



cookwork

OFFER

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DATE

cookwork



# OFFER

It is difficult to travel and meet "in real life" at the moment. Never mind! Cookwork invites you to discover the world through delicious and healthy dishes. Our chefs invite you on a culinary journey! You will be able to discover local products, combining the wonders of world kitchen! Are you ready? Let's go!

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## YOUR REQUEST

Cooking workshops for 8 people minimum  
Session possible in EN, FR, NL  
Healthy and Fun experiences

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## OUR PROPOSAL

- 1 online food or drink workshop from 1h00 to 1h30
- Interactive activities: surveys, chat ... online
- Preparation of the dish under the guidance of the chef
- Zoom online experience
- Sending of the video recording of the experience (tbc depending on the platform) so that the participants have access to the recipe filmed afterwards.

INCLUDED: kitchen rental, professional equipment, chef's animation, PDF recipe (s), interactive activities, project management and technical management.

EXTRA : Delivery of an ingredient box + recipe at home before the workshop (possibility of choosing organic products in short circuit)



# OFFER

## EXTRAS

You can combine our cooking workshops with other experiences (mocktails, cocktails, wine tasting, online visit of a brewery and tasting ...)

Our extras:

- Beers or wines adapted to your meal in "pairing" with our partners microbreweries and sommeliers of Belgium
- Tapas or dessert adapted to your meal
- A suitable mocktail
- A souvenir video of the event edited with music
- Aprons, knives or cutting boards with your logo

Other experiences are available on demand  
Check our site : <https://cookwork.be/online>

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*For the experience to be successful, you will need to provide us with the list of participants' contacts with first name, last name, postal address, email address and telephone for delivery. These contacts are used exclusively for the organisation of the delivery and the workshop in accordance with GDPR.*

Cookwork present

# VIVA ITALIA ! AVEC CARLO

FR / EN / IT

## CHEF/HOST

Carlo de Pascale

## LENGHT

1h30

## MENU

Risotto or pasta



## OFFRE

Carlo offers you a pasta or risotto workshop with all the warmth of Italy!

800 euros for the online workshop only : the shopping list and the recipe is sent before the workshop.

55 euros per person without VAT, for the box (for 2 persons) + delivery included everywhere in Belgium with fresh organic ingredients in short circuit

## THE CHEF

Carlo de Pascale has been active in the Belgian food scene for over twenty years. Italian-French and Belgian by adoption, he was a restaurateur in Italian cuisine in the 90s, then organizer of culinary events and cooking classes since 2001.

Since 2005, he has been working in different media (RTBF, Le Soir or publishing...) as a food columnist, cooking and gastronomy in general. Carlo has published a dozen cookbooks including "Cucina Italiana" published by Racine in 2018.



Cookwork present

# GENTSE BEER EXPERIENCE WITH GRUUT

NL / EN

CHEF/HOST

Brewery Gruut

LENGTH

1h30

MENU/EXPERIENCE

Online visit + tasting



## OFFRE

- Live online
- Brewery visit - 1 hour
- Online tasting
- A package with the different kinds of beers from GRUUT
- A special beer glass and beer coasters with design
- GRUUT pate
- Package Handling
- Recording of the workshop
- Use of platform of choice

## THE EXPERIENCE

Belgians are beer drinkers, and can you blame them when you know that there are more than 1,600 delicious Belgian beers? A few of these beers come from brewery GRUUT, an artisanal brewery where they use a special mixture of herbs (GRUUT) instead of the usual hops. The brewery brews with modern brewing technology but according to the old traditions. There are currently five varieties: a wheat beer, a blonde, an amber, a brown and Inferno. The coin pictured on the beer's label is a "gruut," the local name for the great, a coin used during the reign of Emperor Charles V, among others. During the medieval period, the city of Ghent, taxes were paid with single and double gruits.

Cookwork present

# MOCKTAILS / COCKTAILS WITH PATRICK

NL / EN

## CHEF/HOST

Patrick

## LENGTH

1h00

## MENU/EXPERIENCE

box + mixology  
experience



## OFFRE

- Live online workshop - 1 hour
- Tips & tricks from a professional mixologist
- Recipes pdf for 3 delicious mocktails
- A package with 3 artisan water kefirs (a kind of lemonade)
- Shipping costs
- Package Handling
- Recording of the workshop
- Use of platform (zoom)
- 15% discount on the other products for the webshop

## LE CHEF

How do you surprise your guests or yourself with delicious homemade and non-alcoholic cocktails?

