



**Glasgow  
Kelvin  
College**

## **Are you a Glasgow-based Chef looking for some Bean-spiration?**





Book your place for a free training course on the 12th March, 10am to 12noon

### **What?**

A 2-hour cookery course with chef-lecturer Grant Reekie to learn different ways to cook with beans and how to include them in your menu. The session will help you increase your bean knowledge, skills and to get some bean-spiration for your kitchen!

### **Why?**

Glasgow's Full of Beans campaign launched in January 2024 aims to promote greater consumption of beans and pulses as part of a healthy, planet-friendly diet in Glasgow. We are encouraging more chefs and caterers to add more #beansonthemenu in the month of March, because...

-  Beans are delicious, versatile and can help you bring in new customers.
-  Beans are super healthy as they are an excellent source of fibre and protein.
-  Beans are good for the environment as they enrich the soil and have low carbon emissions.
-  Beans are filling and can help you bulk up dishes.

### **Who is it for?**

Any Glasgow-based cooks/chefs wanting to learn more about cooking with beans and pulses. Why not book a place and become a bean-ambassador and spread the joy of beans?

### **Where?**

Glasgow Kelvin College Easterhouse Campus - 1200 Westerhouse Rd, Glasgow, G34 9HZ

Glasgow Kelvin College is just 20 minutes from Glasgow City Centre. It can be easily accessed from M8 motorway, junction 9. Or you can get there by Bus – the X19 leaves from Dundas Street every 15 minutes and the stop in Easterhouse is just a short walk from the campus.

### **How do I book?**

The session is free, but spaces are limited, so we recommend you to book a space as soon as possible. To secure a place you can email us: [shw-gfpp@glasgow.ac.uk](mailto:shw-gfpp@glasgow.ac.uk)