

# at the Grange

Cookery at the Grange has a worldwide reputation for its Essential Cookery Course. The Grange was the first cookery school to offer the unique four week residential course when it started in 1981, so for thirty years has built up a reputation as second to none for its success in helping students with their careers and lives.

I run The Grange with a fantastic team who all care very much that everyone gets as much as they possibly can from their time here. Through extensive travelling, growing and cooking food, as well as teaching about it and a background in farming I have gained a deep understanding and knowledge of food and eating. Together with our teachers and chefs, this wealth of wisdom is a vast resource for students at The Grange. Learning successfully is much easier in a positive, fun environment and that is what The Grange is about.

In the heart of the countryside we have planted acres of landscaped tree filled grounds over the years, and believe passionately in "bringing the outdoors in" - we use flowers, herbs, salads, fruit and vegetables from the garden as much as we can. The Grange is always fresh and continually evolving. I and my family would like to welcome you to our home.

## the kitchen

A warm welcome awaits you in the kitchen: a team of knowledgeable staff enthuse you with their passion for food and inspirational cooking. The friendly atmosphere is the ideal environment for professional expertise using the wonderful diversity of fresh natural ingredients.

The infectious enthusiasm of our professional team of staff encourages you to learn to cook by cooking, through assimilation and experience rather than simple teach and listen. You learn by touch, smell and feel; your palate develops by constant tasting.

Two large, light and well equipped kitchens allow a mix of traditional and modern flavours from France, Italy, the Mediterranean and Asia to percolate your senses. If you are enjoying yourself, you learn more, so we want the course to be fun for everyone.

*'Cooking is giving'* Nori Pope





## we produce

We produce an environment which is ideal for learning what food and cooking are really about. Will and Jane have spent the past decade building and gardening to create The Grange as it is now. By converting a Somerset farmyard into a light, bright, south facing home for our students, we have created the ideal space to be immersed in food – living, eating and cooking away from the distractions of everyday life.

We grow all our own salads, the huge majority of herbs and an abundance of fruit and vegetables. Fresh, naturally grown produce is the key to good food.

The essence of the course is to share a meal, cooked together during the day, nourishing both body and soul.

*'It is only in the country that we can get to know a person or a book'* Cyril Connolly

