tongue, fat allows flavours and aromatics to linger for longer. It can be as simple as adding lemon zest to your butter or crushing garlic or chillies and adding them to your olive oil. Build flavour into the foundations of a dish by working spices or aromatics into the fat you’re using. This adds more depth of flavour across the taste buds and brings fragrance to your plates.

3. **ACID** – Think seasonally and work with the best acid found where you are in the world. Samin treated us to a crunchy fennel and radish salad with a lemon vinaigrette, pointing out that she would make this salad in Italy, thus making the most of the local produce. However, if she were to find herself in Vietnam she would swap the fennel for cucumber, the lemon for lime or fish sauce, and the white vinegar for rice wine vinegar.

4. **HEAT** – Clarify your butter before frying. To clarify the butter heat it very slowly (until the water evaporates) and then skim off the milk proteins, which tend to burn at low temperatures. In theory this is like making ghee at home. Alternatively, ghee is available to buy at many supermarkets and online. The clean, buttery flavour will become addictive.

Samin Nosrat is a writer, a teacher and a chef. She has cooked for the likes of Hilary Clinton and Jake Gyllenhaal, taught cookery classes across America, and written for numerous publications including *The New York Times* and the *Guardian*.

*Salt, Fat, Acid, Heat* by Samin Nosrat (£30, Canongate Books) is out now.
‘Leiths Loves’ in partnership with Nisbets

Chefs’ ‘secret weapons’ in the kitchen

Every chef has their own carefully curated set of essential equipment to ensure quick, high quality, fuss free service in the kitchen. Nisbets lets us in on some of the top tools currently being bought by chefs including the Leiths staff.

Vogue Fine Grater
Every chef needs a good grater in their kit. This one will be used regularly for effortlessly shredding through ingredients and of course grating parmesan just before serving.

Vogue Round Cast Iron Skillet Pan
With a large diameter of 10”, this round skillet is made of high quality cast iron, to distribute heat evenly for a flawless finish. It’s especially useful for cooking and browning meats.

Vogue Salad Spinner
Leiths teacher Annie used one of these daily whilst doing some summertime private cheffing in France. The spinner removes water quickly, giving perfectly crisp and crunchy salad without damaging the leaf.

Vogue Bamboo Food Steamer
From dumplings to vegetables, the bamboo steamer is the ideal way to create perfectly steamed dishes. At Leiths we use these frequently in our range of World Food classes. This style of cooking also reaps rewards in terms of the nutritional value of the final dish.

Hygiplas Multipurpose Stem Thermometer
With a temperature range from -50°C to +200°C, this thermometer is ideal for obtaining precise temperature readings when using refrigerated or hot ingredients.

Nisbets would like to help you stock up on your ‘secret weapons’ in the kitchen. All Leiths Magazine readers can claim 10% off their next order by calling Nisbets’ Portfolio Department on 0845 111 0284. Offer ends April 30th 2020.
My week with a Leiths trained chef

By Jen Coles

Before life at Leiths, I don’t think I would have even considered hiring a private chef. I’m not Beyoncé or Brad Pitt; I’ve got time for a bit of chopping. It was only when I joined the Leiths team in 2015 that I realised it could be great – and affordable.

Say, for example, you’d like to get twelve friends together for a three course meal with wine. In a restaurant that’ll cost you at least £600, but a Leiths List chef might charge £200 plus the cost of ingredients to cook you all a really special meal. Still, while I loved the idea of professional cookery in an intimate home setting, my tiny London flat kept this a wistful dream.

Then in 2017, a routine surgery went wrong and left me with nerve damage. It meant that the bending, reaching and even the chopping of cooking could hurt. Family rallied round, but I so missed cooking, especially the spontaneity of popping to the shops and choosing new ingredients to try for the first time, or going completely off piste when following a recipe.

After subsequent surgeries I developed a sore, swollen tummy, and started to think a lot more carefully about what I ate. Paleo and elimination diets were in, acting like a human dustbin was out.

Back in May, I was writing an advert for Leiths List and was struck by a thought – why don’t I just treat myself? I contacted Sarah at Leiths List who arranged for Nicky Fellowes to stay with me for three days.

Nicky arrived down the M6 via Waitrose and I liked her instantly, she was warm and intelligent with an outdoorsy glow. She was lovely to have around the house and it never felt awkward. Even better, it turned out she was a qualified Nutritional Therapist. She spent most of her days in chefs’ whites cooking, but every so often she’d pop in to chat to me, offering advice on everything from functional medicine and the importance of Vitamin D, to how to make a mind blowing fruit salad.

Everything was so much more refined than my usual fare. I had chicken soup made with homemade bone broth, quinoa tabbouleh with oodles of fresh herbs; and a buttery, mood-boosting, dairy-free rice pudding. Everything was fresh; when Nicky made a Thai chicken curry, she cracked open fresh coconuts and toasted the flesh.

Everyone who stopped by invariably took a bite and said, “Wow that’s good”, as I whispered that she used to cook for a former Prime Minister but I didn’t know which one.

One of the best things about the week was that I didn’t snack at all; with Nicky’s cooking in my life, even Kettle Chips lost their appeal. It cost £600 to hire Nicky for three days, but I never questioned the value of her stay. The leftovers lasted the rest of the week, and when she left I sort of wanted to cry.

Nicky proved that what’s good for the tummy is good for the soul, too.

‘In a restaurant that’ll cost you at least £600, but a Leiths List chef might charge £200 plus the cost of ingredients to cook you all a really special meal.’
Nicky says...

I was 33 years old when I decided that the career that I had been investing my time and efforts into for the previous 15 years actually wasn’t for me!

I think, for half of that time, I had been contacting Leiths at least once a year to ask them to send me a brochure... this was pre-internet! I would gaze at the photos – lines of gleaming copper pans, smartly dressed students and beautiful food. I finally got to the point where I just had to go and become part of this world that I’d been dreaming of for so long.

So I took the plunge. The reason I chose Leiths was because it offered a whole variety of different opportunities. I hadn’t realised that clients would take a chef away on holiday with them or that you could cook at a fishing camp in Northern Russia. It opened up a whole new world.

