

BALLYMALOE COOKERY SCHOOL





W E L C O M E . . .

Ballymaloe Cookery School is one of the world's most prestigious cookery schools, and the only one to be situated on its own 100 acre organic farm. We are proud of our tradition of excellence and our farm-to-table philosophy, and have been teaching students from all over the world since 1983.

Our 12 Week Certificate programme is internationally renowned, and has been the first step on the culinary journeys of many notable chefs, authors and food producers around the world.

For more information and to book online visit:
www.ballymaloecookeryschool.ie

LEARN WITH US



DARINA ALLEN

Darina Allen established Ballymaloe Cookery School in 1983 with her brother Rory O'Connell. A multi award-winning author and TV presenter, her primary passion lies in educating the hundreds of students who pass through the doors of the cookery school every year.

As well as a tireless food activist and ambassador for Irish food internationally, Darina has been instrumental in founding the now thriving Farmer's Market movement in Ireland. She is the Councillor for Slow Food Ireland and the President of the East Cork Slow Food Convivium. Through the East Cork Slow Food Educational Fund, she runs a programme for local primary schools to help educate children at an early age about the provenance of food.



RACHEL ALLEN

Rachel Allen is an internationally renowned TV chef, prolific food writer and cookbook author, as well as a busy wife and mother. At the age of eighteen she left home in Dublin to study at Ballymaloe Cookery School where she discovered her passion for food and teaching.

Rachel's first book, Rachel's Favourite Food was published in 2004 and she has gone on to publish numerous books and accompanying television series, her most recent being 'Rachel's Coastal Cooking'. Her popular TV series for RTE and the BBC have been broadcast in 27 different countries, and she is a frequent contributor to various international publications.



RORY O'CONNELL

Rory O'Connell co-founded Ballymaloe Cookery School in 1983. Like his sister, Darina, his principle love is teaching; and having spent more than twenty years honing his skills in the world's finest kitchens, he is uniquely equipped to share his expertise and knowledge with his students. Head Chef at Ballymaloe House for ten years, he has twice been awarded the prestigious title of Ireland's 'Chef of the Year'.

Rory's background as a professional chef includes working with Nico Ladenis at Chez Nico, London; Raymond Blanc at Le Manoir aux Quat Saisons; and Alice Waters, Chez Panisse, California.





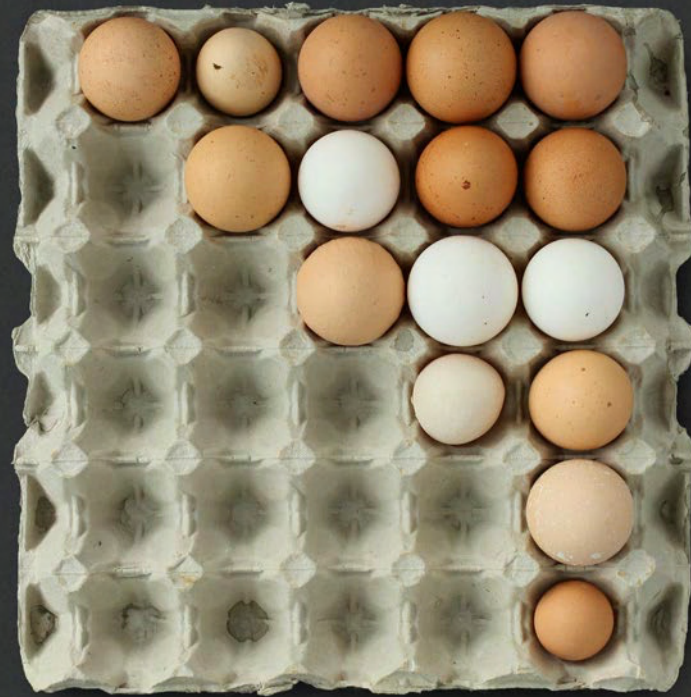
WHY COOK?

So much depends on the food we eat – our health, our energy, our vitality, our ability to concentrate. We can't do much about our genes, but we can take responsibility for our own health and the health of our families by choosing to cook food that nourishes and delights.

