



Mouth watering: Left to right, Esther, Lisa and Donna show the delicious food they have created as part of the six-week cookery course. **Photograph:** Paul Blakemore

Festive feast finale for popular cookery course

YOUNG Bristol mums cooked up a festive feast in the last lesson of a popular cookery course.

Funded by the Food Standards Agency, the six-week course taught

young mums about food preparation and healthy eating.

Food consultant Francine Russell who ran the course, said: "We want to excite young people about cooking

and give them confidence in the kitchen. The recipes are all easy to follow, fun to make and are not only nutritious but taste great."

For their final festive meal participants prepared a menu

of spicy parsnip soup, braised red cabbage, and a festive strudel.

The course, run by Bristol City Council's food safety team and Bristol's Primary Care Trust, was at the

Southmead Children's Centre.

Organiser Councillor Judith Price said: "Feedback has been really positive and people are already signing up for the next one."