

# SUMMER BOOTCAMP CONTENT OVERVIEW

## MODULE 1: INTRODUCTION

Welcome, how to get the most of the Student Foodie Summer Bootcamp and timeline for covering course content, recipes, live Q & A and cookalongs.

## MODULE 2: STUDENT KITCHEN KNOW-HOW

**Keep it clean:** how to prep, cook and store your food and cooking kit hygienically (and avoid tummy bugs)

**Top twenty storecupboard student foodie essentials:** make tasty meals in minutes with our storecupboard essentials

**Essential/Non-essential kit:** let's explore essential kit (and desirable extras) based on the meals you want to cook, and the challenges of limited storage/the communal kitchen experience

**Student kitchen survival:** - tried and tested tips and tricks to overcome the challenges of a shared kitchen

## MODULE 3: MAKE THE MOST OF YOUR STUDENT FOODIE BUDGET

During this module you will explore:

How to meal plan/shop smart/adapt recipes when cooking for one

Understand the benefits of minimising food waste, best before/use by dates

How to save money by eating seasonably

How to make great meals from leftovers

How to batch cook (if space permits)

## MODULE 4: STUDENT FOODIE SKILLS

**Get to know your hob** - learn how induction, gas and traditional electric hotplates work and practise key skills of boiling, steaming, simmering, frying, griddling and reheating on a hob.

**Get to know your oven** - practise the key skills of baking, roasting and grilling and reheating food.

**Get to know your freezer** - how to freeze, defrost and cook food from frozen.

**Knife skills** - which knives to take to Uni and how to use them safely



# VIP BONUSES

## MODULE 5: BONUS STUDENT FOODIE SKILLS

**Other kit** - Wondering whether you need a slow cooker, air fryer or nutribullet? Our student-friendly guide to these super-useful mini appliances will help you decide whether they deserve a place in your student kitchen.

## MODULE SIX:

**Cooking for friends (roasts)**- learn how to cook a full roast dinner (including budget-friendly and vegetarian options)

**Cooking for friends (BBQs)**- host your Summer party like a pro

## MODULE SEVEN:

**Food for the Brain** - evidence based nutritional advice and recipes for young people (including best foods for sleep, energy boosters, combating stress and memory boosters) from Registered Dietitian, Abby Ixer.

## PLUS:

Exclusive invitation to our live online **December Weekend Workshop** (dates tbc) - plus access to over 15 of our favourite sweet and savoury festive recipes to enjoy in the Christmas/New Year break.



# SUMMER BOOTCAMP RECIPE OVERVIEW

## VEGETARIAN OPTIONS

### WEEK ONE:

BEST SPAGHETTI BOLOGNAISE (LENTIL)  
OVEN ROASTED VEGETARIAN SAUSAGE PASTA WITH GARLIC  
AND FENNEL  
CHEAT'S MACARONI CHEESE WITH SWEETCORN AND  
BROCCOLI

### WEEK TWO:

SWEET POTATO CURRY WITH TURMERIC RICE  
CAJUN BEANBURGERS CAKES WITH SWEETCORN SALSA  
MUSHROOM STROGANOFF

### WEEK THREE:

VEGGIE FAJITAS WITH HOMEMADE SALSAS  
VEGGIE CHILLI CON CARNE (THREE WAYS)  
SPANISH OMELETTE WITH HALLOUMI AND PEPPER SKEWERS

### WEEK FOUR:

SWEET POTATO MASSAMAN WITH COCONUT RICE  
HONEY GARLIC TOFU WITH RAINBOW VEG STIR FRY  
THAI RED CHICKPEAS WITH BUTTERNUT SQUASH SOUP

### BONUS RECIPES:

BANANA AND CHOCOLATE LOAF CAKE	BREAD PUDDING
APRICOT AND OAT LAYER BAKE	HONEY AND NUT GRANOLA
PINA COLADA MUG CAKE	PEANUT BUTTER COOKIES
BAKED APPLES	HOMEMADE BLISS BALLS
OVERNIGHT OATS	CHOCOLATE AND CHERRY MUG CAKE

### COST: £149

INCLUDES WELCOME KIT WITH ORGANIC AND FAIRTRADE  
SPICES, ALL RECIPES, RESOURCES AND TUTOR SUPPORT,  
VIP UPGRADE (100 PLACES) £199  
AS ABOVE, WITH THREE BONUS MODULES AND INVITE- ONLY  
DECEMBER WORKSHOP.

RECIPES SUBJECT TO AMENDMENT/ALTERATION,