

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

WEEK ONE:

BEST SPAGHETTI BOLOGNAISE
CRISPY PARMESAN CHICKEN WITH ARRABIATA SAUCE
OVEN ROASTED SAUSAGE PASTA WITH GARLIC AND FENNEL
CHEAT'S MACARONI CHEESE WITH CHICKEN AND BROCCOLI

WEEK TWO:

CHICKEN (OR SWEET POTATO) CURRY WITH TURMERIC RICE
STORECUPBOARD CAJUN SALMON (OR TUNA) FISHCAKES
QUICK BEEF STROGANOFF

WEEK THREE:

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

WEEK FOUR:

MASSAMAN CURRY WITH COCONUT RICE
HONEY GARLIC CHICKEN WITH RAINBOW VEG STIR FRY
THAI RED CURRY WINGS WITH HASSELBACK POTATOES AND
CRUNCHY SLAW

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,

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

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