

ALLERGENS

CLASSES

	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Advanced Pasta		Wheat		✓			✓			Almonds				✓
Applied Knife Techniques	✓						✓		✓			✓		✓
Authentic Mexican							✓				✓	✓		✓
Chinese Dumplings & Bao		Wheat		✓	✓	✓	✓					✓	✓	✓
Creative Pasta Workshop		Wheat		✓			✓			Almonds		✓		✓
Exploring Spain: Barcelona and Beyond		Wheat		✓			✓	✓		Almonds				✓
Feast From The Middle East		Wheat		✓			✓					✓		
Fermentation & Pickling		Wheat & Barley	✓	✓	✓			✓				✓	✓	✓
Foundations Of Thai Cooking		Wheat	✓		✓	✓		✓			✓	✓	✓	
French Macarons		Wheat		✓		✓	✓			Almonds		✓	✓	
French Patisserie: Shortcrust & Choux Pastry		Wheat		✓		✓	✓			Hazelnuts		✓	✓	
Fresh Pasta From Scratch		Wheat		✓		✓	✓					✓		✓
Gluten-Free Baking				✓		✓	✓					✓	✓	
Gluten-Free Pasta				✓		✓	✓			Walnuts				✓
Introduction To Indian Cooking: Curries & Spices							✓		✓	Cashews		✓		
Italian Classics: Gnocchi, Risotto & Polenta	✓	Wheat		✓			✓					✓		✓
Jams & Chutneys		Wheat					✓					✓	✓	
Mastering Classic Sauces, Stocks & Emulsions	✓	Wheat		✓	✓		✓		✓			✓		✓
Mastering Filled Pasta		Wheat		✓	✓	✓	✓					✓		✓
Mindful Eating		Wheat			✓				✓	Cashews & Peanuts	✓		✓	✓
Pastry Essentials		Wheat		✓		✓	✓			Hazelnuts				
Principles of Bread Making		Wheat			✓	✓	✓					✓		✓
Shellfish 101: Seafood Made Simple		Wheat	✓		✓		✓	✓					✓	✓
South Indian Seafood		Wheat (snacks)	✓		✓				✓		✓		✓	
Steak Knowledge		Wheat					✓		✓			✓		✓
Vegetarian Knife Skills		Wheat				✓	✓					✓		
Korean Cuisine - Kimchi, Bibimap & Mandu		Wheat & Barley	✓	✓	✓	✓						✓	✓	✓
Whole Fish 101: Mastering Preparation and Cooking		Wheat		✓	✓	✓	✓					✓	✓	✓
Xmas - Edible Treats		Wheat		✓			✓			Hazelnuts & Almonds				
Xmas - Knife Skills	✓	Wheat & Barley		✓			✓					✓	✓	