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## 30-minute Cook, Eat & Run class for £15

By Alaina Viera | Tuesday, 8 February 2011



Rex Features

Love food, but don't have the time or confidence to actually cook? Hip cookery school L'atelier des Chefs (cool French name, no?) is offering a 30-minute 'Cook, Eat and Run' class for just £15, roughly the same price as Jamie Oliver's 30-Minute Meals cookbook.

The class is perfect for your lunch break - or, as it occurred to [GLAMOUR.COM](#) - a quick meal before a night out, with the added bonus of learning something new. The recipes are simple, so if you've managed to chop a vegetable or two in your time, you'll be absolutely fine.

Popping in for a 12:30 - 1pm class, we learned how to make duck breast with stir-fried Chinese cabbage and spiced plum sauce. The finished plate was done in 30 minutes as promised and looked good enough to serve a MasterChef judge. We then sat down, relaxed (a glass of vino is an extra £3.50, and pudding is £3) and tucked into the delicious fruits of our labour.

It's all very relaxed and friendly, so perfect for a first date, and our class was mostly made up of

couples or work colleagues. You also receive a 10% discount in the L'atelier des Chefs shop once you've completed the class, and if you'd like your meal to be boxed up to bring home, there's that option too.

Along with cooking and eating a meal in under an hour, we actually learned some good cheffy tips, like how to easily mince garlic (add salt and crush with a knife blade), how to prepare duck so it isn't fatty (trim and score the fat) and how to tell if your meat is done (sorry, we won't give all their secrets away).

The class itself is quite communal. Jobs were shared out for this recipe, so we didn't each get to do every step of the process. However, Chef Andre demonstrated everything thoroughly and made sure we all were given tasks. Everyone helped chop veg, while those who didn't prepare the duck had to be in charge of cooking it. The recipe is then mailed to you after the class so it's easy to recreate in your own kitchen.

Which begs the question: will we actually cook this at home? Abso-pukka-ing-lutely.

L'atelier des Chefs is located at 19 Wigmore Street, London W1U 1PH. 30-Minute 'Cook, Eat and Run' cooking classes priced from £15 per person. Book online at [www.atelierdeschefs.co.uk](http://www.atelierdeschefs.co.uk) or ring 0207 499 6580.

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