

Lorton House's Seasonist



Richard Mabb

Evening workshop

Richard has been working and selling spices for many years. A native of Dorset, his evening courses are one not to miss. He will explain how and when herbs and spices were first used around the Mediterranean. He talks about salt - the original currency of the Mediterranean, the spice routes - how Mediterranean cuisine integrated spices from the East.

During his 2 hours in Lorton spacious kitchen, Richard will focus on how to cook a simple and delicious evening meal using his vast range of herbs and spices. Enjoy rediscovering - Elizabeth David and her Mediterranean cooking enhancing your health and wellbeing. Following his introduction Richard will prepare a simple evening meal.

Join him in cooking delicious Mediterranean meal including:

- Pinzimonio - olive oil, balsamic, dried herbs, salt - to dip bread
- Olives - you are able to choose seasonings for a dish of olives
- Fish soup - you add the finishing touches to a soup made from freshly caught Dorset fish and shellfish.
- Pollo al Rosmarino - Richard shows you how to cook the simplest of Italian dishes - chicken, potatoes, white wine and rosemary - buonissimo!
- Finishing with a delicious dessert - thyme ice-cream with candied orange

For further details on availability and costs for Richard Mabb, please email:

info@lortonhouse.co.uk or call **07581 054443**

