

# EDINBURGH NEW TOWN COOKERY SCHOOL

## What's cooking this month?



### Fiona's Store Cupboard Secret

Salsa Verde is a wonderful accompaniment to fish, chicken, grilled steak and vegetables. It needs to contain capers, anchovies, garlic, lemon zest and juice, herbs and olive oil.

However you can ring the changes by including different herbs and in the recipe below I have used the wonderful, locally produced, Black and Gold Cold Pressed Rapeseed Oil.

### Roast Salmon with Watercress Salsa Verde

Chop 2 anchovies with 2 teaspoons capers and a crushed garlic clove. Put into a bowl. Add 2 tablespoons lemon juice and the finely grated zest of 1 lemon. Mix in 1 teaspoon Dijon mustard and a mixture of chopped

Hello,

Now Easter is behind us and we have benefitted from a series of Bank Holidays, a glorious Royal Wedding and some lovely sunny weather, there is a feeling of optimism in the air as we leave the long cold winter behind and head towards, hopefully, a long, hot summer! The lovely spring and early summer crops are beginning to appear in the shops and as you walk past the hedgerows, the smell of wild garlic is in the air and fields are turning yellow as the oil seed rape comes into flower. It is my favourite time of year. British grown asparagus will soon be in the shops, so make the most of it as the season is quite short. We have some interesting courses coming up so please do visit the website to have a good look at what is available and remember, if you have a gift voucher, to redeem it on a course before it expires. If you are not sure which course to do we would be happy to offer guidance if you telephone or e-mail us.

In this month's newsletter, as well as a look at some of the exciting courses on offer, I have included a news section so that you can see what has been happening at ENTCS over the past month and a baking tips section as there is huge interest in baking at the moment. We have a very busy May coming up with all the courses that we are running as well as many corporate events.

We hope to see you at ENTCS soon,

Fiona and the Edinburgh New Town Cookery School Team



### A Sneak Preview Of Our New Courses

We have a wide variety of long and short courses coming up over the summer months. If anyone is free at the end of this week we have our next 3 day [Cookery Essentials](#) course starting on the 4th May and the [Beginners](#)

fresh herbs such as 1  
tablespoon chopped  
parsley, 1 tablespoon  
chopped mint, 2  
tablespoon chopped  
watercress leaves and half a  
tablespoon chopped dill.  
Mix in 3 - 4 tablespoons  
Black and Gold cold  
pressed rapeseed oil and  
season to taste with salt  
and pepper.  
Preheat the oven to 200C  
(Fan 180C) Season 4  
Salmon fillets with salt and  
pepper. Put 1 tablespoon  
of Black and Gold Oil into  
a large non stick frying pan  
(use one that can go in the  
oven). Heat to very hot and  
add the fish, skin side  
down. Fry for a couple of  
minutes or until the skin is  
crisp. Turn the fillets over  
and place the pan in the  
oven for 5 to 7 minutes.  
To serve: place the fillets  
on serving plates, skin side  
down, drizzle over a large  
spoonful of the salsa verde.  
Serve with new potatoes  
and green vegetables.

### Tip

At this time of year, if you know of a place where you can gather wild garlic leaves, pick a small handful, wash very well and chop with the other herbs. They can be added instead of or replacing half of the watercress.

## Gift Vouchers

If you are stuck for gift ideas and are looking for a unique present why not try one of our gift vouchers? [Click here to buy online](#)

[Evening Class](#) will also start on the 4th May and continue every Wednesday evening until the 1st June. The [Intermediate Evening Class](#) will start on the 8th June and run for 5 Wednesday evenings until the 8th July.

There are two places left on the [Fish and Shellfish](#) course which is taking place on the 14th May. This is a great course which will show you how to prepare and cook various varieties of fish and shellfish. This includes learning how to shuck oysters, how to make a great fish stock and also how to fillet a fish amongst other skills.

We have a [Two Week Cookery Course](#) starting on the 20th June for those who are interested in doing a longer course. It will be possible to do just one of these weeks if you prefer. Contact the school for more information. The first week will be concentrating on basic skills and the second week will be following this up with more advanced skills. If you are interested in coming to this course but need to find accommodation please contact us as we have an accommodation list to help you with this.

To add to this we have a large variety of [One Day Workshops](#) on our timetable. Some of the new courses on our list are [Cooking with Chocolate](#), where we will show you how to use chocolate in recipes, both sweet and savoury, to its best advantage, [Indian Kitchen](#) which covers food from different regions of India, and an [Advanced Bread Making Course](#) which will cover the more complicated techniques including how to make and use a sourdough starter. Details of these and other courses can be found on the [View Calendar](#) page of the website.

