



The Rozanne Stevens Cookery School, Miele Gallery, City West

Welcome to 80/20, the cookery school run by celebrity chef Rozanne Stevens. Many of you would know Rozanne from her foodie slot on the Pat Kenny Show on Rte Radio 1 for the past 4 years. Or you may have read Rozanne's nutrition based food and recipe column in the Health and Living Supplement of The Irish Independent Newspaper. Rozanne teaches a wide variety of classes with a strong emphasis on healthy eating with a few wicked treats thrown in. Rozanne has trained as a nutritional therapist so is able to marry sound nutritional advice with gourmet recipes. The school is run from the plush Miele Gallery in 2024 Bianconi Avenue, Citywest Business Campus, Dublin 24

Calendar Cookery Classes:

Evening and Saturdays

We offer a wide variety of evening classes and Saturday workshops. The courses cover a huge range of topics and cuisines with a strong emphasis on the 80/20 principle: fresh healthy food with a few added decadent delights. Evening classes run from 6:30 to 8:30pm. Saturday classes run from 10:30 to 4:30pm. All classes are interactive demonstration, unless otherwise stated. Hands on classes can be booked as a group event.

Four and Six Week Courses:

One Pot Wonders:

One Pot Wonders is a demonstration cookery course that runs one night a week for four weeks with different recipes each lesson. There is a great variety of recipes that include a large quantity of vegetables and are well balanced. The recipes have been nutritionally analysed by UCD and scored top marks. The Nutrition and Health Foundation have used these recipes for their Eat Smart Week and have been used for Four Live, Ireland AM and several newspapers. Each lesson I demonstrate four main course recipes that can be prepared in 30 minutes and contain plenty of vegetables in the recipe, so there is no need to put on an extra pot. There is a wide variety of meat, chicken, fish and vegetarian recipes. The course draws inspiration from a variety of cuisines but the ingredients are readily available. The section includes some family favourites that have been 'healthyfied' and also original recipes. The course includes a 'freezer treasure' list

and 'storecupboard essentials'. Student get to enjoy a full dinner of all the recipes demonstrated plus refreshments

Oriental Express

Oriental Express is a demonstration cookery course that runs one evening a week for four weeks. The course covers recipes from all over Asia: Thailand, Vietnam, Indonesia, China, Japan, Malaysia and India. Traditional recipes are transformed to have a modern, contemporary twist. Fresh, vibrant Asian flavours are combined with crisp, colourful fruits and vegetables and the best quality seafood, duck, chicken, beef and lamb. Learn to make your own spice blends, curry pastes and marinades. This makes the recipes lighter and brighter, perfect for a healthy lifestyle. Most of the recipes are fairly quick to make, perfect for midweek supper with star quality. Also great recipes to entertain family and friends, from summer BBQ ideas to Christmas entertaining with a contemporary twist! You will certainly impress! To make the recipes more doable, they are created with ingredients availability in mind. Recommendations on Asian markets, suppliers, fishmongers and butchers are given

Cook Yourself Slim

Cook Yourself Slim is an intensive weekend demonstration cookery course focusing on foods and nutrients that can aid weight loss and maintenance. All recipes demonstrated are served throughout the day. Insight is given into possible causes of weight gain and how to manage them. To make sustainable changes we adopt the 80/20 principle: 80/20 80% wholefood 20% soulfood

The course contains only delicious, attractive dishes that you will love to prepare and enjoy. Good enough to serve to family and friends. Cook Yourself Slim aims to re inspire a love of good food without the guilt. With a few added treats so you won't feel deprived

Cook Yourself Slim is suitable for anyone wishing to lose weight or maintain a healthy weight. A refreshing look at diet and health with delicious recipes, the course will inspire anyone who is feeling jaded or overwhelmed

Green Living

Green Living is a very comprehensive nutrition based cookery course with a focus on a vibrant plant based diet. This is a weekend demonstration class whereby the recipes are demonstrated, nutritional talks are given and students get to taste all the recipes. This course is suitable for anyone trying to adopt a healthier diet or with health problems. The course is very practical and teaches you the nitty gritty of how to cook with wholefoods. Wholefoods are unprocessed foods that are in their most natural state. So I teach the ins and outs of how to cook with a variety of beans, lentils, chickpeas and wholegrains like quinoa, buckwheat and pinhead oats. The recipes are top notch and have been tested by students for the last 6 years. My recipes take inspiration from cuisines from all around the world so are vibrant, tasty and satisfying. You do not need to be a vegetarian to benefit from

the class. The course includes informative nutritional notes that are based on the latest research.

Kitchen Basics

A foundation course in cooking, recipe planning, shopping and stocking your storecupboard. Learn to cook delicious meals and avoid waste

Corporate and Group Events

Workplace Wellbeing Courses – Day or Evening Courses

Book a healthy living class and learn healthy, gourmet recipes that won't leave you deprived. Recipes cover breakfasts, packed lunches and thirty minute meals. Recipes include fish, chicken, meat and vegetable options. An ideal course to boost energy levels, fuel you to cope with stress and enjoy cooking

Express Lunchtime Lessons – Weekdays

A group can book an Express Lunchtime Lesson as part of a conference day, using our state of the art boardroom facilities. Or as a fun excursion out for a teambuilding event. The lesson runs over lunchtime with a full lunch included, followed by teas and coffee. The lessons are themed according to cuisine. Choose from a wide variety of popular world cuisines such as Indian, Thai, Italian and many more

Demo and Dinner/Lunch – Day or Evening Classes

Ideal as a social event for a group of friends, sports and social club or work outing. A nice alternative to going out for dinner. Enjoy an entertaining cookery demonstration in our state of art gallery, then sit down to enjoy a gourmet meal. Finish off with dessert, teas and coffee

Hands On Classes – Day or Evening Classes

See a different side of your friends and colleagues as they don aprons and prepare to cook up a storm. Work in pairs to prepare delicious recipes which the group will sit down to enjoy as a buffet dinner. Under full supervision of cookery tutors in our sophisticated kitchens, what can go wrong?

Finish off a fun evening with decadent desserts and coffee. And possibly a prize giving for the most entertaining / dangerous / impatient student!

80/20 Rozanne @ Home

Cookery Lessons and Catering

Book a one on one lesson with Rozanne in the comfort of your own home. Then invite a few friends over to enjoy all you have learned and cooked! Or alternatively, cook up loads of comfort food for the freezer that you can whip out on cold night. You choose the recipes you would like to learn, from family cooking, desserts to freezer fillers and many more

Kitchen Detox

Ditch those dodgy mystery packets lurking in your cupboard since 2005. Replace them with healthy, useful ingredients that will form the base of many delicious meals. All you need is the proper plan – The Kitchen Detox Plan

This comprehensive service is suitable for everyone from singletons and couples to families. Based on your food diary and a home visit, Rozanne compiles a menu plan for you based on healthy, easy to prepare dishes. She then compiles a storecupboard and freezer list with useful ingredients that means you can whip up tasty meals in minutes.