



Harmony, Originality and Knowledge
Chinese cookery courses - 2009



The HOK Technique



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Introduction

Would you like to know how to make your diet more interesting, exciting and varied?

Do you want to improve your current diet and make it healthier?

Would you like to learn about Chinese cooking and more than just recipes?

Then read on...

We supply a whole variety of courses, ranging from one to five day courses and adults of all abilities are welcome.

We can supply gift vouchers for courses and these make ideal presents – our courses can be considered as a gift for a lifetime since they equip the student with all the basic Chinese cookery skills needed for life.

Most of time the group will work in the kitchen together creating a relaxing atmosphere with people who share similar interests in a wonderful environment. The kitchen is purpose-built to accommodate our unique teaching needs.

We are situated in Saltash, surrounded by rolling hills and the natural beauty of the Tamar Valley, the forgotten part of Cornwall which is often overlooked. The city of Plymouth is just on the other side of the Tamar Bridge.

Keen walkers will feel right at home as there are plenty of places to visit in the nearby countryside (see the local attractions page).

When contacting us, please inform us of any dietary restrictions or allergies.

We can provide accommodation at Grace View if required, which makes it even easier to attend our courses. Please mention your requirements when booking and visit our website for more details: www.hoktech.co.uk



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The Proprietor - Jenny Chung - Penney



Jenny has taught on an individual basis, given talks and demonstrations to various organisations. Examples include the WI and Horizon.

She has also supervised a complete regimen for children with special dietary requirements in Hong Kong.

Also she has run cookery courses for the local Community College over several years and is an accomplished cook.

With over 25 years hands-on experience, plus skills and knowledge passed down from generation to generation, Jenny has a very firm belief in what she does - natural ingredients play a big part in her teachings. Having lived in this country for over 25 years, she is familiar with the conventional English diet and tastes.



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The Courses

We provide cookery courses can be tailored to suit your specific needs and abilities and the facilities you have at home - you will always be able to put what you learn here to good use and take away the exact skills that you need. Input on what you want to cook for your individual tastes or diet and requests for specific recipes and techniques would be welcome. We can even consider any health issues you might have and try to select the best ingredients and recipes for you.

We emphasize harmony, originality and knowledge – hence the name HOK technique.

Our courses are an excellent investment – the skills you will learn here and develop will be invaluable over a lifetime. We show how to produce cuisine that is healthy, economical, practical and tasty! Diet is a vital part of living: phrases like “You are what you eat” and “Healthy body, healthy mind” exist for a reason. Healthy, balanced eating has been shown to improve moods and aid mental focus. This is going of importance to everyone, and may be particularly interesting for parents who want their children to work best at school.

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Our courses focus mainly on the development of the skills and techniques involved in the preparation of Chinese cuisine. We concentrate on the fundamental methods that underlie authentic Chinese cooking.



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We usually tutor between 3 and 8 per session, meaning attendees get the maximum attention and plenty of individual support. In a smaller group, special requests can be easily catered for.

The lessons combine demonstration of the theory and then practical implementation. You will also learn about the thinking behind the Chinese philosophy (Yin and Yang) and how it can promote a healthy body and mind.

Students of any ability are welcome, whether you are a novice or accomplished cook you will still benefit. The teaching manner is relaxed, friendly and fun and is intended to be enjoyable, so that things can be easily learned, retained simply and shared. The lessons will be interactive and we will support any questions you may have on particular foods, dishes and so on. We encourage all participants to work together as team and share ideas etc. All lessons will be conducted by the proprietor and all practical work will be supervised.

We grow as much of the vegetables as we can and try to keep all of our ingredients sourced locally, free range or organic as we believe this results in a high quality, fresher, tastier product.

We provide one day 'taster' courses where attendees can observe and absorb our easy to digest demonstrations.

The atmosphere is pleasant and homely and since we are located deep in the countryside you will be able to take a break from the hustle and bustle of life.

Once you have mastered the basic techniques and methods, you can adapt them for recipes to suit your own particular needs.

We can deal with individual or group bookings and courses can be adapted or tailor-made to suit your requirements. Ingredients, utensils etc are all provided and included in the fee, but you must wear suitable clothing (we suggest trousers) and comfortable (flat) shoes.

If wish to cover any specific ingredients or techniques, or would like to suggest a course, please enquire. Group bookings are welcome. When contacting us, please inform us of any dietary restrictions or allergies.



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A typical day on our cookery course...

Sessions start at 9:30am

Coffee or tea and a welcoming

Boiling rice and preparing various rice-based dishes:
e.g. Frying eggs for 'egg fried rice'

Stir-Frying vegetables and different meat recipes.

Late Lunch / Early Dinner– tasting and sampling the food prepared during the morning

We encourage participants to dine on the meal prepared in the afternoon as most dishes taste best fresh. If you prefer (at the end of the day) you can take the food home with you.