## One Month Cookery Courses



The next [one month cookery course](#) starts on the 9th May and we have two more running over the summer in July and August. This course is particularly good for people who are looking for work on yachts, in shooting lodges, villas and ski chalets amongst other jobs in the food industry. It teaches a skill that can be used to gain employment whether

during a gap year, university holidays or as a career break or change in direction. If this is what you are looking for this course is ideal. The way the course is structured makes it an intensely practical course but with enough theory behind it so that you understand the processes and why you might be using a particular method during cooking. You will leave being able to cook with confidence.

Call us to find out more or make an appointment to come and see around the school and to discuss what is on the course.

## Quick Links

[Our short courses](#)

[Our professional courses](#)

[Our website](#)

## Course Calendar



To see what courses we have coming up visit the [Calendar](#) page on our website. This lists all the courses we will be running. Some of the one day workshops we have coming up are:

[Patisserie](#)

[Baking Day](#)

[Fish and Shellfish](#)

[Mediterranean Kitchen](#)

[Bread Making](#)

[French Cuisine](#)

[Easy Entertaining](#)

[Knife Skills and Cooking](#)

[Techniques](#)

[Curries from Around the World](#)

[Healthy Eating](#)

[Tapas](#)

[Japanese Cooking](#)

[Vegetarian](#)

Please visit our website [www.entcs.co.uk](http://www.entcs.co.uk) to book a course or telephone us on 0131 226 4314

## Baking Column

Brownies are an American speciality and are so called



It was a job that she got through us at ENTCS and we are always happy to pass such employment opportunities on to our ex-students.



We were thrilled to receive our Accreditation from the British Accreditation Council in April. We underwent a 2 day rigorous inspection in early March which looked at the courses we teach, teaching methods, quality of the teaching staff, suitability of the building, health and safety policies and routines amongst other things.

ENTCS will be taking a stall at the [Scottish Game Fair](#) at Scone Palace in Perth. This runs during the first weekend in July. I will also be demonstrating in the Food Demonstration area on Friday and Sunday. If you are planning to attend please come and say hello to us.



Whilst demonstrating at the Feast Food Festival, which was organised by Queen Margaret University Students, I met Louise Elder who has recently started producing and selling cold pressed rape seed oil from her family farm in East Lothian. Cold pressed rapeseed oil is a wonderful product. It is high in Omega 3, in fact it has 10 times the amount that is contained in olive oil. It has a very high smoking temperature and so can be used for roasting and pan frying as well as in baking and in dressings. We are using this lovely, locally produced, oil at the cookery school and we have started to sell [Black and Gold](#) cold pressed rapeseed oil at the cookery school. It is available in 500mls (£5.95) and 250mls (£3.65) bottles. So if you are interested in trying the oil come along to the school to buy a bottle.

because of their colour. The texture of brownies is all important. They should be a cross between an American style cookie and a cake and should be chewy, dense and very chocolaty. It is better to slightly undercook them because overcooked brownies are dry and unpalatable. A lot of recipes contain nuts but if you don't like them leave them out or substitute with dried fruits such as mango, cranberries or as in this recipe, cherries. You can also try it with some raspberries, as chocolate and raspberries are a marriage made in heaven.

### Chocolate and Cherry Brownies

85g butter

250g plain chocolate

1 tsp vanilla extract

200g soft light brown sugar

2 eggs

70g plain flour

100g dried cherries

5 tbsp soured cream or Greek yogurt.

Set the oven to 180 C. (Fan oven 160 C) Line a 20cm square cake tin with baking paper.

Put the butter and sugar together in a saucepan and melt over a low heat, stirring all the time. Allow to cool.

We have a [Facebook](#) page and a [Twitter](#) account, so for any of you who follow social networking sites you can keep up to date with what is happening at the school by either following our tweets or "liking" our Facebook page.

### Professional Courses



Designed for interested amateurs with professional aspirations and skilful chefs alike. Those wishing to extend their depths of skills our [one](#), [three](#) and [six](#) month certificate courses are perfect for providing a comprehensive professional training that will ensure a rounded knowledge of food and a clear idea of current trends.

Whether you want a career in hospitality or catering or if you would like to be involved in cooking on yachts or cooking for ski chalets, or Mediterranean villas then these longer courses are the perfect door openers.

Put the vanilla, sugar and eggs into a bowl and beat together until light and fluffy.

Sift in the flour, add the chocolate, cherries and soured cream. Mix well and spread into the prepared tin. Bake in the oven for approximately 40 minutes. Test by inserting a sharp knife into the centre. It should come out looking moist but not with any uncooked mixture on it.

Allow to cool before moving from the tin and cutting into squares.