

# Course Information Sheet

## Kitchen Secrets



**Course Summary:** Master the art of cooking rice and other store cupboard staples to create delicious and versatile meals throughout the winter months. How to budget and use leftovers to create tasty meals.

### Course Description:

Unleash your inner chef and learn how to elevate your store cupboard essentials like rice, pasta and lentils into fantastic restaurant-worthy meals. This practical, online course, delivered over four winter weeks, will equip you with the knowledge and skills to create tasty and budget-friendly dishes that are perfect for busy weeknights or weekend feasts. Stay in the warm and learn the skills and techniques from a highly experienced chef. If you want to know how to poach the perfect egg then this is the course for you.

### What will I learn?

- **Week 1:** Rice fundamentals - explore different rice varieties, cooking techniques and discover hacks for perfect rice every time.
- **Week 2:** Store cupboard staples - master the art of cooking pasta, lentils and pulses to perfection.
- **Week 3:** Spice it Up! - Learn how to use herbs and spices to create flavourful and aromatic dishes from around the world.
- **Week 4:** Putting it all together - create a full meal plan using your newly acquired skills and leftover ingredients to minimise waste.

### How will I be assessed?

- **Formative assessment:** Weekly quizzes and practical cooking exercises will help you track your progress and gain confidence in the kitchen.
- **Summative assessment:** Submit a final three-course meal plan demonstrating your ability to use a variety of store cupboard ingredients to create a balanced and delicious meal.

### Who is this course for?

This course is perfect for anyone who wants to learn how to cook delicious and nutritious meals using readily available ingredients. Whether you are a complete beginner or looking to expand your cooking skills, this course will provide you with the skills and knowledge to create exciting dishes throughout the winter months.

### **Progression Opportunities:**

This course is a stepping stone towards a variety of qualifications, including Level 2 Certificate in Food Preparation and Cooking or Level 3 Diploma in Professional Cookery.

### **Career or Job Enhancement Pathways:**

- Chef de Partie
- Restaurant or Gastropub Kitchen Assistant
- Home or Private Chef
- Food Blogger or Social Media Influencer in the culinary field
- Carer
- Kitchen Assistant
- Catering staff
- Volunteer
- Home help or carer.

### **How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://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.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

