

St Peter's RC Blokes' Kitchen - Rotary Club St Peters.

A motivated group of eight mature blokes from the local community have met monthly since August 2023 in a year-long Club pilot project developed for participants to learn some of the finer points of meal making, and to enjoy a fun time together.

Some of the Blokes and their helpers



The support of Norwood Payneham & St Peters Council has been essential to the success of this project by its provision of the free use of a small commercial kitchen, storage facilities, and an adjoining room for dining, which has enabled us to prepare and eat a meal at each session. Our equipment has mostly been acquired from our recycled goods Shed which operates on Saturday mornings 8.30am/12.30 pm as our Club's major fundraising activity, and as a meeting hub for locals.

The cooking sessions have a \$15 fee which covers the food and recipe printing costs. So far food prepping has included equipment skills, recipe use, time management, using the oven and induction hob, food safety and good shopping practices.



Each session has involved the preparation of a full, nutritionally sound meal, and included a very successful one dish dinner, breakfast omelettes, interesting salads, and fettuccine marinara.

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*One dish chicken
and apricot traybake*