



Every Saturday - 12pm - 4pm

Welcome

This course is designed to boost confidence as well as develop students cooking skills and knowledge of food, giving them the ability, inspiration and enthusiasm to create delicious, affordable and well balanced meals.

Course Details

Learners will gain experience of a wide range of topics including:

- Producing Meat Dishes.
- Producing Vegetable Dishes.
- Producing Fish Dishes.
- Producing Poultry Dishes.
- Producing Desserts.

We will also cover:

- Menu planning and Budgeting
- Food Allergens.
- Nutrition and Dietary Requirements.
- Shopping - What, where and when to buy.
- Hygiene and Safety in the Kitchen.

A course full of flavour



What we offer

- A fun, sociable, flexible and informative course.
- All equipment and food.
- Interesting demonstrations.
- Hands on cooking.
- Delicious recipes.
- Knife skills.

The plan for each day

Session 1	Break	Session 2
Theory 12pm – 12:45pm	15 Minutes	Kitchen Practical 1pm – 4pm

Preview of the course

Week 1: Middle Eastern Feast
Moroccan inspired Chicken Skewers,
Flatbread and Yoghurt Tzatziki

Week 2: Cooking with Spices
Creamy Chickpea and Spinach Curry
served with Pilau Rice

Week 3: Tex-Mex
Baja Fish Tacos, Tangy Slaw and
Spiced Wedges

Week 4: Baking
Pear and Berry Crumble and Custard

Week 5: Meat
Spaghetti Bolognese and Garlic Bread


Week 6: Ready Steady Cook!
An opportunity to compete against
other learners to showcase your
cooking skills.




See you soon



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