

Express Cookery

Course Code A07-23C



Venue: Room

Devonport High for Boys
Paradise Road
Plymouth
Devon

Start Date: 14 January 2020
End Date: 11 February 2020
Sessions: 5
Day(s): Tuesday

PL1 5QP

Start Time: 18:30
End Time: 21:00

Cost of course: Full Fee £90 Concession £53

Can I enrol online? Yes - Please visit www.oncoursesouthwest.co.uk

Material fees Material Fee £15.00 (included in above cost)

The material fee will cover ingredients needed for the first session only and sundries throughout the course.

Entry requirements There are no entry requirements. This course is for complete beginners, but if you have some cookery skills which you would like to update, this is the course for you.

Do you have any food allergies? If you have any food allergies, such as nut or fish, please contact us on 01752 660713.

Tell me about the course Are you ever stuck for ideas for quick and nutritious tasty meals after work, or when you are in a hurry? This course will take you through the skills you need and give you lots of ideas for creative and delicious meals you can make in a hurry, that won't break the bank!

You will explore different techniques and ingredients. You will also learn how to use herbs and spices to enhance the flavor in your cooking.

How will I learn? During the first session your tutor will outline what will be covered during the course. You can then think about your individual aims for the course and make an individual learning plan, with the help of the tutor.

This is a practical course and the sessions will include tutor-led demonstrations, which you will follow to make tasty dishes. You will be able to discuss skills and techniques with others in the group and get one-to-one support from your tutor, as required.

How will I know I'm making progress? You will review your individual learning plan with your tutor who will give you written feedback and support to achieve your targets. This will enable you to identify any additional support needed and what skills to practise at home.

Will I need to study or practise outside the classroom? It is always useful to practise your skills between sessions and your tutor will advise you on what to do.

What will I need to take to the course? Bring an apron, note pad, pen and folder and a box to transport your goodies home!

During the first week your tutor will let you know what ingredients and cooking equipment you will need for the rest of the course.
We advise wearing sensible, comfortable shoes with non-slip soles and protected toes. Loose clothing and jewellery should be avoided. Long hair should be tied back.

What can I learn next? Your tutor will give you details of follow on courses such as Festive Cooking with a Twist.
Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713.

Please Note: Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.
Room numbers are subject to change - please check when you arrive at the venue.

ON COURSE SOUTH WEST
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