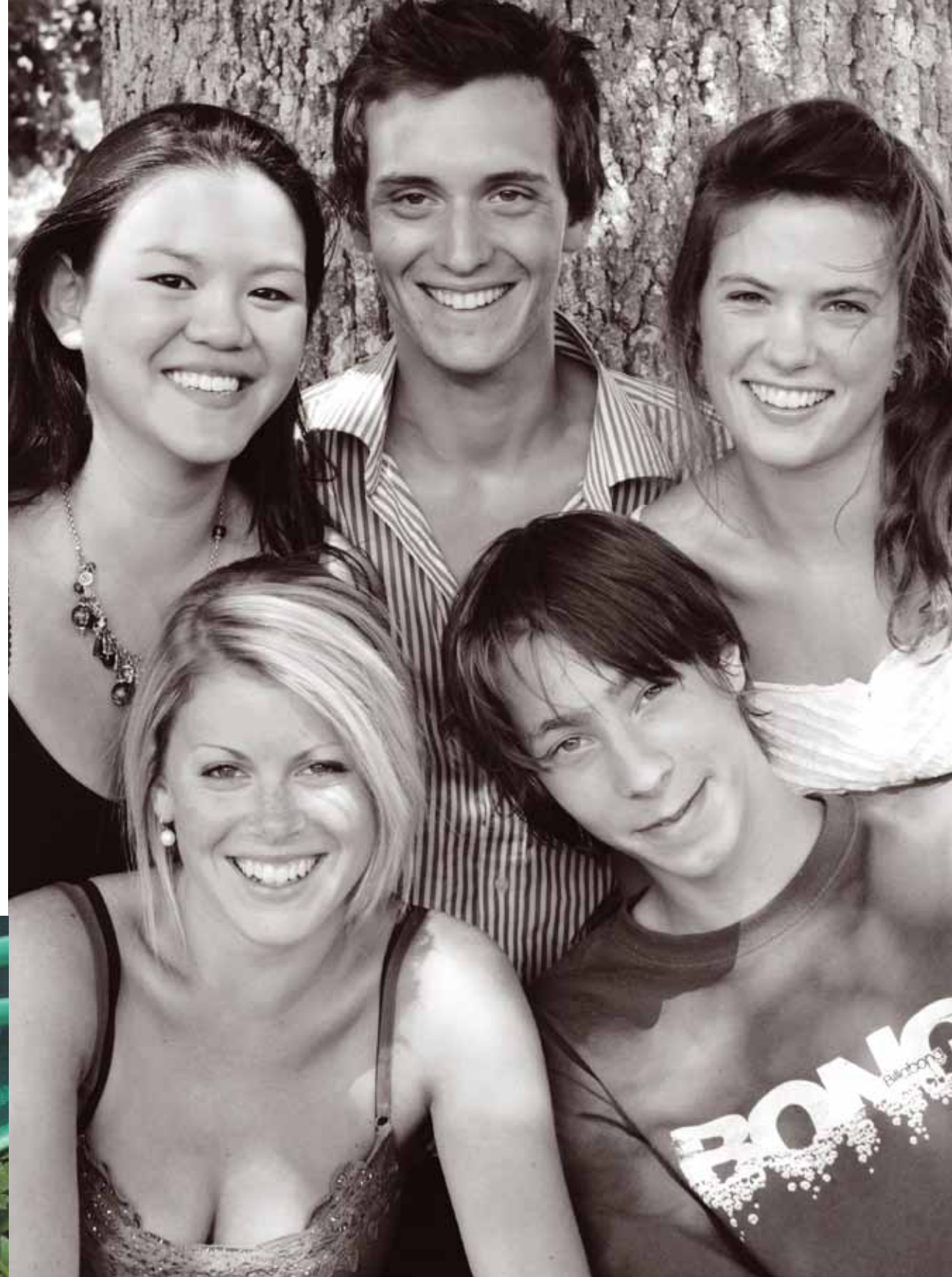


## the ingredients

Sharing food is an intimate experience, and the time taken from each of our lives in growing and collecting (or buying) food, preparing, eating and digesting it is immense. Food goes a long way towards making us and our world, who and what we are.

Cooking and eating good food is great fun – the more you know about it and practice it, the more you can enjoy it. By eating well, on all levels, your life can change for the better.

*'A book of cookery should be a book upon philosophical principles.  
If the nature of the ingredients be well known, much fewer will do'* Samuel Johnson





## our garden

Food is one chance that each of us has for contact with the natural world. By growing a huge diversity of plants, and producing a wide range of fresh, vibrant, colourful food, we encourage you to understand the power of eating! What we eat affects our own bodies directly, what we buy affects the planet directly. If we were all eating in tune with the way food grows naturally, we would have a far greater chance of being alive and vibrant ourselves!

*'Nothing is better than the cultivation of the fields, nothing richer, nothing sweeter, nothing more worthy of man' Virgil*



## the experience

“Jane Averill, a graduate in agriculture, talented cook and keen gardener, runs the house with her husband William. Her approach to cooking is instinctive and holistic. This is a cookery course fired by a new philosophy.”

*Country Life*

“I have learned more in four weeks than I did in five years at school – probably due to the fact that I enjoyed the Grange! It has changed my life.”

*Henry Cheape*

“Unforgettable and informative, fun but educational.”

*Toby Heathcoat Amory*

“You came away with tremendous confidence, no recipe is too daunting - you are able to tackle things you never thought you'd be able to, and they are a tremendous success.”

*BBC Holiday Programme*

*‘It is only the time that we waste with our friends that counts’ A. de Saint-Exupéry*



# please **contact**

If you would like more information on our courses do contact us:

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For more information please visit our website:

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