

# Cookery: Indian Cookery For All Budgets

Learn to create your own Indian spice mix from scratch and use it whilst preparing a range of delicious and inspiring Indian dishes to suit all budgets. Our tutor will lead you through the planning, preparation and production of your dishes in our professional teaching kitchen at the Medway Learning & Skills Hub Gillingham.

This 10 week course will cover the skills and recipes to produce dishes

All ingredients are included in the course fee.

Start Date: 14 January 2025

Start Time: 19:00

Lessons: 10

Weeks: 10

Hours: 20.00

## Venue

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

## What will I learn on this course?

Learners will:

1. Create an Indian spice mixture (controlling the heat and intensity of your mixture to suit your palate)
2. Use the spice mixture when cooking at least 4 main dishes
3. Use the spice mixture when cooking at least 4 Side dishes or starters

## Is this course suitable for me?

This course is an excellent starting point for beginners who want to explore Indian cooking, as well as those with more confidence.

## Is there anything else I need to know about the course?

Please bring your own apron to all classes and a suitable container to take home your cooked dishes.

Wear closed toed shoes – no open toed shoes allowed in the kitchen.

Long hair to be tied back – learners to provide own hair ties.

Please mention any food allergies at the time of booking the course.

## WILL THERE BE ADDITIONAL COSTS?

All ingredients are included in the course fee.

## What could I go on to do after this course?

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

Medway Adult Education works with many partners locally such as Mid Kent college 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 with 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.

## Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. 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

### **How are digital skills used and enhanced on this course**

Recipes will be presented by the tutor and explored – learners can also do their own research using the internet / google to explore recipes outside of class time.

### **Health and Safety**

#### **Health and Safety Disclaimer**

By participating in a cookery 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 cooking activity, and you will need to be suitably dressed. MAE is not responsible for damage to items or person.

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