

NATURAL COOKERY SCHOOL

Erin Baker is a chef after our own hearts and is passionate about all things vegetarian, organic and sustainable. So, after a long career as a vegetarian chef, she launched the Natural Cookery School; a mobile natural catering service, throughout Gloucestershire, Bath and Bristol. If you're a seasoned veggie and are looking to stretch your skills beyond a mushroom stroganoff, look no further than the Vegetarian Cookery course (£95, Gloucestershire) – you'll be whipping up whole-roasted cauliflower with spilt pea purée and harissa, and wowing the crowds with fragrant squash wedges with chickpea and spinach tagine. Feeling hungry yet? And, if you really want to roll up your sleeves and get stuck in, there's a three-day cookery retreat in the Cotswolds on offer – set on a beautiful organic farm, your stay includes two-night's accommodation and three days of hands-on cooking. Head over to naturalcookeryschool.com to learn more.



CNM NATURAL CHEF

If healthy cooking is your goal and nutrition captures your interest just as much as cooking up a storm, consider one of the courses from CNM, the College of Naturopathic Medicine. Here you will not only learn about what to cook, but also digestive processes and how foods impact your health. Get set to find out how to prepare delicious meals that focus on nutritional value, plus therapeutic menu planning. This isn't a quick-fix activity, though; if you're signing up on this course, prepare to invest 10-12 months of part-time study during your internship. Sounds a lot, right? But, it'll be so worth it when you walk away armed with life-changing education plus an internship of 100 hours. Courses are available in London and Dublin, and they now have a newly-launched vegan course available. You can find out more over at naturopathy-uk.com

DEMUTH'S COOKERY SCHOOL

Want to get dinner on the table fast, but bored of the same old meals each night? Your luck is about to change! Demuth's Cookery School, run by leading plant-based chef, Rachel Demuth, in the heart of beautiful Bath, has an array of classes on offer, but the one piquing our interest is the 30-minute suppers course. The evening class takes place between 6.30-9pm, so you can even schedule it in

after a day at the office. You'll be cooking up four simple suppers over the course of the evening and you'll be shown an array of techniques and tips to save you time in the kitchen. Your express menu will depend on what's in season, but dishes like pumpkin and coconut curry and cauliflower, leek and kale fritters with tahini sauce will give you a flavour of what to expect. Visit demuths.co.uk for more details about the courses on offer.