In this 1-hour course for mixologists, Patrick will teach you how you can make 3 different tasty cocktails/mocktails based on artisanally brewed healthy syrups.

During the workshop, Patrick delves further into the wonderful world of home-made and home-brewed lemonades and mocktails.

Cookwork present

# BELGIAN WITH A TWIST ! WITH JULIE

FR / EN

## CHEF /HOST

Julie

## LENGHT

1h30

## MENU

Roasted quail with vegetables  
Meatballs with tomato sauce



## OFFRE

700 euros for only the online workshop : the shopping list and the recipe is sent before the workshop.

55 euros per person without VAT, for the box (for 2 pers.) + delivery included everywhere in Belgium with fresh organic ingredients in short circuit (tbc / postal code)

## LE CHEF

« Passionate since I was a little girl, I remember staying in my mother's paws, surrounded by my brothers and sisters. Although my career path took me elsewhere for many years, I finally decided to return to my first passion : cooking. Working with good products and being able to connect people around tasty, friendly and seasonal recipes are part of the reasons why I love this job. I am happy to have made my passion a reality and I would be delighted to contribute to your desire to share with friends, family or colleagues. »

Cookwork present

# WORLD KITCHEN ! WITH EVERT

NL / EN / SOUTH AFRICAN

## CHEF/HOST

Evert

## LENGTH

1h30

## MENU

World tapas or  
world healthy



## OFFRE

With Evert, go on an aperitif with tapas from around the world :

- Mocktail (in option)
- Hummus
- Tempura
- Revisited meatballs with tomato

Price: 700 euros per person for the session excuding VAT

## LE CHEF

"As a professional and enthusiastic chef, Evert has several years of experience in various top restaurants and high end catering companies. He has learned his trade as a chef in South Africa, Canada and of course Belgium.

His distant travels and numerous experiences have given him the opportunity to specialise in local and elegant dishes while maintaining a creative and fun approach, full of flavour. Now he especially wants to convey his passion for delicious and fresh dishes and his knowledge through educational, accessible and creative workshops".



Cookwork present

# BLIND BEER TASTING WITH DR BEER

NL / EN / FR

## HOST

Jeroen

## LENGTH

1h30

## EXPERIENCE

blind tasting + box



## OFFRE

- Online blind tasting
  - Beer package with 5 different beers
  - 1 black tasting glass
  - Shipping costs
- > From 70 euro excl.  
5 different craft beers, different styles, are tasted blind in a black glass. You learn how to recognize smells in beer and you get information about the brewery itself.

## LE CHEF

We try to offer our customers a diverse range of beers and introduce them to beer in an accessible way.

Jeroen offers you the beer that suits you when you have no idea what you like.

If you would like more information about beers, he is happy to give you an expert explanation that answers all your questions.

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# MINDFOODNESS WITH STEPH

FR / EN

CHEF/HOST

Stéphanie

LENGHT

1h30

MENU

Healthy / yummy



## OFFRE

### Choice of menus

- Apero classics revisited in veggie
- Vegan delicious deserts
- Healthy lunch : chackchuka and coconut/chia pudding

### Programme

- Introduction and quick roundtable
- Mini team quiz
- Menu overview and steps
- Interactive course with challenges
- Dressing and tasting
- Experience sharing

## LE CHEF

### Minfoodness ?

A return to basics and common sense, an awareness of what happens when we eat whether at the level of products, how we cook or how we eat. A moment of ultimate indulgence where all our senses are invited.

Stéphanie offers "hands on" online cooking classes where the emphasis is put on exchange, efficiency and creativity as well as nutrition and health tips.

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# BISTRONOMY WITH BRUT

FR / EN

## CHEFS

Alice and Benoit

## LENGHT

1h30

## MENU

Bistronomy



## OFFRE

A bistronomic experience with local, seasonal and mostly organic products, processed in their entirety with a view to zero waste, this is what the chefs of Brut propose.

The menu is adaptable :

- Guinea fowl stuffed with shiitake & truffle / barley risotto with grated celery
- Revisited cheese cake

## LE CHEF

### CHEFS ALICE and BENOIT

« Our cuisine is an organic gastronomic cuisine inspired by the seasonings and techniques of world cuisines. We also differentiate ourselves by proposing different preparations around the smoke house.

