



HIRE US | PRICE LIST & DETAILS

As part of our fundraising efforts, you can hire Heart & Parcel for one-off sessions, cooking workshops, projects and much more. Hiring us for a cooking workshop or session can be offered online or in person, depending on the teacher's availability. These classes are private and are booked for groups only. You can see [the price lists for online and in-person for both profit and non-profit groups here.](#)

All our cooking projects are delivered by former learners with support from Heart & Parcel staff. During 2020-2021 twelve learners took part in our Open Kitchens projects where they developed their English language communication skills through planning, preparing and delivering their very own cookalongs to the general public both online and in person!

Our teachers are now fully qualified with food hygiene certification and have all completed our Open Kitchens programme. They are paid for these workshops and their preparation time. The remaining costs go straight back into our projects, helping to fund our other free English & Cooking classes for people learning English in our communities around Manchester.

You can choose your menu below, paying attention to the teacher's preference for online or in person. Got any allergies, dietary requirements or specific needs in your group? Please email Clare@heartandparcel.org

TEACHER RAWIA (IN-PERSON & ONLINE)



MENU

SAVOURY

Shawarma: Roasted home-style charcoal chicken with homemade mayonnaise served as a sandwich with turnip & beetroot pickles


OR


SWEET


Warbat: Sweet cheese pastry with a pistachio crumb (V) served with Arabic coffee with cardamom


All ingredients & equipment included for in-person cooking workshops

Recipe cards included for online and in-person

TEACHER NAJLAA (IN-PERSON ONLY)	MENU
	<p style="text-align: center;">SAVOURY</p> <p>M'battan: Stuffed potatoes with beef and a sesame crust served w/ Homemade Harissa</p> <p style="text-align: center;">Couscous with lamb and vegetables</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">SWEET</p> <p>Chocolate shortbread biscuits with 2 different designs for celebrations (V)</p> <p style="text-align: center;">ALL</p> <p style="text-align: center;">served with mint tea and aromas</p> <p><i>All ingredients & equipment included for in-person cooking workshops</i></p> <p><i>Recipe cards included for online and in-person</i></p>

TEACHER ALAA (IN-PERSON & ONLINE)	MENU
	<p style="text-align: center;">SAVOURY</p> <p>Beef moussaka layered with aubergine homemade cumin & yoghurt mint dip. Gulash: crispy filo pastry rolls stuffed with vegetables and served with tahini sauce (Vg)</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Roasted Butter chicken Mahshi: stuffed peppers tomatoes and vine leaves with rice (Vg)</p> <p style="text-align: center;">ALL</p> <p style="text-align: center;">Served with Hibiscus tea and Egyptian snacks (nuts and dried fruit)</p> <p style="text-align: center;"><i>All ingredients & equipment included for in-person cooking workshops Recipe cards included for online and in-person</i></p>

TEACHER LIZA (IN-PERSON & ONLINE)	MENU
	<p style="text-align: center;">SAVOURY</p> <p>Mantu: steamed Chilli beef or pumpkin (Vg) dumplings with tomato dahl Served with special Afghani winter tea (contains nuts)</p> <p style="text-align: center;">OR</p> <p>Kabuli palaw: Char masala rice with lamb, carrots and raisins Aubergine Burani (V) : Layered braised aubergine with yoghurt and mint</p> <p style="text-align: center;">OR</p> <p>Qurma Kofta spiced beef meatballs in a tomato and preserved plum sauce made with minced beef Afghani rice Tomato & Red onion salad</p> <p style="text-align: center;"><i>All ingredients & equipment included for in-person cooking workshops Recipe cards included for online and in-person</i></p>

TEACHER GASHIN (IN-PERSON & ONLINE)	MENU
	<p data-bbox="1406 405 1570 437" style="text-align: center;">SAVOURY</p> <p data-bbox="1167 456 1816 592">Rice Kubbeh: crispy stuffed Kurdish rice dumplings with beef and sultanas Aubergine & pomegranate salad</p> <p data-bbox="1464 655 1518 687" style="text-align: center;">OR</p> <p data-bbox="1440 754 1543 786" style="text-align: center;">SWEET</p> <p data-bbox="1173 802 1809 890">Kulecha: Soft walnut and date stuffed biscuits (V)</p> <p data-bbox="1352 954 1630 986" style="text-align: center;">Fig milkshake (V)</p> <p data-bbox="1167 1086 1816 1193"><i>All ingredients & equipment included for in-person cooking workshops Recipe cards included for online and in-person</i></p>

TEACHER ASMAHAN (IN-PERSON ONLY)



MENU

SAVOURY

Dawood Basha: Baharat-spiced lamb kofte and tomato sauce
| Rice with toasted vermicelli

OR

Falafel served as sandwiches with Tahini sauce and lentil soup

OR

Kebab with bulgur served with spaghetti with a garlic and pesto
sauce

SWEET

Halawet al jbin: Pistachio and orange blossom sweet cheese rolls

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Recipe cards included for online and in-person*