

HOW I GOT STARTED

Rachel Demuth is the director of Demuths Cookery School in Bath, which specialises in teaching an exciting and varied selection of plant-based and vegan courses for all abilities (www.demuths.co.uk).

How did you come to start working with food?

After I finished my degree in African History, I decided to take the summer off before looking for a 'proper' job in autumn. Two friends and I set ourselves the challenge of going to London and finding a job in a day to earn some holiday money. I went to Neal's Yard in Covent Garden and got a job at the bakery, supposedly because I was wearing the same shoes as the woman who interviewed me! The business was a cooperative, so we ran all parts of it, learning everything from accounts to serving tea. Looking back, my four years there were my happiest time.

How did your career then progress?

In 1984, I moved to Bath to open Broad Street Bakery. At that time, bread was white, wholewheat or granary, but we were making sundried tomato and olive breads and pumpnickel breads made in baked bean cans... all breads before their time. We also opened a café behind the bakery, serving big tray bakes and soups with chunks of warm bread. It was a buzzy, successful business. I then opened Demuths restaurant in 1987, also as a bakery and café. We installed the second ever cappuccino machine in Bath! I sold Broad Street Bakery in 1993 to concentrate on Demuths, cooking in the kitchen while my partner ran front of house.

Tell us about your cookery school.

Our restaurant customers kept asking us to teach them how to make the 'Demuths' style of food. I started with groups at my home and thoroughly enjoyed teaching them and sharing experiences. In 2010, the cookery school moved to the centre of Bath, helping us to achieve our aim of sharing and inspiring vegan ways of working with food, creating flavourful dishes that are a pleasure to cook, eat and share.

What advice would you give to aspiring chefs?

Be prepared to work really hard! Don't let fear of failing stop you from following your dreams – use it to channel your energy.



Photography: Demuths Cookery School

On the grid

#MOONMILK

This warming Ayurvedic drink is said to aid sleeplessness and create calm before bed. Here are four of our Insta faves getting creative with the recipe to make a beautiful brew



Clockwise from top left: @naturalthingsnz; @tea.signature; @loveandoliveoil; @marisamoore

