



FAST SLOW FOOD: THE 30-MINUTE MEALS CLASS THAT OUTDOES JAMIE

Sunday, January 30th, 2011

There's no doubt that we're a culture that loves our food. The problem is, as the **Slow Food** movement knows all too well, we just don't cook it. And with the recent success of Jamie's 30-Minute Meals (15 copies sold every minute in the run up to Christmas) the reason why is obvious: time.

Cookery school L'atelier des Chefs – which has branches in London, Paris and Dubai – hopes to go one better than Jamie Oliver with their new 30-minute 'Cook, Eat and Run' class. Like Jamie's best-selling cookbook, the cookery class won't turn us into a nation of consummate cooks overnight. But it's a start.

As Martin Caraher, professor in the department of food policy at City University London recently told the AFP, 'There's never been so much interest in cooking and we've never talked so much about food. But we call it "gastroporn". People look at the cooks but don't necessarily put them into practice.'

Which is why this class, priced at just £15 (roughly the same as Jamie's cookbook) works. It's quick, easy and approachable – perfect for those who avoid their kitchen because they don't have the confidence, not to mention the time.

During a 12:30 – 1pm lunchtime slot, my class learned how to make duck breast with stir-fried Chinese cabbage and spiced plum sauce. Along with the inevitable race against the clock, we also learned useful kitchen skills like how to properly prepare duck and how to tell when meat is perfectly cooked.

Our meal was ready in 30 minutes as promised ('and not a minute longer!'). You have the option to box it up and bring it home with you, but most stay to enjoy the meal with the class. You can also get a glass of wine for £3.50, pudding for £3.

The recipe is then emailed out, in the hopes you'll recreate it on your own. Which does beg the question: will I actually cook the meal again at home? Yes. And was it a more enjoyable way to spend my lunch break, compared the the usual working (or Facebooking) at my desk? Definitely.

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 or ring 0207 499 6580.

EMAIL PRINT DIGG DELICIOUS
FACEBOOK TWITTER MYSPACE MORE