Sessions conclude at 16:00

Remember, it's not the ingredients you are paying for, it's the technique and theory you will be learning that will be far more valuable!

Students may wish to relax on our balcony or our garden during the breaks between sessions. Alternatively pupils may decide to visit some of the points of interest in the surrounding countryside.



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Fees

Demonstration & taste - includes light meal & glass of wine:	£15.00 per person (max. 20 people)
Day courses:	£89.00 per person
Three day courses:	£239.00 per person
Five day courses:	£345.00 per person

Course prices above do **not** include accommodation.

Groups (4+) – 10% discount
 OAPs – 10% discount

We require a 20% deposit & booking at least 10 weeks in advance. Full payment must be received at least 2 weeks before the course begins, otherwise the deposit cannot be refunded.

Terms & conditions

Once you have made your booking with us, you will be bound by the terms and conditions as described below:

Gift Vouchers

Gift vouchers expire on the date printed upon them and are non-refundable.

Cancellations

If you cancel your booking we will deduct a percentage of the fee as follows

Number of weeks before the course starts	Deduction
More than 6 weeks	10.00%
4 to 6 weeks	25.00%
1 to 4 weeks	50.00%
Less than 1 week	100.00%



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Transfers

If you transfer your booking we will deduct a percentage of the fee as follows

Number of weeks before the course starts	Deduction
More than 6 weeks	0.00%
4 to 6 weeks	10.00%
1 to 4 weeks	15.00%
Less than 1 week	25.00%

Non-smokers only (smoking is not permitted anywhere on the premises)

Courses open to adults and teenager only (12+). Under 16s must be accompanied by an adult.

Allergy sufferers must notify us before they attend the courses.

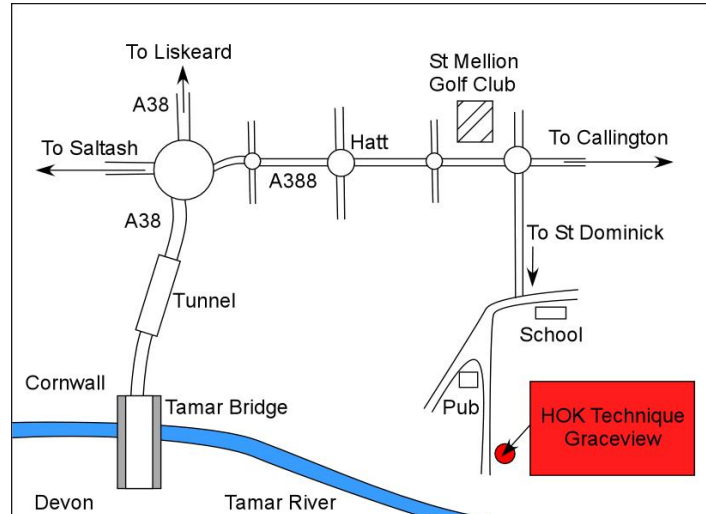
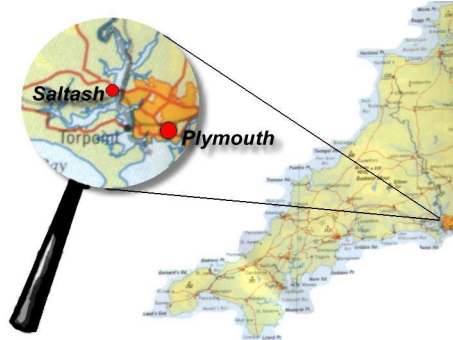
We cannot accept any responsibility for any loss or damage to the property of any guest, nor do we accept any responsibility for any injury incurred outside the kitchen during a session.

We reserve the right to make necessary alterations to the course schedule if and when required.

Fees, terms and conditions are subject to change.



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How to find us

- Go across the Tamar Bridge from Devon into Cornwall
- Go through the Saltash Tunnel
- Turn right at the roundabout on to the A388
- Just past the St Mellion Golf Club, turn right at the roundabout
- As you get into the village of St Dominick, turn right
- Bear left at the 'Who'd have thought it?' Inn
- We are 200 yards on the left hand side

Local attractions:

- **Eden Project** - one of the UK's top gardens and conservation tourist attractions, a living theatre of plants and people.
- **St Mellion** - Golf and Country Club - golf, swimming, tennis, squash, gymnasium.
- **The Saltash water side** - “quaint and picturesque place with a small harbour, jetty, two pubs, a sailing club and the most fantastical views of the Plymouth Sound”
- **Morwellham** - travel back in time 1860, to see how Queen Victoria's greatest copper port was run
- The Lost Gardens of Heligan
- Brunel Railway Bridge
- **Kit Hill** - panoramic views
- **Cotehele** (National Trust) - historic house, garden, quay and mill
- **Saltash Heritage Trail**

For more information on the area feel free to contact the 'Saltash Tourist Information Point' on 01752 844846