All our dishes are designed and created to offer you a gourmet, healthy, tasty and surprising experience, in an ethical and environmentally friendly way. The restaurant works with fresh, seasonal and local products. We are committed to a zero waste approach. »

Cookwork present

# KETO WITH MARLEEN

NL / EN

## CHEF

Marleen

## LENGHT

1h30

## MENU

Healthy / yummy



## OFFRE

Main course: Fresh pistachio rucola pesto Italian low-carb bread (options: vegan and not vegan)

Stuffed zucchini boats with marinated chicken, sun-dried tomatoes and roasted pine nuts

Desert: Shortbread cookies with chocolate coating

Theory about Keto cooking and low-carb food + practice in a menu

## LE CHEF

Food is life, it feeds us, but can also heal us. In this interesting online cooking class and webinar we discover how we can threat stress and a burn-out with delicious and healthy food based on the keto or ketogenic principals. Marleen tells, among other things, that a fluctuating blood sugar level not only disturbs our insulin sensitivity but also causes excess pounds. And gives tips on what to eat in case of stress or a burn-out. After this she will work with you to make a delicious healthy menu.

Cookwork present

# HEALTHY CUISINE WITH CHLOE & MIKE

FR / EN

## CHEF/HOST

Chloé & Mike

## LENGHT

1h30

## MENU

Healthy / yummy



## OFFRE

3 Healthy and Festive Aperitif Recipes  
(pdf files for participants)

Professional video / audio set-up

Animation

1h30 live from a distance by a dietician  
and a cook

## LE CHEF

Chloé De Smet is a dietician and gourmet, Mike Dugauquier is a passionate self-taught cook and sports coach. Together they spice up and balance your meals in a joyful and relaxed atmosphere. Mike runs because he loves to eat ! His adrenaline is running, trails and ultras and his reason for running is the great meal he will have at the end of the race. Chloé cooks to satisfy her craving for healthy food. She loves above all to pass on her knowledge so that everyone can, like her, enjoy savory and sweet dishes that delight the body and taste buds with a thousand flavors and benefits. Her tips, shared with enthusiasm and humility, are suitable for young and old, gourmets or gourmands.



Cookwork present

# TRAVEL TO JAPAN WITH LI

FR / EN

CHEF/HOST

Li

LENGHT

1h30

MENU

Ramen or sushis



## OFFRE

With Li Wang, our chef from Taiwan, we offer you an Asian menu with the preparation of ramen or sushi.

Price: 90 euros per person excluding VAT, box with (dry) ingredients provided in delivery (BePost)

## LE CHEF

Originally from Taiwan, Li arrived in Belgium as a teenager.

A lover of cooking, she has been giving classes for more than 5 years, but she is also a buyer for a distributor of Asian products, so she rubs shoulders every day with the chefs of the greatest Asian restaurants in Belgium from whom she has learned the different techniques and flavors of Chinese, Japanese, Thai and Vietnamese cuisine. Her smile and her good mood make each class a convivial moment and it is with a great generosity that she reveals her secrets to succeed in Asian dishes.

Cookwork present

# WINE TASTING WITH SANDRA

FR / EN

## HOST

Sandra

## LENGHT

1h30

## MENU

Dégustation de vins



## OFFRE

Looking for a fun and relaxed activity ? Discover the different styles of wines and find out which ones thrill you.

Online wine tasting  
3 half-bottles  
A tasting sheet

## LE CHEF

Sandra, a wine professional, will introduce you to delicious wines from local and international organic producers !

You will discover which wines make you thrilled, where they come from, where to find them and especially with which dishes to associate them, allowing you to take control of the wine list at the restaurant !

Her challenge is to make wine affordable for everyone !

Cookwork present

# FRENCH PÂTISSERIE WITH PIERRE

FR / EN

CHEF

Pierre

LENGHT

1h30

MENU

Cake



OFFRE

Revisit the best French pastry with Pierre's creative touch. Prepare a delicious, easy and beautiful cake with him !

Box of ingredients available

## LE CHEF

Pierre loves to explore the various culinary domains. The experience of vegetarian cuisine, world cuisine, French cuisine and fine pastry, has refined his skills and sharpened his passion for taste.

The (re)discovery of certain products and ancient or avant-garde know-how is the focus of her creativity. But cultivating his vegetable garden and harvesting his products have taught Pierre to cook with patience, humility and simplicity.