

# UP COMING WORKSHOPS

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## **GLUTEN FREE BAKING MADE EASY**

**Cost: \$100 \***

Cakes, Sweet & Savory Muffins, Quiches, Mini Pies and traditional sticky date pudding with home made caramel sauce.

- **Sat - March 24<sup>th</sup> – Perth City Farm**

## **GLUTEN FREE FAMILY MEALS IN A FLASH**

**Cost: \$110 \***

Plum roast pork with creamy mash, Vegan Mushroom Sauce with crispy polenta, Chicken, veggie & Fish dishes. Make your supermarket GF Pasta taste great, Pasta Sauces, Sweet and Savory Muffins.

- **Sat April 14<sup>th</sup> – Perth City Farm**
- **Sun April 15<sup>th</sup> – Perth City Farm**
- **Sat April 28<sup>th</sup> – At home with Rose in Balingup**
  
- **Sat, 14<sup>th</sup> July – Perth City Farm**
- **Sun, 15<sup>th</sup> July – Perth City Farm**
- **Sat 28<sup>th</sup> July – At home with Rose in Balingup**

## **SECRETS FROM THE BALINGUP BRONZE'S KITCHEN**

**Cost \$110 \***

Slow cooked Indian bronze curry, Seychelles curry sauce, Veggie curry, Prawn curry, Indo pannier and cauliflower curry, Naan dip-it-bread, Dates, pistachio & cardamom polenta cake.

- **Sat, 12<sup>th</sup> May – Perth City Farm**
- **Sun, 13<sup>th</sup> May – Perth City Farm**
- **Sat, 26<sup>th</sup> May – At home with Rose in Balingup**

## **MEALS FROM THE BALINGUP BRONZE MENUE**

**Cost \$100 \***

Chutneys, Creole Pickle, Pestos and sauces, Veggie Burger, Beetroot Rissoles with blue cheese sauce, Prawn and Broccoli with blue sauce,

- **Sat 2<sup>nd</sup> June – Perth City Farm**
- **Sun 3<sup>rd</sup> June – Perth City Farm**
- **Sat 16<sup>th</sup> June – At home with Rose in Balingup**
  
- **All workshops include morning tea, lunch and yummy food to take home.**

**\*\* Workshop Hours 10:00am – 2:00pm**