



GRESHORNISH HOUSE

COOK SKYE

14th – 20th September 2009

JOIN US FOR A WEEK OF CULINARY EXPLORATION AND
DISCOVERY AS PART OF SCOTTISH FOOD FORTNIGHT

*...food preparation, preservation,
foraging, fun and feasting...*

*Greshornish chef **Mac Browning** (former executive head chef with Michelin-starred background) together
with culinary anthropologist and cooking teacher **Anna Colquhoun** (www.culinaryanthropologist.org)
will share techniques and skills and get you cooking, using locally-sourced seasonal ingredients.*

GRESHORNISH COUNTRY HOUSE HOTEL

COOK SKYE PROGRAMME & BOOKING INFORMATION

DAY	MORNING	AFTERNOON	EVENING
Sunday 14th Sept.		Arrival 4.00 - 5.00 Afternoon tea 4.00 - 5.30	6.45 Welcome drink 7.30 Dinner
Monday 15th Sept.	10 - 1.00 SESSION 1: Autumn Lunch Party with Anna. <i>Roll up your sleeves and cook your own three course lunch using Skye's best seasonal produce</i>	Out & About* <i>Join us as we visit local producers on the island</i>	7.30 Seasonal Skye Dinner 9.00 Slow Food Travels: <i>Talk and slide show given by Anna</i>
Tuesday 16th Sept.	10 - 1.00 SESSION 2: <i>in two parts with Mac and Anna</i> Dinner on the Wild Side Part 1. <i>Forage for dinner: mushrooms, wild fruits, nuts and herbs in the Waternish and Dunvegan area. Packed lunch* or visit a local restaurant</i>	Out & About* <i>Join us as we visit local producers on the island</i> 5.00 - 7.00 Dinner on the Wild Side Part 2. <i>Prepare your foraging finds for a delicious wild dinner</i>	7.30 Dinner on the Wild Side 9.00 Preserving Traditions around the World: <i>Talk and slide show with tasting given by Anna</i>
Wednesday 17th Sept.	10 - 1.00 SESSION 3: <i>in two parts with Anna</i> Easy Home Preserving Part 1. <i>Learn how to preserve fruit and vegetables in a variety of easy ways followed by a light lunch prepared by Mac using Greshornish Chutneys, local cheeses and home made oatcakes</i>	2.30 - 5.00 Easy Home Preserving Part 2. <i>Finish preparing your own delicious preserves, ready to take home to store or give away</i>	7.30 Eat Slow Dinner <i>(From Kitchen Garden to Table)</i> 9.00 Guest Speaker from a local producer / business
Thursday 18th Sept.	10 - 12.00 SESSION 4: Cooking Game with Mac. <i>Learn how best to buy, prepare and cook local game, including venison, pigeon and duck for a dinner menu</i>	12.45 Lunch at The Three Chimneys* <i>Followed by a visit to local producers in the area*</i>	7.30 Highland Dinner 9.00 Exotic tipples from around the world <i>Talk given by Anna (including whisky tasting)</i>
Friday 19th Sept.	10 - 1.00 SESSION 5: Shoreline Harvest with Mac. <i>Forage for mussels, clams and oysters along the coast, then help to prepare them for a light lunch</i>	2.00 - 5.00 SESSION 6: Old Fashioned British Baking with Anna. <i>Bake yourself a range of traditional teatime treats, then enjoy them with a well earned cup of tea</i>	7.30 Harvest Festival Dinner 9.00 Finale: <i>Conclusion and Feed Back</i>
Saturday 20th Sept.	10 - 1.00 SESSION 7: Seafood Extravaganza with Mac and Anna <i>Learn how best to buy, prepare and cook some of Skye's finest seafood</i>	COOK SKYE Special Seafood Buffet Lunch	

*OPTIONAL. LUNCHEES IN LOCAL RESTAURANTS ARE OPTIONAL AND ARE NOT INCLUDED IN THE COURSE PRICE

BOOKING:

Please email info@greshornishhouse.com or telephone 01470 582266 for further details.

RESIDENTIAL BOOKING for the whole week, or part thereof:

When booking a double/twin room for the week, the room price will include one voucher for each of the 7 Sessions. Additional vouchers will be available, as detailed below. The normal single occupancy rates will apply; this will include a set of vouchers for the course. Those booking for shorter stays, or partners joining in individual sessions and not doing the whole course, will pay for sessions attended as follows:

- £30 for Session 1 (lunch included)
- £25 for Session 2 (lunch not included)
- £45 for the full day of Session 3 (lunch included)
- £20 for Session 4 (lunch not included)
- £20 for Session 5 (lunch included)
- £25 for Session 6 (afternoon tea included)
- £30 for Session 7 (lunch included)

www.greshornishhouse.com

THE COOK SKYE WEEK

IS ALSO OPEN TO NON-RESIDENTS

Session Rates for Non-Residents:

- Mon: Session 1: morning session and lunch **£40**
- Tues: Session 2: perhaps less appropriate for non-residents
- Wed: Session 3: in two parts **£55**
- Thurs: Session 4: perhaps less appropriate for non-residents
- Fri: Session 5: morning session and lunch **£30**
- Fri: Session 6: afternoon session and tea **£35**
- Sat: Session 7: morning session and lunch **£40**

