

Little chefs

Kate Farr and Rachel Read tie on their aprons for a smorgasbord of children's cooking classes in the city – bon appétit!



I Can Cook at Spring Learning

Spring Learning

This Wan Chai learning hub serves up a veritable feast of children's cooking classes, with special programmes dedicated to exploring the world of food, aimed at a wide variety of age groups. For 18- to 24-month olds, Playing With Food helps to develop language, motor and cognitive skills by taking little ones on a sensory journey through the tastes, textures and smells of food; whilst Learning With Food has programmes for two- to three-year-olds, and three- to four-and-a-half year olds that introduce basic cooking skills and nutritional awareness. Finally, I Can Cook empowers four-and-a-half to six-year-olds to cook either on their own or in groups, building confidence in the kitchen and teaching them how to make delicious and healthy dishes. Newbies can sign up for a trial class to get a taster of what's cooking, whilst the full programmes are available in eight-class blocks.

Spring Learning will be hosting a fun Halloween party on Sunday 22 October, which includes some spooktacular cooking activities; running from 9.30am-12pm, it costs \$500 for members and \$580 for non-members, with the fee inclusive of two adults and one child.

3/F, Centre Point, 181-185 Gloucester Road, Wan Chai, 3465 5000
spring-learning.com.hk

ABC Cooking Studio

Founded in the Japanese city of Shizuoka back in 1985, ABC Cooking Studio now numbers over 130 branches in Japan, as well as 15 overseas, including three right here in Hong Kong. ABC's children's programme offers classes at both the PMQ or brand new Cityplaza branches, and the aim is to teach the basics of cooking in a fun way, inspiring the next generation of chefs – or at least

ensuring their basic nutritional needs are met when they leave home.

Lessons are suitable for four to eight year-olds, and with class sizes limited at just four participants, everyone is kept under close supervision. Opt for a package of either six or



twelve sessions, or try out a 'taster' at one of the studio's regular trial classes. This month's kids' trial has a Halloween theme, with kids whipping up a pumpkin chiffon cake that's perfect for a haunted house party.

Various locations, including H110-112, 1/F, Block B, PMQ, 35 Aberdeen Street, Central, 2915 1022

abc-cooking.com.hk/courses/kids-course

The Patsy

Over in Wong Chuk Hang, The Patsy is on a mission to get kids cooking while simultaneously polishing up their table manners, with their programme of children's culinary and table etiquette classes. This 3,500 square foot space offers up three fully equipped kitchens where kids from five up to teens can whip up fresh healthy meals while learning about basic food hygiene and essential kitchen prep too. Classes include all ingredients, take-home recipe cards and nutritional information, and, for those joining for the full eight-week term, a personalised apron to encourage them to replicate their masterpieces at home.

The upcoming half term PatsyCamp runs between 11am and 3pm on 2-6 and 23-27 October, and is aimed at kids aged from seven and up. The camp focuses on nutrition, with daily sessions on protein, carbs, desserts, vegetables, and on the final day, a special Halloween party session to put the spook into those seasonal snacks.

7A Po Chai Industrial Building, 28 Wong Chuk Hang Road, Wong Chuk Hang (enter via Heung Yip Road), 2503 3198, thepatsy.com.hk



Teens whip up healthy dishes at the Patsy

Le Méridien Cyberport

Held within the hotel's PROMPT restaurant, Le Méridien's kids' culinary classes cook up plenty of fun every weekend. Enabling junior Masterchefs to get hands-on (and, dare we say it, a bit messy in the process), the classes teach tried-and-tested family-friendly recipes that are certain to appeal to young palates. But it's not all just sugar and spice – the sessions are great for sensory and motor skills development, as well as encouraging children's creativity with activities such as cream cake decorating and fruit pizza-making.

Classes run on Sundays and Public Holidays between 3-4pm and, while there are no specific half term or Halloween classes on offer, October's programme features the aforementioned fruit pizza and cake decorating, along with chocolate tart, cheese sticks and smoked salmon rillettes. Sounds like a mouth-watering way to get kids up and running in the kitchen.

PROMPT, Le Méridien Cyberport, 100 Cyberport Road, Pok Fu Lam, 2980 7417
buys.hk/le-meridien/html/Kids_Cooking_Class_LMC-checkout-en.html



Baking fun at Le Méridien

The Mixing Bowl

Get your kids rolling, rolling and kneading with the best of them with a private workshop at The Mixing Bowl in Sheung Wan. Running on a weekly basis, these two-hour classes are designed to be as hands-on as they come, meaning participants should be able to easily repeat their culinary successes back at home; children get to take home everything that they make (if they manage not to eat it all on the journey back that is!), with recipes sent via email after the class – and with a lovely spacious kitchen space complete with patio in Sheung Wan, this is a great alternative for children's birthday parties too.

Check The Mixing Bowl's website for details on all their latest classes and keep a look out for some special Halloween cookie-making sessions in October, too.

23/F, The Pemberton, 22-26 Bonham Strand, Sheung Wan, 2524 0001
themixingbowlhk.com