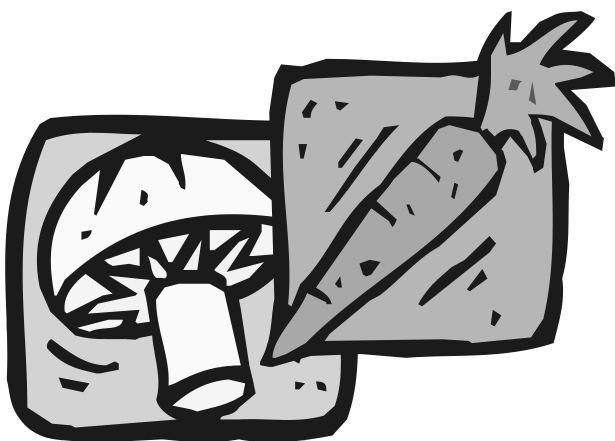

Cooking at the Cockle Shell

Our
LIZZY

Are you interested in trying something different? Learn to prepare simple, tasty, nutritious food with Lizzy. Experience a range of delicious meat free recipes. Sessions are open to all - regardless of cooking ability. Lizzy is an experienced vegetarian cookery demonstrator and she has a Cordon Vert Diploma in Vegetarian Cookery.

Come along to one of her cookery sessions at the
Cockle Shell Craft Centre
27 Worcester Street
Stourbridge DY8 1AH

**Places are limited, so
first come, first served!**



*For further information, or to
book a place, contact Lizzy*
Email: ourlizzy@yahoo.co.uk
Telephone: 0121-475 4132
Mobile: 0787 079 7191

Sunday 19 October 2008

10.30am to 4.00pm

Hands on cookery

Cost £50

Warming recipes for cold dark nights, using seasonal squashes. Including soups, butternut squash risotto, and Thai green curry with pumpkin.

Sunday 16 November 2008

10.30am to 4.00pm

Hands on cookery

Cost £50

Christmas cookery with creative meat free ideas. Including smoked bean curd medallions, savoury strudel, and traditional nut roast. Followed by decadent desserts.

Sessions include demonstrations and practical work with lots of time to eat the results.