

Cookery: Winter Warmers

Join our Winter Warmers course in our professional kitchen, where our experienced tutor will guide you through various recipes to keep you cosy and warm this winter.

The course will include a range of main meals and desserts which will teach you to produce a tasty meal to warm your soul this winter.

If you are interested in developing your cooking skills with healthy eating in mind, book onto one of our courses from the life skills: healthy eating/cooking offer.

Start Date: 15 January 2026
Start Time: 10:00
Lessons: 5
Weeks: 5
Hours: 17.50

PLEASE DO NOT BUY TOOLS AND EQUIPMENT UNTIL YOU KNOW THAT THE COURSE WILL RUN.

Venue

Medway Learning and Skills Hub
Unit 2
Britton Farm Street
ME7 1GX

What Will I Learn On This Course?

Learners will:

1. Produce 3 different family meals, using a range of ingredients
2. Understand how to use energy efficiently when cooking at home (e.g. one pot cooking, cooking 2 dishes in one oven etc)
3. Create a recipe file containing at least 10 different seasonal recipes for winter

Whether you would like to learn new creative skills or to investigate the possibility of a new art -based career, MAE Community Learning courses can provide you with a stepping stone to progress

Is This Course Suitable For Me?

Full instructions and step by step demonstrations will be given for each recipe. You will also be given a recipe sheet to take home each week to build a recipe file.

It would be an advantage to have some basic cookery skills, however, this is not essential.

Is There Anything Else I Need To Know About This Course?

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:

- Apron and take it away each week to wash.
- Suitable container to take your work home in each week.
- INGREDIENTS

Your recipe will be sent out a week in advance of the course starting, highlighting ingredients to bring to the first session. Your tutor will give you a recipe and shopping list each week. INGREDIENTS ARE NOT INCLUDED IN THE PRICE

No open toed or fabric shoes in the kitchen.

Long hair must be tied back (hairbands will not be provided)

Will There Be Additional Costs?

INGREDIENTS

Your recipe will be sent out a week in advance of the course starting, highlighting ingredients to bring to the first session. Your tutor will give you a recipe and shopping list each week. **INGREDIENTS ARE NOT INCLUDED IN THE PRICE**

No open toed or Fabric shoes in the kitchen.

Long hair must be tied back (hairbands will not be provided)

All learners must provide their own apron and take it away each week to wash.

What Could I Go On To Do After This Course?

Your tutor can talk to you about another subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

What Is The Attendance Policy?

Multiple sessions-

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%.

If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health & Safety

Health and Safety Disclaimer

By participating in the live class, you accept that you understand that cookery involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a cookery activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with art materials. MAE is not responsible for damage to items in your house / home or person.

The creators, owners and distributors of this site and the material available MAE are not responsible for any injuries you may experience because of your use of this site and the material contained here on. By remaining on this site and/or accessing and / or using any material, you are accepting that you have read, understood and agreed to follow these basic instructions.