When I passed the Diploma course in June 1999, I sought out the most far flung jobs I could find. I took myself off to the Caribbean and worked on a yacht, having never sailed before. I worked in those fishing camps in Northern Russia and fantastic villas in the South of France, Spain, Corfu and Portugal. I’ve been flown out to jobs on private jets and cooked for a diverse selection of very high profile clients, including royalty and film stars.

I spent time teaching the Leiths Foundation Certificate to some lovely 16-18 year olds in a private school in Cheltenham and even appeared as a contestant on MasterChef: The Professionals, which was fascinating and terrifying in equal measure!

I eventually went on to train as a Nutritional Therapist. Studying involved delving into anatomy, physiology, biochemistry, macro and micro nutrients, how nutrients are utilised and how to use food to help heal the body. It is so incredibly rewarding to be able to help clients who have suffered with various chronic conditions and to guide them to wellness.

In addition to learning about nutrition for humans, I’ve extended my knowledge to include nutrition for dogs. In my almost obsessive desire to keep our own dogs as healthy as I could, I developed Pont & Pierce Naturally Nutritious Treats for Dogs.

I use a maximum of just six nutritionally beneficial, plant-based ingredients with absolutely no added chemicals, preservatives or additives. I am incredibly proud to have developed a product that brings together the things that are most important to me; cooking, nutrition and my dogs.

I don’t think I could ever have predicted the path my culinary career would take on that first nerve-wracking day at Leiths, but that’s why I chose to do it. A conventional career was never going to suit me and the opportunities that Leiths gave me have made it possible to achieve everything I could never have dreamed of.

Find more information about Nicky at nickyfellowes.co.uk, and her delicious dog treats at pontandpierce.co.uk. You can also follow her on Instagram @nutritiouslynicky.

‘I’ve cooked for a diverse selection of very high profile clients, including royalty and film stars.’
Industry Voices:
Tanya Galloway on how to boost your career with the Evening Essential

Tanya Galloway is a Junior Development Chef with Mindful Chef, who deliver carefully sourced, low carb, gluten and dairy free recipe boxes across the UK. She took the Leiths Evening Essential Certificate as part of her continuing professional development.

I’ve worked for a company called Mindful Chef for two years now. They’re a nationwide health-focused recipe box company, who use all ethically sourced, top quality ingredients. With a background in nutrition and a keen interest in food, I work in the product development team, a job I love!

My role includes food styling, improving existing recipes, and helping the team to create new dishes for upcoming launches. We’re currently working on a new range of quick, healthy frozen meals, launching in autumn; a really fun project to be part of.

While I rave about my job, I always felt there was one thing holding me back from reaching my full potential: confidence.

Having previously completed the Leiths Nutrition in Culinary Practice course, I decided to further my studies and enrol in the Evening Essential 10 week course, allowing me to continue my day job while I studied. On Tuesday and Thursday evenings we had three hour practical sessions in the kitchens, along with some Saturday demo sessions. The evenings were jam-packed, but the moment you got into that kitchen time simply flew by, it was great!

Our next Evening Essential course starts on Saturday 4th January and runs until Wednesday 11th March. It will be held over 10 Mondays, 10 Wednesdays and three Saturdays.
The tutors are what really set Leiths apart. Their experience and skills are inspiring, and the guidance they give is incredible. After a quick demo to teach us the main skills for the evening, we would get cooking. The teachers were always at hand to help us along the way; so passionate and happy to answer any questions you may have. I learnt so much in such a short period! You are marked on each dish (Masterchef style!) and given detailed feedback, encouragement and tips on how to improve. It has certainly given me transferable skills that I am already using back in the Mindful Chef kitchen.

The 10 weeks were so enjoyable, I can’t believe how quickly they went by – our class really bonded and we covered so many skills. These included cooking fundamentals, from fish filleting to pastry and bread making, along with effective time planning and kitchen organisation. A course like this really makes you reassess everything you thought you knew about cooking, and I can’t wait to continue to further my knowledge!

I’ve already started experimenting with new dishes at Mindful Chef and am thrilled the course has given me the confidence boost I needed. Thank you to everyone at Leiths for an incredible experience all round – I’ll be back for sure!

If you’d like to try cooking one of my healthy recipes, you can access them for free at mindfulchef.com. Fancy trying a box? Get £10 off your first two recipe boxes by entering LEITHS20 at checkout. Mindful Chef recipe boxes provide you with the ingredients to cook delicious, nutritious meals in under 30 minutes. Each box contains recipe cards, pre-portioned ingredients and fresh meat, fish and produce sourced from small award-winning British farms.

Planning ahead? We also run the Essential Certificate full time over four weeks in August. Visit Leiths.com to plan your adventure.
Shop Leiths

Cookbooks

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Knives

Every aspiring chef needs a good set of knives and our unique knife set stands out from the crowd. Elegant, durable and comfortable to use.

Leiths Damascus Steel Range £275

The ultimate professional knife set, these stunning knives are made from Japanese steel. Sharpened with the fine diamond steel, they will last you a lifetime.

Aprons, Mugs & Tins

| White cotton apron with Leiths logo | £17 (inc. P&P) |
| Plastic blue stripe apron with Leiths logo | £22 (inc. P&P) |
| Leiths Mug | £7.50 (inc. P&P) |
| Large Tin | £12.95 (inc. P&P) |

Gift vouchers

If you are looking for a present for a food-loving friend or family member, a Leiths voucher makes an ideal gift. Vouchers are valid for one year and can be purchased for specific classes, or as open vouchers redeemable against any of our non professional courses, books or equipment.
My digital journey with Leiths

By Chrissie Hills

I’ve always wanted to do a Leiths course. Working full-time as a children’s dietitian in a busy hospital, however, means long hours and difficulty when committing to study outside of work. That’s why, when I heard about the Leiths digital course, it appealed to me straight away.

Month 1: I was so excited when the first module was released – stock making and knife skills! Up until now I had only ever really used pre-made stock cubes in cooking. This was down to a sprinkling of laziness, but I also had no idea how easy it is to make your own. The Leiths module helps you to understand the theory behind a good stock as well as the different components and how they marry up.

Month 2: The highlight for me in the second month was making choux pastry. Something that admittedly took me more than one attempt to get right. But once I got my head around why it works and why it fails it became a firm dinner party favourite for me.