IT'S ALL ABOUT THE INGREDIENTS

At Ballymaloe Cookery School, as it has always been at Ballymaloe House, the ingredients we use in our cooking are the most important aspect of everything we do.

Without the best quality ingredients, it is very difficult to make food that is tasty or nutritious. At the cookery school we teaching a diverse range of cuisines and we must ensure our students have access to the very best and widest range of ingredients with which to work. Therefore, what we cannot produce ourselves, we source from a carefully selected network of local, national and international producers whose philosophies mirror our own. We endeavour to send you away after your visit with a greater appreciation of your local farmer, butcher and cheesemonger.



12 WEEK CERTIFICATE COURSE

The prestigious Ballymaloe 12 Week Certificate Course is run three times a year, with courses beginning in January, April or May, and September. The course is aimed at anyone with a passionate interest in food. Many of our students use the course as a springboard for becoming a professional chef; others use it to provide themselves with a marketable skill. Others still take the course simply to maximize the pleasure they get from cooking at home. Students develop a deep and detailed understanding of food and how it is produced. The emphasis is on recognising the best ingredients and knowing how to showcase them.

The course curriculum covers a broad spectrum of international cuisines and techniques:

- The Ballymaloe Style
- Classical French Cuisine
- Indian
- Mexican
- Japanese
- Italian
- Middle Eastern
- Mediterranean
- Spanish
- Menu Planning
- Food & Wine Pairing
- Food Hygiene (HACCP)
- Meeting Food Producers & Suppliers
- Short Work Experience

12 Week Certificate courses dates

25

April

16

July

2016

19

September

10

December

2016

9

January

1

April

2017

Cost for 12 week course April €10,995

Cost for 12 week course September/January €11,395



KEEN TO KNOW MORE

If you are interested in the possibilities offered by our 12 Week Certificate Course please visit our website

www.ballymaloecookeryschool.ie

4 SEASONS AT BALLYMALOE COOKERY SCHOOL COURSE SCHEDULE 2016

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

In addition to our 12 Week Certificate courses, we also offer a diverse range of shorter courses, keeping an eye on international trends in food. Choose from practical hands-on cooking courses to gardening and forgotten skills workshops or business courses. Short course durations range from half days to a week. We pride ourselves on a dynamic, ever-changing schedule.

For more information and to book online visit our website:
www.ballymaloecookeryschool.ie



ACCOMMODATION

Those choosing to stay at the school are accommodated in our self-catering cottages. All cottages are comfortably furnished and well equipped with all modern conveniences. Students enjoy the communal feel of staying in our cottages—sharing a kitchen space and living room with other students on the course. All students have the freedom to visit our gardens and organic farm while with us. On short courses a delicious breakfast is provided in the school each weekday morning to all attending the cookery course. You will find freshly made breads, muesli, fruit juices, Irish farmhouse cheeses and our favourite, Macroom Oatmeal porridge to set you up for the day.



BALLYMALOE HOUSE

For those people looking for a little extra luxury, Ballymaloe House provides wonderful accommodation in delightful surroundings. Ballymaloe House is 4km from the cookery school, so you will require transport if you wish to stay there; there are special rates for students. Ballymaloe House provides dinner every evening and is well worth a visit while you are attending a cookery course. Enjoy the full, traditional five-course dinner or go for something a little lighter before a trip to a concert in the Grainstore.

Call Ballymaloe House on +353(0)21 4652 531
www.ballymaloe.ie

DAILY AFTERNOON COOKERY DEMONSTRATIONS

Many of our visitors simply wish to come and watch how it's done without having to actually get down to cooking in the kitchen. Most weekdays, visitors may join our afternoon cookery demonstrations, typically sitting in with our 12 week certificate class as they watch and learn. These intensive demonstrations cover a range of cooking techniques and many delicious recipes, and include a tasting plate at the end of the afternoon of all the dishes covered during the afternoon.

Afternoon demonstrations are €75.

