

KOCHKURSE / COOKING CLASSES

LEARN FROM OUR CHEFS

We start with a healthy, refreshing welcome aperitif (non-alcoholic). Then our chef gives an introduction to the topic, explains the dishes and introduces the products. After that, we move on to preparing the menus, under professional guidance of course. And when the work is done, we enjoy it with suitable drinks (alcoholic drinks are charged separately).

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| TIME | Monday to Friday from 15h (Availability depends on the daily business) |
| PLACE | World bowls station at Alfreds Kitchen |
| DURATION | 3-4h (incl. dinner) |
| PARTICIPANTS | Min. 6 people - Max. 12 people |
| TEAM | 1 Chef 1 Staff member for coordination, service & photos |
| PHOTOS | Each participant agrees that photos may be taken. After the event, you will receive a link with the photos within 48 hours. |
| PRICE | depends on number of participants and menu Minimum price per person CHF 169.00 |
| BOOKING | Directly to the management of the QCZ Gastronomy. Confirmation must be guaranteed at least 10 working days in advance. |
| CANCELLATION | <ul style="list-style-type: none">• up to 6 working days before: no costs• 5 to 3 working days before: 50% of the costs• 2 working days or more in advance: 100% of the costs Cancellation of individual participants will be charged 2 working days before the event: 100% of the costs. |

Menus can be adapted according to the season. Prices per person vary depending on the menu, number of people and duration of the course. Contact us for a quote.

COOKING CLASSES: THEMES

SMART EATING: MEDITERRANEAN

- The Smart Eating principle – healthy balanced diet
- What are healthy oils?
- 3-course menu:

Filled aubergine

Red mullet with mashed peas

Seasonal fruit trifle

SMART EATING: JAPAN

- The Smart Eating principle – healthy balanced diet
- Japanese broth and noodles
- 3-course menu:

Teriyaki salmon on cucumber salad

Yakisoba

Matcha cheesecake

ACTS OF GREEN: NO FOOD WASTE MENU

Every year, 330 kilos of food are thrown away or lost. With a little know-how, this can easily be improved.

- What is food waste and where it occurs
- Tips to throw away less
- 3-course menu:

Soup (seasonal)

Bread knödel with mushrooms and red cabbage (changes seasonally)

Croissant pudding with berry compote

THE LEVANTINE KITCHEN

For our vegetarian mezze table, we create different mezze from vegetables, legumes such as beans and chickpeas, crunchy salads, herbs, nuts, dips and creams.

- Where origins the levantine cuisine? and what makes it so special
- Why we all should eat more greens
- Mezze dinner with various mezze

SWISS CUISINE

Swiss cuisine combines influences from German, French and northern Italian cuisine. However, it varies greatly from region to region. Many dishes have transcended local borders and are popular throughout Switzerland.

- Basics about Swiss cuisine
- 3-course menu

Seasonal starter

Sliced veal Zurich style and Rösti

Toblerone mousse

DINNER WITH FRIENDS

How do you prepare delicious dinners in advance without the feeling of "I am totally exhausted and the guests have not even arrived" or "I spend the whole evening in the kitchen"

- Well planned is half won. What can you prepare and when?
- Prepare meat correctly
- 4-course dinner:

Amuse Bouche

Scallops with saffron foam and herb salad

Filet Wellington, truffle jus, oven-baked winter vegetables

White coffee mousse with orange zabaglione

