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Cookery School for Children, Teenagers & Adults

# Whats new at Pudding Pie



## Welcome to Pudding Pie Cookery School!

We have been extremely busy since the start of the year having run after school cookery clubs, school holiday courses, cookery parties and bespoke courses for over 500 children, it's been busy but fun!

Over the next few months we start a series of road-shows with **WRAP & Love Food Hate Waste** to promote the use of food leftovers.

Our adult cookery courses here at Pudding Pie are proving very popular and we plan to announce more dates for these soon. Finally the Diet Club trials are going well, see the latest news below.

**For the latest News see our Blog on-line.**

## Free Recipes

Delicious Bean Burgers

### INGREDIENTS

1 x 400g cannellini beans  
1 400g can red kidney beans  
110g white bread crusts removed  
25g grated cheddar  
1 small carrot grated  
2 cloves garlic crushed  
2 tbsp fresh coriander finely chopped  
Half tsp chilli powder  
2 tsp cumin,  
¼ tsp cinnamon  
2 tbsp tomato puree,  
Salt & pepper  
Plain white flour for coating  
Olive or sunflower oil for frying



Serves 4

- . Drain beans & roughly chop them up.
- . Put bread in a food processor to make crumbs.
- . Mix all burger ingredients in a bowl with a fork.
- . Shape lightly into 8 burgers & coat lightly in flour.
- . Heat oil in frying pan, cook gently for 5 minutes each side till cooked through.

**More Free Recipes - [www.puddingpie.co.uk](http://www.puddingpie.co.uk)**



## School Holiday Courses Cookery Fun!

The April & June School Holiday Course dates are now on our website. These places fill quickly so book early. Places available from just £35 per person including all food, recipes and tuition.

**Hope to see you soon!**

**Adult Courses  
also available**



Pudding Pie Diet Club

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

We have had brilliant results to date with our Diet trials. Average weight loss is around **14lbs** in 4 weeks, simply eating healthy un-processed ingredients. We hope to be able to roll these trials out to a wider audience soon.

**More details will be posted on our website.**