Class Fee includes all recipes and a tasting at the end of the demonstration. 2pm – 5.30pm.

Booking essential. Check the 'Afternoon Demonstrations' section of our website for details of recipes to be demonstrated each day

	AFTERNOON DEMONSTRATION - SAMPLE MENU -	
	Mackerel Sashimi with Crisped Radishes & Scallions	
	Pumkin Soup with Pancetta & Parsley Oil	
	Focaccia with Rosemary & Olives	
	Slow Roast Shoulder of Lamb with Aioli & Salsa Verde	
	Swede turnip Puree with Cappezzana Olive Oil & Parmesan	
	Gratin of Swiss Chard with Pan Gratatta	
	Chateau Potatoes	
	Blackberry & Sweet Geranium Sorbet with Tuiles d'Amandes	
	Chocolate and Caramel Truffles	
	Lemon Verbena and Herb Tisanes	

GARDENS AT BALLYMALOE COOKERY SCHOOL

For many people who visit the cookery school, the gardens come as a great surprise. Tucked away behind the school, our ornamental and production gardens are extensive and there to be enjoyed in any season. They are open to the public, and certainly available for our students to walk through while attending a course with us.

THE FORMAL HIGHLIGHTS OF THE GARDENS INCLUDE:

Lydia's Garden: A delightful flower garden dating back 100 years.

The Old Pleasure Garden: Peaceful surroundings of mature Irish trees.

Herbaceous Border and Shell House: From May to September each year, the herbaceous border explodes with colour leading to the Shell House.

Celtic Maze: A formal celtic pattern of Yew and Hornbeam in which to lose yourself!

OUR OTHER GARDENS:

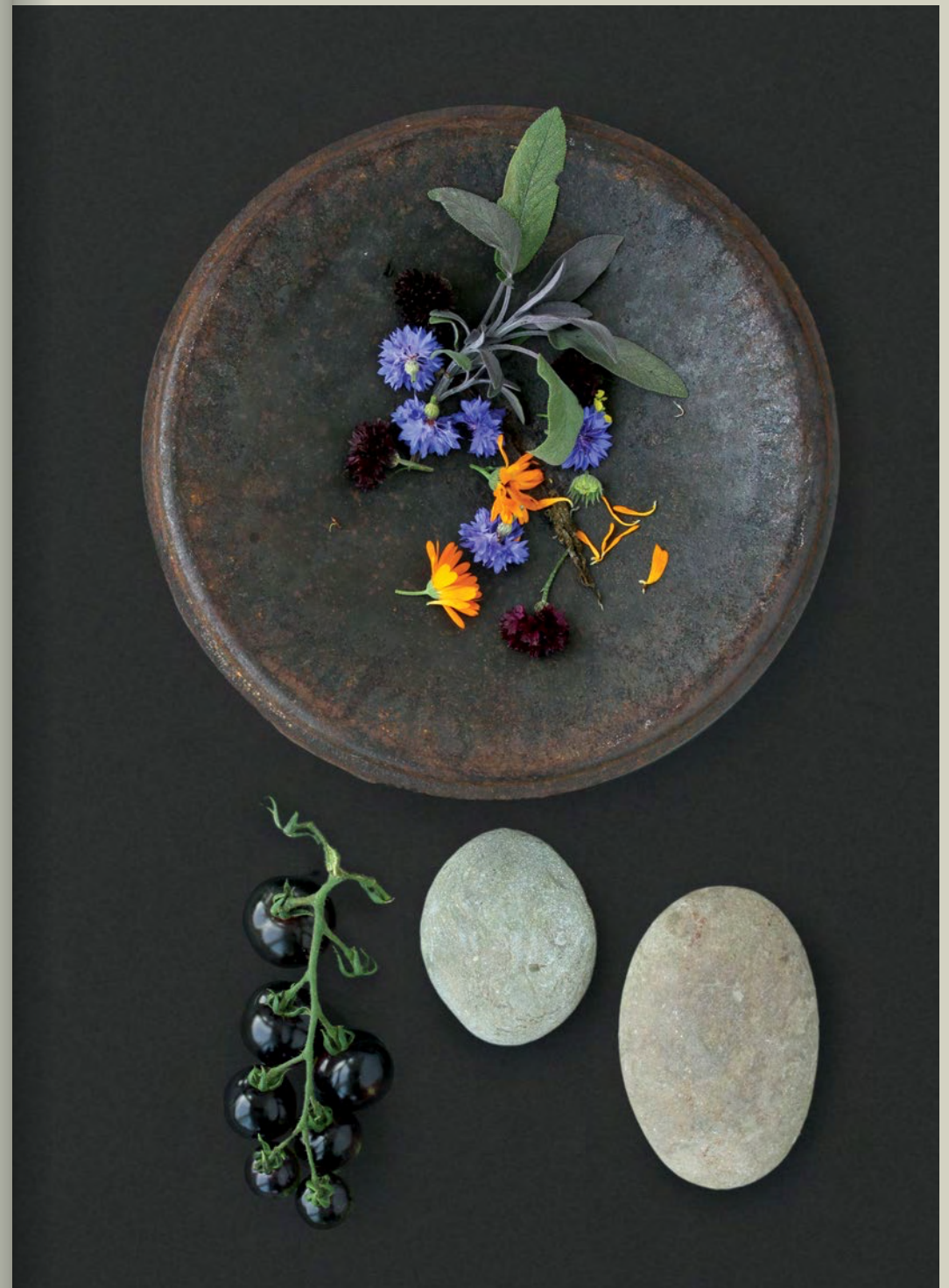
These offer a mixture of production and enjoyment including:

Ornamental Fruit Garden: Apples, Blackcurrants, Peaches, Figs and Wild Garlic in one wonderful garden.

Formal Kitchen Garden: The formal layout of the garden showcases just how decorative vegetables can be.

Herb Garden: Based on formal vegetable gardens at Villandry Palace in Loire Valley in France, this garden provides most of the herbs for the Cookery School.

Farm Walk & Glasshouses: A meandering walk through the farm and glasshouses, showing off our astonishing variety of vegetables, fruits and salads.





If you don't have time to attend one of our scheduled classes or you have a team building group you would like to entertain, why not contact us about a private class.

We put together the right activities and recipes for the perfect afternoon. Bake a loaf of bread or cook a full 3 course meal, its completely up to you.

GARDEN WORKSHOPS: ORGANIC HORTICULTURE

We have a fantastic range of garden workshops spread throughout the year, each dealing with an essential element of the season. Run by our gardening tutor, Susan Turner, all workshops take place on our 100 acre organic farm and gardens.

LEARN A FORGOTTEN SKILL

Learn how to make butter, cheese, yoghurt, bake a loaf of sourdough bread, butcher a pig, create your very own fermented pickle... these skills are made easy and fun thanks to Darina's inspirational "Forgotten Skills" classes.



GARDEN SHOP

The Garden Shop at the school is brimming with salamis, local cheeses, and vegetables from the farm. Browse a selection of fine cookbooks, ideal kitchen utensils and the perfect gift.