Month 3: Next, we learned how to make pasta from scratch, which I absolutely loved. One of the pros of doing the digital course is that you have to have all the equipment at home. So, after borrowing my Italian friend’s pasta machine for all of the practice runs, I’ve now got my very own pasta machine at home, which I’m getting plenty of use out of!

Month 4: The fourth month meant learning beautiful slow-cooking techniques, including a recipe for a lovely Moroccan lamb tagine. This was followed by three weeks of making cakes multiple times a week. For me, simple favourites like the classic Victoria sponge and English scones were a highlight.

Month 5: I was a little scared of all the meat cooking because I don’t eat a lot of meat myself, but learning to properly joint a chicken and prepare meat from scratch was really rewarding. It also means that now, when I do cook with chicken, I use the whole bird. I joint it myself and use the bones for broth, which is far more economical that buying pre-packaged parts of meat.

Month 6: The final month was really fun and saw us put all our skills together in a dinner party challenge and making a three course meal. The great thing about doing the digital course is you can coordinate the modules with social events, so the food doesn’t go unappreciated. We also learned how to style food to make it look great on the plate which was really cool.

‘It became a firm dinner party favourite.’

Lows
As with any cooking there were certainly lows, such as spending hours in the kitchen perfecting a recipe only for it to fail at the last minute. For me this was shortcrust pastry…every time! Sometimes I feel like I’ll never quite nail pastry, but the course has taught me how to fix cracks and smooth out bumps, which for now will do!

Highs
My favourite module of all included the sessions on baking for dietary requirements. In my job I have to adapt recipes to suit the needs of particular patient groups; working with young children with allergies, for example, who need high calorie diets to gain weight when they are sick in hospital. The Leiths course taught us how to make the most amazing vegan chocolate cake – a recipe that I will be using time and time again. I actually prefer the taste of this to regular dairy and egg-based chocolate cake!

Our Online Essential Certificate runs several times a year and has been created in collaboration with Workshop. It is available to anyone with a smartphone or tablet, meaning that you can gain a professional Leiths qualification from wherever you are in the world! Learn more at Leiths.com/OnlineEssential.
Making room for brilliant baking

Many of you will be familiar with Kitchen 4, where we hold the majority of our one day and guest chef classes. It’s a fabulously light, inviting space, and it’s just had an upgrade!

We’ve installed state-of-the-art Gaggenau electric ovens, which can be carefully calibrated to ensure precise temperature control. This makes it a wonderful place to hone your patisserie skills. From flaky pastry to light beignets, our new ovens are just what a serious pastry chef needs.

We’ve also installed new gas hobs, and a professional combi oven. Glossy granite work surfaces have replaced the wooden benches, making them ideal for pastry work, and there is double the fridge space, which will come in handy when you need to chill that crème pat!

The new work benches have been carefully designed to feel a little less awkward than our previous islands, with plenty of space for collaboration, and room for individual work too.

There’s even a separate dining area for students to relax in before the class... and nibble on their delicious creations!

We’ve added a designated demonstration area, which includes an induction hob, oven and space for up to 20 to sit and watch.

The space will be perfect for our programme of one day classes, and it will really shine when used for our flagship patisserie course, Essential Patisserie Skills.

Camilla, our ingenious managing director, has been plotting this revamp for a while.

“There is huge demand for a course dedicated to Patisserie, not only for potential professionals, but also for home cooks who want to tackle more challenging kitchen techniques with confidence.

“Now that we’ve refurbished our kitchen, we have a beautiful space that is equal to the task. Our new ovens will turn out perfect choux buns time after time, and the dedicated demonstration space will make it easier to learn through watching, before cooking the dishes yourself.

“We’re delighted to be re-launching Essential Patisserie Skills, teaching up-to-date methods to produce timeless patisserie.”

If you’re wondering how we’ve done all this in the existing space, why not book in for a class and see!

Upcoming classes in Kitchen 4:
Mauritian Cooking with Shelina Permalloo on 15th February
Easy Chinese dinner party with Ching-He Huang on 2nd November
An Evening at Leiths: South East Asian Cookery on 7th November
Chocolate Puddings on 9th November

View all our courses and classes online at leiths.com
Mini Fruit Tartlets

To celebrate the fact we've given one of our favourite Leiths spaces a stunning makeover, here is one of our favourite Leiths patisserie recipes...

Makes 16

For the pastry:
110g plain flour
Pinch of salt
70g butter
2 tsp caster sugar
1 egg yolk
1 ½ - 2 tbsps of cold water

For the filling:
150ml double cream
1 tbsp icing sugar
½ tablespoon Framboise liqueur (optional)
30g good quality berry jam (strawberry works with most fruit)
100g berries – either all the same variety or a combination. Good choices include raspberries, blackberries, blueberries, and red or white currants.
Small edible flowers, such as tiny cornflowers, for decoration.

Method
1. First make the pastry: Sift the flour into a medium size bowl and add the salt.

2. Cut the butter into small pieces. Then, using 2 cutlery knives (the same size) in a scissor action, cut the butter into the flour, keeping the knives in contact with each other.

3. Once the butter has been broken down to small pea-sized pieces, use your fingertips to gently rub the little pieces of flour and butter together. Give the bowl an occasional shake to lift the larger lumps of butter to the surface.

4. The mixture should become a uniform fine pale crumb with no visible lumps of butter.

5. In a small bowl combine the egg yolk and the water. Beat with a fork to prevent streaks of yolk.

6. Add 1 ½ tablespoons of this egg yolk mixture to the crumb and using a cutlery knife distribute the liquid as quickly as possible. This will create flakes of pastry.

7. Pull some of the flakes to the side and feel them; if they are very dry add a little more of the liquid to any dry areas of crumb and use the knife again. Once the flakes will come together stop adding liquid (for 225g flour 2 – 2 ½ tablespoons is a good guide).

8. Use the flat of the knife to bring a few of the flakes and dry crumb together, creating larger lumps of pastry. Continue like this until there are no dry crumbs left in the bottom of the bowl. They should have attached themselves to the larger lumps. Pull the pastry together with your hands, shaping it into a flat disc, about 10cm in diameter and about 1 ½ cm thick. Wrap the pastry disc with cling film and chill for 20 - 30 minutes before rolling it out if it is very soft. Otherwise proceed.

