

THE COOKING ACADEMY



Unlike other team building solutions, cooking together has much broader appeal to everyone, united by a need to eat. Food has nostalgic associations with childhood and happy times, therefore people are more likely to feel relaxed. Cooking together and sharing in the fruit of each other's labour can create a deep connection between people. For that reason the act of cooking as a team becomes a useful tool in bringing people together.

Cooking is usually an activity reserved for personal space with family and friends. It is reminiscent of home life and therefore evokes a unique set of emotions leading to the breakdown of professional barriers between colleagues.

GASTRONOMIQUE PACKAGE INCLUDES:

- Prosecco or wine and canapes on arrival
- Unlimited wine, beer, water and soft drinks throughout the cookery event
- An educational presentation on the nutritional and medicinal values of spices and ingredients in the relevant cuisine – The Spice Trail
- 'Ready Steady Cook' challenge – 8 recipes
- Prizes for the winning team members
- Delegates sit down to eat the food they have cooked with drinks
- Recipe packs for the delegates to take away

A LA CARTE PACKAGE INCLUDES:

- An introduction to the task and food background
- An educational presentation on the nutritional and medicinal values of spices and ingredients in the relevant cuisine – The Spice Trail
- 'Ready Steady Cook' challenge – 5 recipes
- Delegates sit down to eat the food they have cooked with drinks (1 alcoholic drink per person)
- Recipe packs for the delegates to take away

NUMBER OF DELEGATES

Up to 10
11-20
21+

GASTRONOMIQUE PACKAGE

£180+VAT per person
£135+VAT per person
£130+VAT per person

A LA CARTE PACKAGE

£130+VAT per person
£95+VAT per person
£90+VAT per person