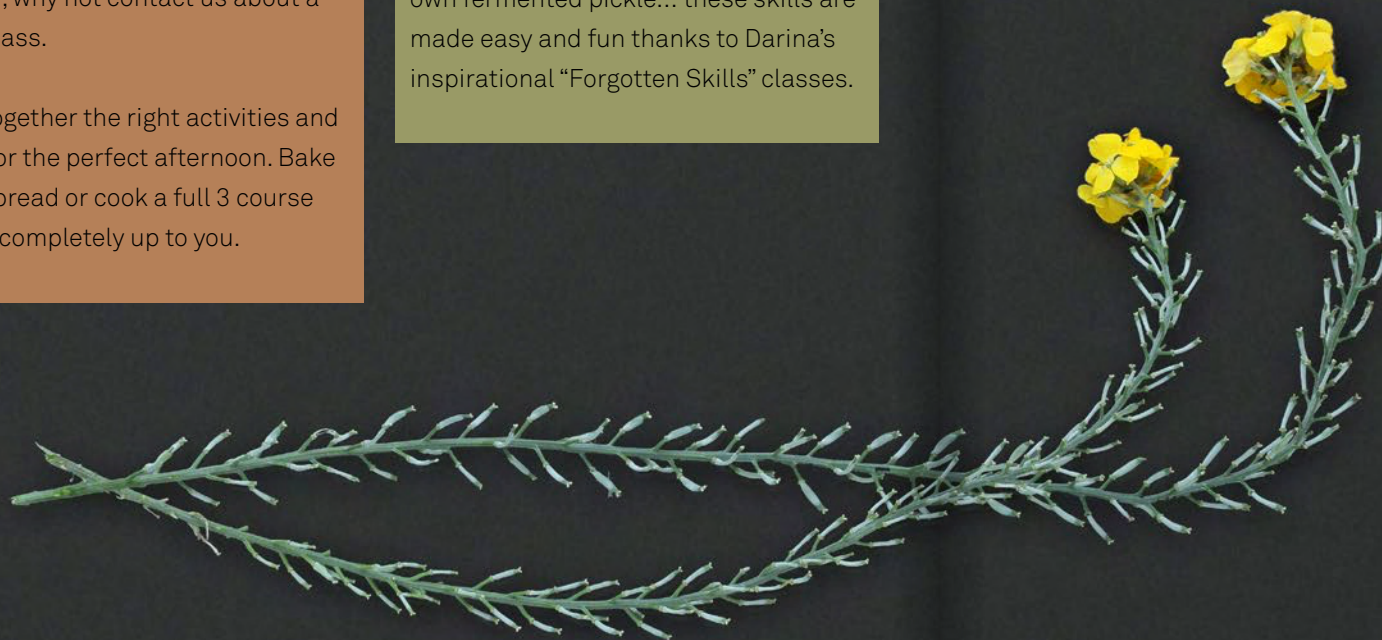
Open all year round.



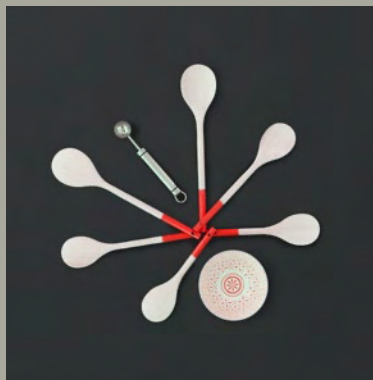
SATURDAY PIZZAS

Every Saturday, Philip and his team light the wood-fired pizza oven in the Garden Dining Room and create a great pizza from what's available that week. There are always classics like Marinara, Margherita, and Pepperoni, and each week they finish the menu with a vegetarian and meat pizza made with our own local ingredients.

Come along to try it out.
Saturdays 12:30pm - 4:00pm
www.saturdaypizzas.com



BALLYMALOE COOKERY SCHOOL GIFT VOUCHER



Select a particular course or leave the gift voucher open and allow the recipient to choose from over 60 short courses.

Vouchers may be ordered online: www.ballymaloecookeryschool.ie or by phone from the school on: +353 21 4646785.

GIFT
VOUCHER

THE BALLYMALOE FAMILY



The Ballymaloe Cookery School is part of the larger Ballymaloe family of businesses. Ivan and Myrtle Allen opened Ballymaloe House (4km from the school) in 1964. Since then, the school has been opened along with the Ballymaloe Shop and a number of other businesses like The Grain Store and Ballymaloe Country Relish; each of these businesses are owned and operated by members of the Allen family.

For further information on any of the Ballymaloe enterprises, see www.ballymaloe.com

litfest — 16

THE KERRYGOLD BALLYMALOE LITERARY FESTIVAL
OF FOOD & WINE 20TH-22ND MAY 2016

Celebrated by all food and drinks lovers from Ireland and abroad, The Kerrygold Ballymaloe Literary Festival of Food and Wine moves into its fourth year in 2016.