9. Roll the pastry out until it is the thickness of a £1 coin. Cut out circles and use them to line the tartlet tins. Chill until firm, 20 – 30 minutes. Heat the oven to 190°C.

10. Blind bake the cases using 2 layers of cling film and baking beans (in place of the usual greaseproof paper as it is much more manageable with very small tartlets). Bake for 10 minutes or until the pastry has set, then remove the cling film and baking beans and return to the oven for a further 5 minutes or until a pale biscuit colour and sandy to the touch over the base.

11. Allow to cool slightly in the tin but then transfer to a wire rack to cool completely while still a little warm.

12. Add the icing sugar and Framboise to the double cream. Whisk until just holding its shape and still soft. Put the cream in a piping bag in the fridge until required.

13. Spoon half a teaspoon of jam into the base of each tartlet. Pipe cream over the jam and then top with fruit and flowers.
Leiths have supported City Harvest, a local charity rescuing surplus food and delivering it to vulnerable people, for the past three years. Fiona Carney, engagement manager at the charity, updates us on their work.

This month City Harvest rescued its six millionth meal, a landmark figure! Established in 2014, City Harvest rescues food surplus and delivers to those who need it the most. Chilled vans form rapid response units, connecting waste and want, seven days a week, throughout the capital.

City Harvest’s valued relationship with Leiths offers such a rich source of resources, talent, food, expertise and continuing support. Leiths staff volunteer with City Harvest, spending the day delivering and collecting food on vans or helping in the warehouse. City Harvest has an active volunteer program working with companies and individuals, and people end up feeling part of a big family.

We believe in educating students about the need to prevent food waste and the food industry’s social responsibility is paramount. City Harvest speaks at industry events, sits on discussion panels and is tirelessly promoting everyone’s absolute right to food. Step by step we are working to eliminate food waste and eradicate food poverty.

We are so appreciative of the interest Leiths have taken in City Harvest and the £6,500 you have raised for us through your canapé evenings. These funds will go directly towards rescuing nutritious food for the thousands of Londoners facing adversity each day. At City Harvest we believe that a nourishing meal is the first step in transforming a life. The vulnerable individuals that visit the 300 City Harvest partner charities throughout London for a warm meal, also receive the friendship, support and services that enable them to improve their health and circumstances. A recent impact study determined that your generous donation to fund our food redistribution efforts will ultimately have a £30,000 impact on society as lives are rebuilt and the environment is protected from the toxic effects of wasted food. Our passionate team, many of whom have experienced hunger, hardship, and homelessness first-hand, are driven by the notion of how much of an impact just one of our vans makes each day. We are so pleased to have Leiths as a partner in our work nourishing and improving the lives of thousands of people each week, many of whom are within walking distance of Leiths School.

You can sign up to volunteer or make a donation on the website, www.cityharvest.org.uk.

To enquire about booking a City Supper Club, email me on fiona@cityharvest.org.uk.
Three things I’d change

By Leiths alumna Angela Malik

Everyone has a role to play in our food industry, from companies and governments to farmers and customers. Food has such a huge impact on our environment and wellbeing, but it can be hard to make meaningful changes in such a complex system. Here are three steps I’d take if I was in charge:

1. **Introduce mandatory female quotas in all professional working kitchens**
   A controversial viewpoint I know. However, as a restaurant consultant I travel the length and breadth of the country visiting professional kitchens, from Michelin starred restaurants to office canteens, and I am constantly depressed by the lack of women. When asked why there are no females in their brigades, the answer head chefs most often give is that they don’t receive applications from women. A compulsory government quota would force recruitment practices to change and companies would have to widen their search criteria – and go to where women are!

2. **Bring back home economics as part of the national curriculum in all UK senior schools**
   Education is key, and as a seasoned cookery teacher, I cannot overstate the importance of having basic skills in the kitchen. It’s a national tragedy that we have lost home economics from our schools. The first *Victoria sponge* I ever made was at age 11, for Mrs Robertson, my home economics teacher. Her everything-from-scratch cookery lessons have been ingrained into my daily life for more than 30 years. I believe we must invest in equipping our young people with the essential tools for building lifelong, healthy and sustainable food and eating habits. In my opinion, that begins with cookery lessons in school that not only teach hands-on skills, but also celebrate the diversity and multiculturalism of home-cooking. After all, our families’ history, culture and identity lies in the food we eat.

3. **Ban all single use plastic immediately**
   I have seen this policy very successfully implemented by a multi-national media client across all their workplace campuses nationally. What I learnt is that giving people no plastic options forces them to think creatively. We saw the appearance of communal shared cutlery and crockery hubs, milk and water collection rotas, and even a ‘washing up club’. It’s not enough to just charge extra for a coffee cup or paper straw; for most of us the pain point needs to be very high in order to change behaviour. Implementing an immediate ban is a win-win scenario; not only do we save the planet, I would also expect to see a mushrooming of new, entrepreneurial and innovative business solutions. Rapid adaption is, after all, what the human species is best at.

To read more about Angela, check out our #MadeAtLeiths campaign at leiths.com/blog, where Angela discusses disrupting the food tech landscape. Don’t miss Indian Cooking with Angela Malik on 11th October, 7th December, 25th January, 7th February or 21st March.
Welcome to your calendar of courses. You’ll see plenty of old favourites here as well as some exciting new arrivals. Here’s our quick guide to some of our new courses so that you don’t miss them…

**Essential Cooking Certificate: Evening Course – Part 2**
That’s right! Building on the foundations laid in Part 1, the second part of the Evening Essential covers skills such as Italian meringue, fish and shellfish prep, enriched pasta and gnocchi, pâte sucrée, soufflés, meat prep and sauces, flaky pastry, choux pastry and much more.
Starting 6th January 2020
£3,440 (including £400 deposit to secure place)

