

February 2010

cook@puddingpie.co.uk

01295 713705

The official newsletter of Pudding Pie Cookery School

Whats new at Pudding Pie



Welcome to Pudding Pie Cookery School!

FEBRUARY 2010

We are currently in the process of starting our new Diet Club. Initial trials have gone well with the average weight loss in week one of around 5lbs. The diet concentrates on eating healthy and nutritious foods, nothing processed or containing anything artificial. People are fed up with counting points or eating low fat copycat foods from a packet with no taste! We hope to roll out the Club soon.

Follow the progress on our Blog or join our Mailing List for regular updates.



Pudding Pie Diet Club

It's healthy, it's nutritious, it works!

Free Recipes

Spicy Sausage & Beans

INGREDIENTS

- 1 tin of beans
- 1 tin of good quality tomatoes
- 6 sausages
- 1 clove of garlic finely chopped
- 1 tsp Chinese 5 spice
- 1 tbsp ketjap manis (Oriental section in shops)
- Salt and pepper



METHOD

- Slice the sausages and gently fry until golden
- Add the 5 spice and stir
- Add the tin of tomatoes and the beans in the pan
- Stir occasionally until the sauce has reduced slightly then add the ketjap
- Taste for seasoning, Great with a jacket potato.

**Get Free Recipes every month.
Join our Mailing List on-line:-**

www.puddingpie.co.uk

New Adult Courses



After School Courses

Fantastic Cookery Fun!

Held on Mondays, Tuesdays & Wednesdays at 4.15pm. All Courses are held in the Pudding Pie Cookery School Kitchens. They book up very fast so don't miss out!

Hope to see you!



We have just posted the new dates on-line for our Adult in house Cookery Courses.

Choose from..

Vegetarian, Gluten Free, Beginners, Indian, Pasta, Dough, Just For Men and loads more all starting at just £50.

Book on-line

www.puddingpie.co.uk

or call **01295 713705**

