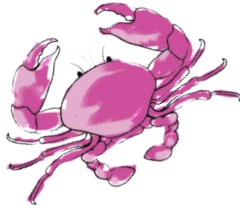
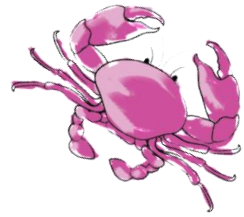


# Antonia's Kitchen's Food Experiences



## COOKING WITH CRAB



On Tuesday 17<sup>th</sup> January 2012 we welcome you to Western House to enjoy a day's cookery experience with Head Chef, Beatus Elsholtz of Antonia's Kitchen.

For those of you who love cooking and like seafood but are slightly nervous about how to deal with it in the kitchen at home, this cookery experience could be right up your street...

Beatus will guide you through the preparation, cooking and presentation of crab. To start with you will learn how to cook the crab, before making a good crab bisque to be used, not only as a soup, but in other dishes too! You will also do a dressed crab and a fabulous fish main course.

The cost of the day is £95 and includes all foods required for the cookery experience as well as lunch, coffees and teas etc...It is anticipated that the day will commence at 9.30 and conclude by 5pm.

All AK food experiences are intended to be informative, inspiring and fun and we hope you will come and enjoy the day with us!

To find out more and to book you can either call us on: 01392 879097 or drop us a line at: [antonia@antoniaskitchen.co.uk](mailto:antonia@antoniaskitchen.co.uk)

# Antonia's Kitchen's Food Experiences

## ABOUT ANTONIA'S KITCHEN'S COOKERY EXPERIENCES

During the early part of 2011, Antonia's Kitchen responded to demands to start hosting cookery events and following the success of these in 2011, this seafood cookery experience is the first of many similar events planned for 2012. The food experiences are a very down to earth way of gaining valuable culinary skills without the oftentimes pressure associated with a more formal cookery school experience. The day tends to be relaxed and fun. Beatus is a natural teacher and encourages people to share their experiences with and passions for food. Western House adds a special home from home feel which enables you to feel at ease and to soak up the enjoyment of the day.

## ABOUT BEATUS ELSHOLTZ OF ANTONIAS KITCHEN

Beatus joined Antonia's Kitchen last year having previously been Head Chef for 12 years at the Links Clubhouse in St Andrews, Scotland. Whilst there, he oversaw the catering for two British Open Championships and many other prestigious events.

Since moving to Devon he has been blown away by the variety and quality of local produce. A passionate advocate for all things organic and seasonal, Beatus cleverly creates mouth-watering dishes that keep Antonia's Kitchen customers coming back for more!...

Not only is Beatus an extremely talented and creative Chef but he is also a gifted demonstrator. He really enjoys sharing his passion for and knowledge of food and you will be guaranteed of a great cookery experience.

## ABOUT ANTONIA'S KITCHEN

Antonia's Kitchen has a fast growing reputation for producing quality catering in Devon and its borders, from private home fine dining, to weddings, product launches and other corporate events....With an emphasis on using fresh, local produce and an exquisite attention to detail, the six year old company is going from strength to strength. In 2011 Antonia's Kitchen were pleased to be finalists in the Westcountry Wedding Awards and were described as having something, 'intimate and special' to offer its customers.

# Antonia's Kitchen's Food Experiences

## ABOUT THE SEAFOOD & GREENDALES FARM SHOP

All the fish used on the course comes from Greendales Farm Shop, whose fish counter is supplied by their own fishing fleet. All fish is locally fished from sustainable fish stocks. They do not use fish that has been caught using deep sea trawling or pair net trawling. Crab has been described as being the most sustainable seafood along with Lobster as fishing is dependent on the crustaceans' desires not to be a basket case, or not!

## ABOUT THE VENUE

### Western House

Western House, Highweek, Newton Abbot, TQ12 6NB

Western House is a truly stunning, yet homely Georgian country house set in its own beautiful gardens in the idyllic Devon countryside, just outside Newton Abbot. Set up as a 25 bed self-catering property with its own indoor pool, Western welcomes hundreds of guests each year – many of whom return time and time again.

Western House is also used as a corporate venue and is a great place for holding workshops and events such as this.

## How to get to Western House

### Direction from the M5

From the M5 at Exeter (junction 31) take the **A38 south towards Plymouth** the road divides to Torquay/Plymouth so important to stay in middle or right hand lane. In 11 miles, at the Drumbridges junction turn left onto the **A382 towards Newton Abbot**.

After two miles, pass Stover Golf Club (on your right) and Stover School (on your left) turn right signed **Highweek**. Go up the hill to the village; turn right (pub on corner), follow road through village then right again into **Howton Road** (high stone wall). Follow the wall round to the left. Continue for several hundred yards and you will see Western House on the right, with wrought iron gates.

# Antonia's Kitchen's Food Experiences

You need to put **Highweek Village** into SAT Navs. Some SAT Navs will tell you to turn right at Forches Cross and left into Perry Lane then left into Howton Road, down the hill by some cottages then leave you to your own devices!!!

Continue down the lane and up the hill pass **Howton Court** on your right. Western House is on your left. It is a nasty turn at a bad angle – easier to reverse into the drive – especially if you have a low slung car!!!!

## Directions from Plymouth

Turn off the **A383 sign-posted Newton Abbot**

(Western House is almost exactly 4 miles from this point)

- Follow the signs to **Newton Abbot**
- You will pass **Hannah's at Seale Hayne** on your left hand-side
- Keep going, shortly you will pass **Hele Park Golf Centre** on your left hand-side.
- Shortly after that you will pass a **car sales showroom**, again on your left hand-side
- About 100 yards after the car showroom you will need to take a left on to **Mile End Road**
- After about 200 yards turn left onto **Howton Road**. You will see a large stone wall on your left, follow the road around to the left for about 200 yards or so and you will see Western House on your right hand side

## IMPORTANT INFORMATION

The day will proceed as set out in the itinerary. However there may be slight variations to timings.

Please be sure to inform us of any allergies you believe you may have when working with and consuming the foodstuffs.

# Antonia's Kitchen's Food Experiences

## FURTHER INFORMATION

### **Antonia's Kitchen**

[www.antoniaskitchen.co.uk](http://www.antoniaskitchen.co.uk)

### **Greendales Farm Shop**

[www.greendalefarmshop.co.uk](http://www.greendalefarmshop.co.uk)

### **Western House**

[www.western-house-devon.co.uk](http://www.western-house-devon.co.uk)

### **Also:**



Do 'friend us' on facebook:  
[www.facebook.com/antoniaskitchen](http://www.facebook.com/antoniaskitchen)

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