We are proud to say this is one of the most popular annual food events in Ireland and this year it was voted as one of the 'Best Festival's Around the World' by Conde Nast Traveller.

Each year we attract thousands of visitors onto the grounds of Ballymaloe House and Cookery School in May. These visitors include national and international authors, chefs, drinks producers, foragers, educators, food activists, doctors, scientists, gardeners, publishers, TV presenters, policy makers, bloggers and journalists.

Litfest16 will be another weekend filled with fascinating facts, great

books, inspirational stories, intriguing discussions, incredible knowledge, fantastic music, fabulous dancing and of course, delicious food and drinks. It is the only festival of its kind in Ireland and has created an important hub for food and drinks enthusiasts worldwide to meet and share ideas with each other.

We are delighted to be welcoming Francis Mallman, Nicolaus Balla and Courtney Burns, Eric Werner and Mya Henry, Jancis Robinson MW, Nick Lander, Ari Weinzwieg, Claire Ptak, Prue Leith, Hugh Johnson, Elisabeth Luard, Prannie Ratigan, Ana Von Bremzen, Mark Diacono, Ella McSweeney, Alessandro Demaio and many more to Litfest16 in May. Please join our email newsletter and visit our website to get all the announcements and updates.

www.litfest.ie

WHAT DO OUR STUDENTS SAY?

This course was fantastic! Both my daughter and I truly loved our experience and the course included some of everything that we were looking to learn about gardening, composting, slow food, and so many aspects of cooking. It was a wonderfully full week and we were exposed to so very much that we had a truly enriching experience. The warmth of the entire staff at the Cookery makes it such a magical place. We are forever changed and inspired by our week at Ballymaloe Cookery School!

Ashley Larkin attended our
'A Week at Ballymaloe Cookery
School, Organic Farm and Gardens'

I loved the fact that there was no waste, the wonderful hens & eggs, the delicious fresh veg & fruit from the garden, the milk, the butter, your breakfasts. I could keep on & on about it, I had a super time and I am on a high about it all! Especially thank you to Darina & Rachel, who are such patient and pleasant, practical & talented teachers, Wishing you all continued success in the future.

I enjoyed every part of the experience
and I will definitely be back.

Sarah Boland attended 'Just Cook It'

I had an amazing time in Ballymaloe! The course brought me back and reminded me of the way in which my mother taught me to cook... skills that have been forgotten and pushed aside.

A student on 'Entertaining
with Darina and Rachel Allen'

I really loved this course it was such a wonderful experience and will have a significant impact on how I view and treat food from now on. I loved the mix of activities a great balance between hands on cookery, high quality demonstrations and discussion about producing and sourcing high quality and natural food. The fishing was a real highlight nothing like catching a fish yourself and then preparing and eating it, learning how to smoke fish was also a revelation. See the cow milked and then the milk from that morning turned into cheese and butter was also very satisfying. I was also impressed with the emphasis on ensuring that nothing is wasted something I will think much more carefully about in the future.

Una attended 'A Week at
Ballymaloe Cookery School
Organic Farm and Gardens'

Amazing experience for me who was very new to cooking. I was astonished by the coordination of the course and how all staff worked as a team. From Rachel who was amazingly professional and pleasant to all persons participating in the course I would like to commend everybody. I would particularly like to thank Tracie who was continuously helpful, professional and patient. Wishing you all continued success.

A student on 'Fast and Fabulous Meals
with Rachel Allen'

DIRECTIONS TO BALLYMALOE COOKERY SCHOOL

(Approximately 40 mins from Cork City)



Longitude - 51.860488 | Latitude - 8.033389

- > From Cork City take the N25 towards Midleton (Waterford)
- > Continue on the N25 past Midleton to Castlemartyr
- > Turn right at bridge traffic lights and follow the road for 5km through Ladysbridge into Garryvoe and on to Shanagarry
- > In Shanagarry turn right opposite church
- > The Cookery School is located 750m on your right

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