**WSET Level 2: Award in Wines**
So you love wine, but have you ever wanted to take your knowledge to new heights? This six-part evening course, culminating in a multiple choice assessment on a Saturday morning, will equip you with a wealth of information about old and new world wine grape varietals, wine production, how to take a systematic approach to wine tasting, labelling terms and more. Led by Johnnie Parkhurst, the sessions will be fast-paced and interactive.
28th October 2019 and 24 February 2020, £500

**Artisan Cheese Making with Louise Talbot**
The latest incarnation of Louise’s popular class includes a wonderful recipe for Leiths Cheddar – our very own, signature cheese! Learn the basics of cheesemaking and try to save some leftovers to take home, we dair-y you.
12th October 2019 and 14th March 2020, £155

**Let’s Cook! Food Photography for Instagram Success for Teens**
With the unstoppable rise of social media has come an obsession with beautiful food. In this half-day course, teenagers will learn how to style and photograph truly drool-worthy dishes, perfect for taking pride of place on any ambitious foodie’s Instagram feed. Cook up a starter, main and dessert with help from the Leiths teachers; photograph them following our expert tips, then enjoy your spoils for lunch!
21st February 2020 (half-term), £100

**Easy Chinese Dinner Party Cooking with Ching-He Huang**
Ching is back at Leiths and this time she’ll be teaching students how to cook up a delicious dinner party feast. Master impressive yet simple dishes such as *Pearly beef balls, Braised hong sao pork, Sweetcorn mapo tofu* and Ching’s special *Char siu bacon rice noodles.* Based on dishes from her new book, ‘Wok on’. Ganbei!
2nd November 2019, £195

**Baking with Honey & Co**
For the first time ever we’re thrilled to be working with Sarit Packer, founder of the hugely-loved Middle Eastern eatery Honey & Co, which she runs with her husband Itamar. Based on their wonderful bible The Baking Book, this class will teach you how to create gorgeous *Harissa and goat’s cheese buns, Tahini, preserved lemon and white chocolate cake* and many more.
Daytime class: 8th November 2019, £180
Evening demonstration: 25th February 2020, £90

View all our courses and classes online at leiths.com
Course & Class Calendar  For class details search online Leiths.com

■ WEEKDAY ■ EVENING ■ WEEKEND ■ WEEKLONG

September 2019

Saturday 28
Essential Cooking Certificate: Evening Course
18.30 - 21.30
10 weeks, Mon, Wed and 3 Sats
£3,330.00 ■ ■ ■

Saturday 28
Essential Patisserie Skills
10.00 - 16.00
6 weeks, Wed & Thu
£2,620.00 ■ ■ ■

Monday 30
Complete Cook – Part 2
10.00 - 14.30
5 weeks (Mondays)
£695.00 ■ ■ ■

Essential Cooking Certificate: Evening Course – Part 2
18.30 - 21.30
10 weeks, on Mon, Wed & 3 Sats
£3,440.00 ■ ■ ■

October 2019

Tuesday 01
An Evening at Leiths:
Peruvian Cookery with Jorge Baumbauer da Silva
18.45 - 21.15
£95.00 ■ ■ ■

Wednesday 02
How to Cook: Bread Part 1
10.00 - 14.30
£155.00 ■ ■ ■

Friday 04
How to Cook:
The Perfect Steak
10.00 - 14.30
£155.00 ■ ■ ■

Saturday 05
A Taste of East Asia
with Jennifer Joyce
10.00 - 14.30
£155.00 ■ ■ ■

Food Photography
10.00 - 16.00
Sat & Sun
£405.00 ■ ■ ■

Autumn Entertaining
10.00 - 14.30
£155.00 ■ ■ ■

Dishes from Northern Spain
with Jenny Chandler
10.00 - 14.30
£155.00 ■ ■ ■

WSET Level 1: Award in Wines
09.00 - 17.00
£185.00 ■ ■ ■

Wednesday 09
Essential Patisserie Skills
10.00 - 16.00
6 weeks, Wed & Thu
£2,620.00 ■ ■ ■

Friday 11
Indian Cookery
with Angela Malik
10.00 - 14.30
£155.00 ■ ■ ■

Saturday 12
Spanish Cookery
with Omar Allibhoy
10.00 - 14.30
£155.00 ■ ■ ■

Soufflés
10.00 - 14.30
£155.00 ■ ■ ■

Sri Lankan Street Food
10.00 - 14.30
£155.00 ■ ■ ■

Artisan Cheese Making
with Louise Talbot
10.00 - 14.30
£155.00 ■ ■ ■

Wednesday 23
Assessment in Marine Cookery
See website for times
3 days, Wed, Thurs & Fri
£950.00 ■ ■ ■

Saturday 26
Mexican Cookery
with Jennifer Joyce
10.00 - 14.30
£155.00 ■ ■ ■

How to Decorate Cakes
with Steven Carter-Bailey
10.00 - 16.00
£220.00 ■ ■ ■

Monday 28
WSET Level 2: Award in Wines
See website for times
6 sessions, Mon, Tue & Sats
£500.00 ■ ■ ■

Tuesday 29
Food Writing with Andy Lynes
18.30 - 20.30
4 weeks (Tuesdays)
£220.00 ■ ■ ■

November 2019

Friday 01
Mauritian Cooking
with Shelina Permalloo
10.00 - 14.30
£155.00 ■ ■ ■

Saturday 02
Easy Chinese Dinner Party
Cooking with Ching-He Huang
10.00 - 14.30
£195.00 ■ ■ ■

Fabulous Fish
10.00 - 14.30
£155.00 ■ ■ ■

Knife Skills: Fruit, Vegetables
and Herbs
10.00 - 13.30
£120.00 ■ ■ ■

Thursday 07
Simple Suppers
18.45 - 21.15
4 sessions over 4 weeks,
Thursdays
£415.00 ■ ■ ■

An Evening at Leiths: South Asian Cookery
18.45 - 21.15
£95.00 ■ ■ ■

Friday 08
Baking with Sarit Packer
of Honey & Co
10.00 - 14.30
£180.00 ■ ■ ■

Saturday 09
The Essential Vegan
10.00 - 14.30
£155.00 ■ ■ ■

Flavours of Sicily
with Ursula Ferrigno
10.00 - 14.30
£155.00 ■ ■ ■

Chocolate Puddings
10.00 - 14.30
£150.00 ■ ■ ■

Food Styling
9.30 - 16.30
2 days, Sat & Sun
£675.00 ■ ■ ■

Friday 15
Japanese Cookery
with Yuki Gomi
10.00 - 14.30
£155.00 ■ ■ ■

Saturday 16
Brazilian Street Food with Jorge Baumbauer da Silva
10.00 - 14.30
£155.00 ■ ■ ■

Knife Skills: Butchery
10.00 - 14.30
£180.00 ■ ■ ■

How to Start Up a Successful Food Business
10.00 - 17.00
2 days, Sat & Sun
£495.00 ■ ■ ■

Florence Knight's Winter Kitchen
10.00 - 14.30
£180.00 ■ ■ ■

Look out for further classes and courses being announced on our website throughout the year. Prices correct at time of publishing.

