

Stress-free dinner parties

If you want to spend a day in London doing something just a little bit different, we recommend you sign up for a cookery course with 'Food at 52'. Film industry set builder-turned gourmet chef John Benbow offers one-day courses covering themes ranging from 'Moroccan' and 'Italian' to 'Seafood' and 'Stress-Free Dinner Parties', in the comfort of his fabulously bohemian Clerkenwell house. With group sizes no bigger than six, the intimate courses are proving a big hit with individuals and corporate groups alike and Benbow has just launched express lunchtime courses for time-poor city boys. Each session ends with a lively lunch or dinner party enjoyed around Benbow's big hand-carved kitchen table, where students get to eat the food they have prepared, matched with delicious wines.

■ Food at 52, Clerkenwell. Call +44 7814 027 067; foodat52.co.uk

