



sba's kitchen

Preserving Basics



Preserves are a great foundation for a sustainable lifestyle, allowing you to use produce from your own (or family and friends') gardens, process it, store it, and use it later on. I love that I have fruit ready to serve simply on its own, or with yoghurt, custard or icecream. I also use the fruit to make cakes, tarts, pies and desserts, and in some cases to accompany a cheese platter!

This is how I grew up. Fruit was preserved in season, it was not only my mother in the kitchen, but often times my sisters and our father also joined in the process. The fruit was used throughout the year, and generally when the next season rolled around, there was nothing left.

Join me in a session where we will discuss the do's and don'ts of preserving, and you will prepare fruit and fill a jar or two which will be processed for you to take home. You will be amazed at how rewarding the process is and how simple it is.

A little more detail...

On the day:

- Each participant will be provided with the ingredients, instructions and guidance as they prepare a jar of fruit to be processed, as well as a jar of fruit pickle, having the opportunity to ask questions as you do so.
- I will also provide a tasting plate so that you can see how to use the preserves at home.

What you will take home:

Each participant will take home:

- Notes on how to preserve fruit at home, including a recipe or two for you to use your home preserved produce.
- The jar of preserved fruit and fruit pickle that you have prepared.

Session Duration:

The session will run for approximately 2 hours.

Cost:

\$35.00 per person

Number of Participants:

This session is limited to a maximum of 6 people.

Minimum of 3 people are required for the session to run.

More Information

I prefer not to call this a cooking class, but more of a hands-on cooking and knowledge sharing session, where you will learn and share from my experience. I am not a trained chef, just taught and guided by my experiences and driven by my love of cooking, sharing and celebrating with food.

Health and Safety

- If you have any dietary restrictions please contact us prior to booking.
- Closed shoes must be worn.

Cancellation and refund policy

- If you need to cancel your booking we are unable to refund your payment. You can, however, transfer your booking to another person or we can issue a credit for you to use on another occasion. Please contact us to make the necessary arrangements.
- Should circumstances arise, we reserve the right to cancel the class or change the date. Should this occur, we will provide the option of a full refund or transfer.

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