View all our courses and classes online at leiths.com
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<td>10.00 - 13.30</td>
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<tr>
<td>Monday</td>
<td>How to Cook: Sauces</td>
<td>08</td>
<td>10.00 - 14.30</td>
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<td>Monday</td>
<td>Flavours of the Middle East</td>
<td>09</td>
<td>10.00 - 14.30</td>
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<tr>
<td>Monday</td>
<td>Assessment in Marine Cookery</td>
<td>10</td>
<td></td>
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<tr>
<td>Monday</td>
<td>Essential Cooking Certificate: Evening Course – Part 2</td>
<td>13</td>
<td>18.30 - 21.30</td>
<td>£3,440.00</td>
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Look out for further classes and courses being announced on our website throughout the year. Prices correct at time of publishing.
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Times</th>
<th>Cost</th>
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<tr>
<td>Wednesday 15</td>
<td>Soufflés</td>
<td>10.00 - 14.30</td>
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<td>Thursday 16</td>
<td>How to Cook: Bread Part 1</td>
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<td>Saturday 18</td>
<td>Sri Lankan Street Food</td>
<td>10.00 - 14.30</td>
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<td>Tuesday 17</td>
<td>A Taste of East Asia with Jennifer Joyce</td>
<td>10.00 - 14.30</td>
<td>£155.00</td>
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<td>Saturday 19</td>
<td>Indian Cookery with Angela Malik</td>
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<td>Mexican Cookery with Jennifer Joyce</td>
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<td>Cooking for Vitality: A Healthy Balance</td>
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<td>A Taste of the Diploma: Patisserie</td>
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<td>10.00 - 14.30</td>
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<td>February 2020</td>
<td>WSET Level 1: Award in Wines</td>
<td>09.00 - 17.00</td>
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<td>Saturday 15</td>
<td>Pizza Making with Pizza Pilgrims</td>
<td>10.00-12.30</td>
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<td>Wednesday 05</td>
<td>Sourdough and Artisan Breads</td>
<td>10.00 - 14.30</td>
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<td>Saturday 08</td>
<td>Healthy and Delicious Entertaining</td>
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<td>Wednesday 09</td>
<td>Indian Cookery with Angela Malik</td>
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<td>Home Smoking and Preserving with Steven Lamb</td>
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<td>Edd Kimber’s Afternoon Tea</td>
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<td>How to Cook: Cakes Part 2</td>
<td>10.00 - 14.30</td>
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<td>Flavours of Sicily with Ursula Ferrigno</td>
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<td>Let's Cook! French Cookery for Teenagers</td>
<td>10.00 - 14.30</td>
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<tr>
<td>Thursday 16</td>
<td>Let's Cook! Tapas and Spanish Cookery for Teenagers</td>
<td>10.00 - 14.30</td>
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<tr>
<td>Friday 17</td>
<td>Let's Cook! Food Photography for Instagram Success for Teenagers</td>
<td>10.00 - 14.30</td>
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<td>Saturday 18</td>
<td>Knife Skills: Chicken and Fish</td>
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<td>Monday 19</td>
<td>WSET Level 2: Award in Wines</td>
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Look out for further classes and courses being announced on our website throughout the year. Prices correct at time of publishing.
Course & Class Calendar  For class details search online Leiths.com

WEEKDAY  EVENING  WEEKEND  WEEKLONG

Tuesday 25

Complete Cook – Part 1
10.00 - 14.30
5 weeks (Tuesdays)
£695.00

An Evening with Honey & Co
18.30 - 21.30
£90.00

Wednesday 26

Essential Patisserie Skills
10.00 - 16.00
6 weeks (Wed & Thurs)
£2,620.00

Thursday 27

Simple Suppers
18.45 - 21.15
4 sessions, Thurs
£145.00

Friday 28

Atul Kochhar’s Fresh Taste of India
10.00 - 14.30
£195.00

Saturday 29

Recipe Writing with Jennifer Joyce
10.00 - 16.00
£155.00

Gluten Free Baking Tool Kit
10.00 - 14.30
£155.00

March 2020

Tuesday 03

An Evening at Leiths: Indian Cookery
18.45 - 21.15
£95.00

Friday 06

Indo Persian Cookery with Saliha Mahmood Ahmed
10.00 - 14.30
£155.00

Saturday 07

A Taste of East Asia with Jennifer Joyce
10.00 - 14.30
£155.00

Dishes of Northern Spain with Jenny Chandler
10.00 - 14.30
£155.00

Soufflés
10.00 - 14.30
£155.00

Tuesday 10

Knife Skills: Fruit, Vegetables and Herbs
10.00 - 13.30
£120.00

Friday 13

Gyoza: Japanese Street Food with Yuki Gomi
10.00 - 12.30
£100.00

Pizza Making with Pizza Pilgrims
14.00 - 16.30
£100.00

Saturday 14

Spanish and Moorish Dishes with Ben Tish
10.00 - 14.30
£155.00

Sri Lankan Street Food
10.00 - 14.30
£155.00

How To Cook: Sauces
10.00 - 14.30
£155.00

Artisan Cheese Making with Louise Talbot
10.00 - 14.30
£155.00

Food Writing Weekend with Andy Lynes
10.00 - 16.30
2 days, Sat & Sun
£345.00

Thursday 19

An Evening at Leiths: Peruvian Cookery with Jorge Baunhauer da Silva
18.45 - 21.15
£95.00

