

# MORSO VEGAN

-THE VEGAN WEEK-





JOIN US FOR A WEEK OF COOKING  
INNOVATIVE PLANT-BASED PLATES.

WHETHER YOU ARE AN EXPERIENCED  
COOK, KEEN FOODIE OR NEWLY VEGAN,  
THIS WEEK IS SURE TO INSPIRE, GIVING  
YOU A HANDS-ON DEEP-DIVE INTO  
MODERN PLANT-BASED COOKING.

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# A LITTLE BIT ABOUT US

We are Matt + Georgia a.k.a Morso Vegan.

Our passion is lies in delicious plant-based cooking that is everyone to enjoy. And our ethos is that food is a pleasure to cook, eat and share.

On this 5-day course we will share with you some of our favourite foods from around the world and you will learn techniques and skills that you will be able to apply to your own cooking.

We will pack a lot in to the week, including....





SHOWCASING  
SEASONAL  
VEGETABLES  
THROUGH ELEVATING  
THEIR FLAVOURS  
AND TEXTURES WITH  
INNOVATIVE SMALL  
PLATES



MAKING DIFFERENT  
DOUGHS -  
SOURDOUGH PIZZA  
WITH HOMEMADE  
CHE\*SE + BRIOCHE  
FRENCH TOAST  
SERVED WITH  
HOMEMADE ICE  
CREAM



PLUS TIRAMISU,  
CHEESECAKE AND  
OTHER DESSERTS SO  
GOOD NO ONE WOULD  
EVER GUESS THEY  
WEREN'T THE 'REAL'  
THING!

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# YOU WILL ALSO LEARN -



MIDWEEK MEALS



DINNER PARTY  
PLATES



ABOUT GUT HEALTH +  
FERMENTED DRINKS



BASICS OF VEGAN  
NUTRITION



HOW TO LOVE  
TOFU



KNIFE SKILLS



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# GOOD TO KNOW



## **TIMINGS**

The course runs Monday - Friday. Each day will start at 10am and will finish around 4pm

## **WHAT TO BRING**

Everything you need for the course (knives, aprons etc.) is provided. There are often leftovers so do bring a selection of plastic containers



## **CLASS SIZE**

The course is limited to 8 people to ensure you have as much hands on experience as possible and to maximise your personal interaction with Matt



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# GOOD TO KNOW



Our courses attract people from all over the world, of all ages and from all walks of life, a mixture of men and women, vegans, vegetarians and non-veggies, confident cooks and those less experienced. Many come on their own, some in pairs. Every course is different.

## DIETARIES

All the food produced will be vegan. Prior to starting the course you will be asked to let us know of any other dietary requirements. In order to teach a comprehensive range of skills, we use a variety of flours and sugars.



The course is not suitable for those with severe allergies. Whilst we can largely accommodate many requirements, please note that the week is designed to cover all aspects of cooking and we therefore cannot always guarantee we will be able to adapt each recipe.

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# LOCATION + ACCOMMODATION

Our kitchen is in the very centre of Bath. [Find details on how to find us here.](#)

Accommodation is not included in the course but there are lots of options for every budget, all within walking distance of the school.

We do recommend finding somewhere with basic kitchen facilities - there will likely be food to take away at the end of each day so having access to a fridge, plates etc. is useful!





Book your place at [morsovegan.co.uk](https://morsovegan.co.uk)