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## L'Atelier des Chefs



L'Atelier des Chefs on Wigmore St.

L'Atelier des Chefs is a really modern cooking school on Wigmore street. They run a variety of cooking classes, which range from a quick 30 minute, cook, eat and run class, to an advanced, 4 hour, grande cuisine class aimed at the more discerning cook.

I was lucky enough to have been invited to their cook, eat and run class. In the confines of a one-hour lunch break you get to learn how to make a delicious meal, from scratch, which you can then eat in their lovely dining room with wine and a pudding served as extras.

We cooked stir fried chicken with basil and fragrant jasmine rice, which was a simple dish, but one that everyone really enjoyed and could re-create at home – you are emailed a copy of the recipe after the class.

In my group there were two guys from a local office, a lovely couple who were in London on a foodie weekend and me and my dad. On arrival we were aproned up and quickly shown how to prepare the different ingredients needed. After everything was neatly chopped we moved over to the hobs where we stirfried our chicken. The chef was on hand to talk us through what was needed and got everyone really involved. After some very fancy plating up, yes metal rings were used, we took our lunch over to the communal dining table and got stuck in. For a few extra quid wine and a rather fantastic poached pear pomegranate and vanilla crème fresh pudding were also served and well worth it.

I really enjoyed the course and at a mere £16 a head thought it was a real bargain. It was great to see lots of very different people having a real laugh whilst cooking their lunch. Forget your sandwich, crisps and coke this is the way forward.

L'atelier des Chef's Eat and Run Cooking Courses are available most lunch times at £15 a head. They also have a variety of other courses. All available online at [www.atelierdeschefs.co.uk](http://www.atelierdeschefs.co.uk)



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