



# HOW TO COOK

## Newsletter

### **Night of Gourmet Delights**

**5pm Tuesday, September 13, 2011**

How To Cook is hosting its famous Night of Gourmet Delights next week!

Come along and meet our suppliers, have the first taste of new products coming in store and chat with your fellow cooking enthusiasts.

Free, fun and delicious, our Night of Gourmet Delights are always a great event.

Some of the highlights will include;

- cheese making,
- pasta demonstration,
- hand-made chocolates,
- Lick Ice Cream,
- Christies Organic Ginger Products and
- Le Petite.

Himalayan Salt will return by popular demand and Freckleberry is one of our regular favourites.

We look forward to seeing you next week for a Night of Gourmet Delights!



### **Saturday Cake Decorating Demonstration Class**

Starting on the 10th of September 2011, How To Cook will run a Saturday Cake Decorating Demonstration Class .

The one hour demonstration will focus on a small skill or aspect of cake decorating and will cost \$20 per person.

The first class on September 10 will cover how to make, bake, torte and fill a cake and includes a handout with instructions and tips. The second class on September 17 will cover how to prepare butter icing and the three essentials of icing a cake.

All classes will include a coffee and cake and you can simply attend on the day or book ahead in advance.

More details on the schedule of classes will be released on the [website](#) in the coming weeks.



Image: A Cupcake decorated by How To Cook student Rebecca Bugden

### **Date claimers**

**October**

**Cheese Making Class**



**November**

**Cupcake Competition**



**December**

**Cookie Swap**



More details coming soon....

### **Friday Demonstration News**

Our regular Friday Demonstrations will resume next week and this month we will be focusing on Salads. We will be looking at the composition, flavours and best ways to prepare salads with a variety of fillings including grains, meats and in-season produce. With spring in the air, this time of year is fantastic for new green produce and there is a variety of colours and flavors to add to your salads.

We will also explore some unusual and interesting textures for salads including Quinoa, Vietnamese, Lebanese and couscous. Recipes and photos will be posted on the website after the demonstration. To catch up on demonstrations from last month, [click here](#).

### **New Demonstration Class on Wednesday**

Due to the popularity of our Friday classes, we are introducing a second demonstration day this month. Starting September 7, the How To Cook cooking demonstrations will be held on Wednesdays and repeated on Fridays.

**What :** Cooking Demonstrations

**When:** 9.45am for 10am every Wednesday & Friday

**Cost:** \$10/person includes 1 x coffee and 1 x piece of cake.



**HOW TO COOK**  
Kitchen & Food Emporium

**OPEN:**

8.30am to 5pm Monday-Friday

8am - 4pm Saturday

[www.howtocook.com.au](http://www.howtocook.com.au)



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## Moroccan-spiced Lamb with Mango Cous Cous Salad

Recipe by David Bitton - serves 4

### Ingredients for the Moroccan spiced lamb:

- 4 x 150 g baby lamb rump
- 1 tablespoon Bitton Moroccan Spice
- 4 tablespoons olive oil
- Sea salt, to season
- Small handful of coriander leaves, to garnish

### For the salad:

- 50 g couscous
- 100 ml water
- sea salt, to taste
- 1 tablespoon olive oil
- 1 large tomato, diced
- 1 red onion, finely chopped
- 1 mango, peeled and diced
- 1 bunch coriander leaves only, washed
- Juice of 1 lemon
- Fresh lemon wedges, to serve
- Baby herbs, to garnish



### Method

1. Preheat oven to 200°C (390°F).
2. For the salad, place a small saucepan over high heat, add water and bring to the boil. Add some sea salt to taste and a tablespoon of oil.
3. Place the couscous in a small bowl and pour the boiling water over the top. Cover and let stand for about 5 minutes until all the water is absorbed.
4. Fluff up the couscous with a fork, set aside in a warm place. When ready to serve, add the tomato, onion, mango and coriander to the couscous, combine well.
5. Place the lamb in a bowl with Bitton Moroccan Spice, and 2 tablespoons of the olive oil. Mix well until the lamb is coated with the spice.
6. Place a large, ovenproof, non-stick frypan over high heat and add the remaining olive oil. Heat until smoking.
7. Add the lamb and seal well on both sides. Season with salt.

## Enrol now for Course 2 & 3

Course 2: Flowers and Cake Design will start next week. How To Cook is taking last minute enrolments for this class so phone today to book your space.

The next class to run after Course 2 is Gum Paste and Fondant, starting October 3. How To Cook Wilton Method Cake Decorating Course are run on Monday nights from 7pm to 9pm and each course

is completed over four weeks. Enrol now to secure your space! For more information visit our [website](#).

### SPECIAL HOLIDAY COURSE

Subject to demand, How To Cook will run a special intensive Wilton Cake Decorating Master Class in January to cater for our regional & interstate clients. Starting on January 23, we will run Course 1 for four consecutive days finishing on January 27. Times & dates are flexible and we are currently investigating accommodation packages. Register your interest now!



## Junior trainee wanted

How To Cook is looking for a junior (16-18 years) to enter into a retail/hospitality traineeship.

We are looking for an enthusiastic and diligent young person for this part-time trainee role. An interest and appreciation of cooking is essential.

For more information or to refer someone for this position call Iris on 07 5443 6210.

8. Transfer the lamb to the oven and cook through. Generally 8 minutes will give you pink lamb and 16 minutes will give you lamb that is well done.
9. Remove the lamb from the oven and rest for 3 minutes. Carve into thick slices.
10. To serve, place spoonful's of cous cous salad on each serving plate and top with slices of lamb. Garnish with coriander.



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