



Local youth group has recipe for success

INNERLEITHEN Youth Group have been taking part in a 12 week cooking class run by You Can Cook.

Director of You Can Cook Bosco Santimano and his wife Hanisa organise cookery classes, demonstrations and workshops on nutrition and food related issues all over Scotland, with their team. The classes the children attend are all free and run according to what types of food they wish to cook.

The class is being taught by Alex Wilson on a Friday who also teaches the same course in Walkerburn on a Thursday night.

Alex started off by teaching them really basic cooking skills. The first week involved showing them the different ways to cook eggs. The week after showed them how to cook a simple tomato sauce that could be added to make different recipes.

Youth Worker Susan Moncar said: "We did a similar course last year which was successful. But Bosco came back and said he wanted to get the kids more involved in what they were cooking.

"Some of the kids have gone home and cooked tea for the family. It shows that it is working- as they are going home and putting these skills into practice. The kids have been trying different foods

like eating salad and things they wouldn't have before.

"It's even inspired me to make the recipes myself. I made the cookies three times in one week with my kids and it is easy to do!"

They want to make sure there is a relaxed friendly atmosphere for the kids so they don't feel under pressure.

Bosco said: "We encourage the children to get in there, cook the whole thing. We don't teach them how to hold a knife this way or that at first. But if they need help we will guide them. It is more important that they are cooking rather than the technique they use to do so.

"We want the kids to be responsible and let them do it themselves. They don't follow a recipe in the classes, they can take the recipe home at the end of the night so they can cook it at home. But while they are going through the course Alex just guides them on what to do. We want them to make mistakes and try things out.

"The satisfaction we get for helping the kids is huge. It gives you the drive and motivation to work."

You Can Cook use all biodegradable plates and utensils for the class to make sure they are eco-friendly too.

