







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!

### YOU WILL ALSO LEARN -



MIDWEEK MEALS



**DINNER PARTY** PLATES



ABOUT GUT HEALTH + FERMENTED DRINKS



BASICS OF VEGAN NUTRITION

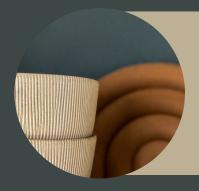


HOW TO LOVE TOFU



KNIFE SKILLS

# 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

# 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.



