

# BRiGiD's Catering

Healthy, Homestyle Cooking ~  
Delivered to your Door!



## COOKERY COURSE

### 1<sup>ST</sup> Lesson – Mince

1. Mince Lasagne – Can also do Veg & Chicken.
2. Spaghetti & Meatballs
3. Bobotie
4. Mince Rissoles/Meatballs
5. Spaghetti Bolognaise
6. Cottage Pie
7. Penne Picante

### 2<sup>nd</sup> Lesson – Sweet and Sour

1. Sweet and Sour Pork Chops
2. Jamaican Chicken Pieces
3. Sweet & Sour Chicken Fillets wrapped in Bacon
4. Roast Pork with Sweet and Sour Gravy
5. Roast Chicken with Sweet and Sour Gravy
6. Side Veg Dishes

### 3<sup>rd</sup> Lesson – Pasta

1. Pasta Alfredo – With Ham or Chicken
2. Pasta Carbonara
3. Penne Paesana
4. Steak, Olive & Garlic Pasta
5. Baked Ziti
6. Pasta Salad
7. Macaroni Cheese
8. Macaroni Cheese with Bacon

### 4<sup>th</sup> Lesson – Curries, Stews & Casseroles

1. Irish Stew – Or Brown Stew
2. Chicken, Lamb or Beef Indian Style Curry
3. Chicken, Lamb or Beef Malay Style Curry – Great in Potjie
4. Beef in Red Wine
5. Chicken & Broccoli Au Gratin
6. Potato Dishes

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*COURSE CONSIST OF A 4 WEEK COOKERY COURSE, RECIPE BOOKLET AND ALL MEALS WHICH ARE ENJOYED BY THE LEANERS.*

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