

Course Information Sheet

Challenge the Cook: Unleash Your Cooking Creativity



Course Summary: Elevate your cooking skills! Learn to create exciting dishes using everyday store cupboard staples, seasonal produce, and ingredients you've never tried before.

Course Description: Escape the recipe rut! This fun and interactive course will equip you with the confidence and know-how to transform your pantry into a playground for culinary exploration. Helping you cook on a budget and use store cupboard ingredients such as pasta, rice, noodles and potatoes to make a range of delicious meals. You can bring any unusual ingredients and challenge our amazing cook to see what can be created.

What will I learn? (Weekly Breakdown subject to change)

Pantry Power - Learn essential store cupboard staples and discover clever ways to transform them into surprising dishes. Ingredients provided.

Seasonal Sensations - Explore the vibrant world of seasonal produce, mastering techniques to unlock their unique flavours. The tutor will advise what you will need to bring for the recipes this week.

Unfamiliar Territory - Take a culinary leap of faith! Explore new ingredients you've never cooked with before. The tutor will advise what you will need to bring for the recipes this week.

International Inspiration - Travel the world through your taste buds! Learn to create international dishes using familiar ingredients. The tutor will advise what you will need to bring for the recipes this week.

Creative Cuisine - Put your newfound skills to the test by creating your own signature dish using a combination of learned techniques and surprise ingredients. The tutor will advise what you will need to bring for the recipes this week.

How will I be assessed?

- **Formative:** Participation in interactive tasks and discussions, peer feedback on creations.
- **Summative:** Completion of weekly recipe challenges and a final presentation of your signature dish.

Who is this course for?

- Anyone who wants to expand their cooking skills and build confidence in the kitchen.
- Individuals looking for healthy and budget-friendly meal solutions.
- Foodies interested in exploring new ingredients and international flavours.

- Developing Maths skills whilst learning to cook.

Progression Opportunities:

After completing this course, you could progress to:

- Level 2 Certificate in Professional Cookery
- Online courses in specific cuisines or cooking techniques
- Short courses in food styling or food photography

Career or Job Enhancement Pathways:

This course can open doors to careers in:

- Personal Chef/Catering
- Food Styling/Blogging
- Restaurant Kitchen Assistant
- Product Development (Food Industry)
- Catering assistant

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA).

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.

Terms and conditions are available at

<https://www.onscoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

