

NappyValleyNet

Lorna Wing's Brilliant Off to Uni Cookery Courses

Off to uni, already there or taking a gap year? Can't cook but want to know how? Then enrol on one of Lorna's start-when-you-want online cookery courses – either the Omnivores or the Plant-Based course – which you can speed through in two weeks or less.

You'll learn how to make simple, economical, nutritious and ultra-delicious meals. All the recipes are super-flexible, with swap in/swap out ingredients, and use familiar store cupboard, fridge and freezer staples.

There are portable busy-day breakfasts; comforting British and Mediterranean one-pots; Asian-inspired noodles, dals and rice; speedy soups; moreish pasta sauces; Friday night 'fakeaways' (including a frying-pan pizza costing a mere 75p); and big-batch recipes to transform into multipurpose meals.

Best of all? You can cook whenever you want and wherever you are in the world, whether that's at uni or at home, as the course is taught via WhatsApp. Once you've booked, you'll download the recipes, send Lorna photos of your culinary creations and then get her personalised feedback.

And if you're a teen doing your Duke of Edinburgh Bronze, Silver or Gold Skills Award, there are DofE-approved 12-week Introductory and Intermediate courses for you, too.

Food gurus Prue Leith, Rick Stein and Delia Smith have all given Lorna's courses their seal of approval. They think they're brilliant and love that she's teaching tech-savvy teens essential life skills and giving them kitchen confidence. And local schools, King's, Emanuel, Ibstock, Dulwich College and the Harrodian, among many others, all support what Lorna's doing too.

All courses cost £150 each.

www.lornawingcookery.co.uk

