



## **PURPLE REIGNS!**

### **BEACONSFIELD'S "PURPLE KITCHEN" DUO INSPIRE TV SHOW**

Sally Brown and Kate Morris from Beaconsfield are opening the doors of their innovative cookery school for autumn with exciting news to inspire their latest mini chefs. The children's cooking consultants are co-founders of the local cookery experience, The Purple Kitchen. The partners and 17 of their students have been involved in a new BBC TV show set to empower under-6s to get into the kitchen, discover where food comes from, and get the confidence to start cooking.



The show, *I Can Cook*, airs from October 5 on CBeebies. It was co-devised by Sally Brown (*left*), Kate Morris (*below left*) and Initial, an Endemol Company.

The Purple Kitchen's new Mini Chef Autumn Term starts on 25<sup>th</sup> September. The Purple Kitchen prides itself on providing a unique learning experience, combining a hands-on approach with learning about how food grows, where it comes from, getting the confidence to try new tastes, and developing basic and transferable skills. Importantly, children learn to connect what's on their plate with the world around them, developing a new level of interest in foods and flavours.



Using innovative techniques, the lessons give the children a sense of achievement that empowers them to feel confident about the ingredients and their cooking skills.

The Purple Kitchen courses blend with school terms and are offered as three ten-week terms, each lasting one hour. Unlike other classes, The Purple Kitchen teaches two people in tandem: the child and adult. The

pair always take something home to eat too, so the sharing and taste adventure continues at home.

Sally Brown and Kate Morris devised The Purple Kitchen's innovative approach as a result of personal experience – wanting their own children to develop a healthy interactive relationship with food – and their own strong pedigrees in cookery. Sally is a second generation caterer who has always had a passion for food; Kate has a degree in home economics and worked as a homes editor for over 15 years for national consumer magazines.

**The Purple Kitchen courses can be booked by calling 01494 678688 or by visiting [www.thepurplekitchencompany.com](http://www.thepurplekitchencompany.com)**

#### **About The Purple Kitchen:**

The Purple Kitchen offers educational, fun and safe cooking activities for children. It was the first cookery school in the UK to offer regular classes for two-year olds. It specialises in teaching pre-schoolers with lessons designed to teach children about numeracy and literacy while taking part in real cooking activities.

Its core values are: Real Food Discovery (using ingredients both familiar and unfamiliar in recipes and for tasting); Accessible recipes (created exclusively and always relevant to the appropriate age); Health (healthy foods 80% of the time but you can also enjoy treats); Food Is Sociable (sharing and listening); Life Skills (food handling and preparation) and Cooking is Fun.

The Purple Kitchen is based in Buckinghamshire and was founded by Children's Cooking Consultants Sally Brown and Kate Morris. The duo's expertise in this area is proved in the up-coming Autumn 2009 CBeebies TV Series *I Can Cook* of which they are co-devisers.

As Children Cooking Consultants Sally and Kate have worked with Buckinghamshire County Council to deliver Food Projects in Early Years; worked with Le Creuset on its silicone range to create recipes specifically for children and worked with local schools to help motivate teachers and pupils to be more adventurous with food.

[www.thepurplekitchencompany.com](http://www.thepurplekitchencompany.com)

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