Friday 20

The Flexible Vegetarian with Jo Pratt
10.00 - 14.30
£155.00

Saturday 21

Indian Cookery with Angela Malik
10.00 - 14.30
£155.00

Italian Spring Feast with Ursula Ferrigno
10.00 - 14.30
£155.00

Flavours of The Middle East
10.00 - 14.30
£155.00

How To Cook: Cakes Part 1
10.00 - 14.30
£155.00

Friday 27

Knife Skills: Butchery
10.00 - 14.30
£180.00

Saturday 28

How To Cook: The Perfect Steak
10.00 - 14.30
£155.00

Fabulous Fish
10.00 - 14.30
£155.00

Monday 30

Key Cooking Skills - Part 2
09.45 - 17.00
5 days, Mon - Fri
£840.00

Tuesday 31

A Taste of the Diploma: Spring Cooking
10.00 - 16.00
£205.00

April 2020

Friday 03

Innovative Indian Cookery with Cyrus Todiwala
10.00 - 14.30
£180.00

Saturday 04

Essential Cooking Certificate: Evening Course
18.30 - 21.30
10 weeks, Tues, Thurs and Sat
£3,330.00

Flavours of South East Asia
10.00 - 14.30
£155.00

Friday 06

Assessment in Marine Cookery
See website for times
3 days, Mon, Tue & Weds
£950.00

Tuesday 07

Essential Cooking Certificate: Evening Course - Part 2
18.30 – 21.30
10 weeks, Tues, Thurs and 3 Sats
£3,440.00

Wednesday 08

Knife Skills: Chicken and Fish
10.00 - 14.30
£155.00

Saturday 11

Essential Cooking Certificate:
Evening Course - Part 3
18.30 – 21.30
10 weeks, Tues, Thurs and 3 Sats
£3,440.00

Tuesday 18

Mauritian Cooking with Shelina Permalloo
10.00 - 14.30
£155.00

Thursday 19

An Evening at Leiths: Italian Cookery
18.45 - 21.15
£95.00

Friday 24

Mauritian Cooking with Shelina Permalloo
10.00 - 14.30
£155.00

Saturday 25

Street Food from Around the World with Jennifer Joyce
10.00 - 14.30
£155.00

Tuesday 28

Cooking for Vitality: A Healthy Balance
10.00 - 14.30
£155.00

Look out for further classes and courses being announced on our website throughout the year. Prices correct at time of publishing.

View all our courses and classes online at leiths.com
While most British salad leaves are in season in the warmer months, radicchio is forced (grown in the dark) like rhubarb, so it’s available year round. The juicy, bitter leaves add a welcome freshness when contrasted with creamy quail’s eggs or feta in these well balanced recipes.

**Beetroot and radicchio salad with feta and toasted seeds**

*(Serves 4 as a starter or light lunch)*

**Ingredients**
- 6-8 cooked beetroot
- 2 tbsp sherry vinegar
- 4 tbsp extra virgin olive oil
- 1 head radicchio, thinly sliced
- 70g rocket leaves (or mizuna leaves or mustard greens)
- 150g baby plum or cherry tomatoes
- 200g feta
- 1 tsp finely chopped thyme
- 1 tbsp finely chopped parsley
- 1 tbsp sunflower seeds, toasted
- 1 tbsp pumpkin seeds, toasted

**Method**

1. Cut the beetroot into quarters and half the tomatoes. In a separate bowl whisk together the vinegar and oil with some salt and pepper. Add a little of this dressing to the beetroot and tomatoes.

2. Lightly toast the sunflower and pumpkin seeds in a dry frying pan until you begin to hear them pop. Turn off the heat and allow these to cool in the pan.

3. In a separate bowl mix the salad leaves and add a little of the dressing, tossing lightly with your hands.

4. When ready to assemble add the herbs to the salad leaves and toss lightly again. Arrange the leaves on a plate with the beetroot and tomatoes, crumble over the feta and drizzle over any remaining dressing. Finally sprinkle over the toasted seeds and serve immediately.

**Winter salad with quail’s eggs and pancetta**

Victoria Fry

**For the salad**
- 16-20 quail’s eggs
- ½ Ciabatta loaf
- 2 sprigs of rosemary
- 2 cloves garlic, crushed
- 5 tablespoons olive oil
- 110g/4oz pancetta, cut into lardons
- Mix of salad e.g. rocket, radicchio, and frisée

**For dressing**
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon caster sugar
- ¼ teaspoon grainy mustard

**Method**

1. Cook the quail's eggs in simmering water for 3-4 minutes. Drain and run under cold water. When cool, peel and cut in half.

2. Cut the Ciabatta into cm cubes. Chop the rosemary and add with the crushed garlic to the olive oil. Spread the Ciabatta on a baking sheet and coat with the oil. Bake at 200°C/400°F/gas mark 6, for 5-10 minutes or until browned and crispy.

3. Meanwhile fry the pancetta in heavy pan until browned and crispy.

4. Make the dressing whisking all the ingredients together.

5. Toss the salad leaves in the dressing and serve scattered with the pancetta, croutons and ½ quail’s eggs.
Eat carbs and carry on

By Helen Salter

To the delight of many, carbs are making their way back onto London’s food scene. From the monstrous salt beef sarnies at the duly-hyped Monty’s Deli to the gorgeously gooey Danish pastries at Pophams Bakery; carbs and comfort are back in fashion – and we at Leiths are by all means grateful for it.

No longer a solo playing field for triple-stacked burgers, the renaissance of the humble sandwich has seen venues such as Bodega Rita’s in Coal Drop’s Yard stun customers with lavish and trendy takes on the lunchtime staple. Salami, prosciutto, pesto, smoked cheddar, pickled chilli, mayo, giardiniera and cheese dust sarnie, anyone? And it’s not just souped-up sandwhiches basking in the spotlight.

London has also seen the unstoppable rise of the bao bun, while the chock-full bacon bap at Marksman Public House, and Tata Eatery’s famed Iberico pork katsu sandwich are tipped to be the city’s must-eat items.

Put simply, we lean on comfort food as an emotional crutch, whether it’s a long-awaited dinner after a gruelling day at work or a well-thumbed recipe harking back to childhood memories. Plus, when immediate hunger strikes, it’s hard to ignore the allure of a buttery doughy bread roll or a piping hot bowl of tagliatelle.

