



Cooking Classes Gain Popularity As Stocks Fall

May 26, 2009

One of Sydney's top executive chefs & restaurateur Victor Pisapia has been holding Cooking Classes in his Waterloo premises since last year and the demand is growing.

"We think it's got something to do with the current economic downturn," he said. "Eating out is expensive and both men and women are discovering they can prepare foods at home using seasonal ingredients for a fraction of the cost of restaurant meals."

Chef Pisapia said many people are somewhat nervous of cooking, but they really come alive in the kitchen when they're shown how easy it can be. "We start by teaching basic cooking skills and make sure recipes are simple but creative....and delicious!" he added.

The latest class schedule has just been released and covers Saturdays till the end of October. Details are available on the website, www.VictorsFood.com

Pisapia calls himself a food explorer and the range of themes he's developed for his Saturday Cooking Classes under his VictorsFood banner reflects the amazing versatility of his skills.

VictorsFood's first ever Italian class looks at recipes from round the regions of Italy and many are Pisapia's mother's recipes including her 'red gravy' - never before divulged! No stomping of grapes, not this time anyway.

"Let's Cook Duck" is a popular class. Molasses spiced pomegranate duck breast is a favourite and not difficult to cook - just one of several duck recipes in this class.

And then there's "Modern Mexican" one of Victor's great specialities. "There's no need for home cooking to be boring" Victor says, "so many people love this class because we teach how to cook real Mexican food with a light, fresh taste and how to handle chillies and their many and varied flavours."

The "Learn to be a Chef" class goes even further covering knife skills and working smart while creating some great dishes.

To receive ongoing information about the classes and the range of VictorsFood's other activities, register for the monthly newsletter on VictorsFood website.



Bookings and enquiries can be made by phone: 02 9698 7684, email bookings@victorsfood.com or via the website www.VictorsFood.com

