

Free cookery- Spice cooking on a budget

Learn to create your own, unique Indian spice mix from scratch and on a budget in our professional teaching kitchen at the Medway Learning & Skills Hub Gillingham.

Our tutor will teach you how to select and mix a blend to create your own curries as well as managing meal planning on a budget. They will guide you in the basic maths of batching and help you to adapt recipes to suit different portion needs.

Start Date:	11 September 2024
Start Time:	10:00
Lessons:	12
Weeks:	12
Hours:	36.00

Week 1 you will create your mix which you can use each week to create delicious dishes on a budget.

All ingredients will be supplied free of charge.

If you are aged 19 and over and do not have Maths at level 2 or equivalent, you can access free numeracy courses through Multiply to build your confidence with numbers and learn a new skill in our professional studios.

TO BOOK THIS COURSE YOU WILL NEED TO OBTAIN THE CORRECT PIN CODE... WHICH CAN BE FOUND ON POSTERS DISPLAYED IN GILLINGHAM STREET ANGELS OUTLETS

Venue

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

What will I learn on this course?

1. Use ratio to create a spice mixture.
2. Use multiplication to scale the recipe up and down.
3. Demonstrate an understanding of meal planning on a budget and how this can be sized up or down according to different budget and portion needs.

Is this course suitable for me?

This course is an excellent starting point for beginners who want to explore cooking, budgeting, batch cooking and meal planning as well as those with more confidence.

Is there anything I need to know about the course?

Please bring your own clean apron to all classes.
Wear closed toed shoes – no open toed shoes allowed in the kitchen.
Long hair to be tied back – learners to provide own hair ties.
A container will be provided to take cooked food home but please bring it each week.
Please mention any food allergies at the time of booking the course.

What could I go on to do after this course?

Your tutor can talk to you about other subject related course available - batch cooking, celebration spices and traditional british cooking

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 you 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.

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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 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

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

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, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with cooking equipment. MAE is not responsible for damage to items or person.

The creators, owners and distributors of this site and the material available MAE are not responsible for any injuries you may experience as a result 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.