As long as we follow a nutritionally balanced diet, fats and carbohydrates are there to satisfy when nothing else will. Stripping entrenched connotations of guilt in order to enjoy them can only be a positive thing. With this in mind, there’s something to be said about the rise of the comfort-themed dishes gracing London’s menus.

‘It’s hard to ignore the allure of a buttery doughy bread roll.’

Is it case of moving with the times? A rejection of the fine dining landscape? Are chefs paying greater attention to their own carb-fuelled cravings, rather than adhering to years of traditional practice? Of course, we’ve had greasy spoons, Chinese buffets and pizzerias lining our high streets for decades, but it’s the comparatively upscale eateries – many creating additional space for laid-back cooking – who have decided to re-brand as ‘casual’.

Tradition being what it is, London will always provide diners with upscale offerings where old-school French techniques are still very much on the menu. But wouldn’t the option of a cheese and ham toastie, a deep fried spiced dumpling or a buttered crumpet also go down a treat?

At Leiths, we know how important comfort food is, which is why we run several indulgent classes to satisfy all cravings and appetites. How about Artisan Cheese Making with Louise Talbot, Pizza Making with Pizza Pilgrims, or One Pot Cooking with Alan Rosenthal?

Head to Leiths.com/comfort to see the list of our most comforting classes!

We’re always looking for recommendations in other parts of the UK. If there’s anywhere you think we should try, get in touch at marketing@leiths.com.
Leiths restaurant wish list

The restaurants that our teachers are itching to try in London

Always on the lookout for what’s new in restaurant experiences, in this issue of Leiths Magazine we share our ‘Leiths Teachers Restaurant Wish List’ for London food adventures

**East London**

- **Holborn Dining Room**: Rosewood Hotel’s elegant, chandelier-decked space with a traditional British menu
- **Two Lights**: A neighbourhood restaurant from the Clove Club team, serving food inspired by modern American cuisine
- **Brat**: A project by Chef Tomos Parry, previously of Kitty Fisher’s in Mayfair
- **Cornerstone**: Produce led menu with a focus on fish by Chef Tom Brown
- **1251**: James Cochran, former chef at The Ledbury, blends his Caribbean heritage with a hip-hop soundtrack

**West London**

- **The Ninth**: French-influenced Mediterranean cuisine
- **The Barbary**: Small plates with Berber-style flavours
- **The Farzi Café London**: A modern interpretation of traditional Indian cuisine
- **Hide**: A restaurant and bar by Hedonism Wines and Ollie Dabbous
- **Kebab Queen**: Fine dining kebab project by Le Bab serving a Middle Eastern inspired menu

**Central London**

- **Comptoir Gascon**: Southwestern French specialities at Club Gascon’s less expensive little brother
- **Palatino**: Roman-influenced dishes and Italian wines from Stevie Parle
- **Anglo**: Weekly changing menu of Modern British fare
- **Le Café du Marché**: French cuisine down a cobbled mews in historic Smithfield
- **Anglo**: Celebrating seafood from British waters and the best seasonal produce
- **The Drunken Butler**: French cuisine with Persian influences
- **Gunpowder**: Home-style Indian kitchen that showcases the vibrant flavours of the subcontinent

**South London**

- **Kuda**: South African chef-owner adds creative twists to the Modern European menu
- **Hutong**: Northern Chinese cuisine against a backdrop of stunning views
- **Scully’s**: Artfully plated seasonal flavours from Australia to India and Ireland
- **The Game Bird**: Hotel dining room following the seasons and supporting local artisans
- **Lorne**: Simple and modern seasonal British plates with an elevated wine list

**South London**

- **Noize**: Modern French bistro with white tablecloths and a serious wine list
- **Noble Rot**: Parisian-style nook with a vast list of wines served with a seasonal British menu
- **Mere**: South Pacific-influenced French cuisine and a strong wine list
- **Portland**: Pared-back, Modern European dining room serving robust flavours and seasonal ingredients
- **Hicine**: A wood-fired dining experience offering modern, sharable plates
- **Sabor**: Two-story Spanish eatery offering tapas with bar and countertop dining
- **Xu**: Taiwanese teahouse and restaurant
Booking information

All classes and courses with the exception of professional courses can be booked online.

**Online** leiths.com

**By Telephone** 020 8749 6400
Monday – Friday 9.00 – 17.00

**In Person**
Leiths Reception, 16-20 Wendell Road, London W12 9RT
Monday – Friday 9.00 – 17.00

**By Email**
Booking Enquiries: bookings@leiths.com
General Enquiries: info@leiths.com

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**Enthusiasts Courses**
Courses must be paid for in full at the time of booking.

**Cancellation**
All enthusiast class and course bookings are bound by our Enthusiast Course Terms and Conditions, which include our cancellation policy. To view these in full, please visit www.leiths.com/about/terms.

Refunds cannot be offered on any missed sessions of multi-part courses.

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**Professional Courses**
All professional course bookings must be accompanied by a signed enrolment form and a deposit. Please book an appointment at the school to discuss your suitability for our professional courses.

**Cancellation**
All professional course bookings are bound by our Professional Course Terms and Conditions, which include our cancellation policy. To view these in full, please visit www.leiths.com/about/terms.

Information correct at time of going to print. Leiths reserves the right to change course and class dates, prices and recipes/menus or cancel courses if necessary.

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**How to find us**

**By Bus**
The following buses stop near Leiths:
Routes 94 and 237 stop on Goldhawk Road. Route 266 stops on Askew Road.

**By Car**
Metered parking is available outside school. Current prices are £2.90 per hour (July 2019). There is no charge for parking after 5pm or at the weekend. We are not in the congestion zone.

**By Tube**
Stamford Brook (District line) – 10 minute walk. Goldhawk Road (Hammersmith and City Line) – 15 minute walk or 5 minute bus journey on route 94 or 237. Shepherds Bush (Central line) – 15 minute bus journey on route 94 or 237.

**By Overground Train**
Shepherd’s Bush – 15 minute bus journey on route 94 or 237.

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leiths.com