

# Adult Learning - Course Information Sheet



## ADE6DA12 - An Introduction To Oriental Cookery

### Delapre Community Rooms

Delapre Community Rooms  
Alton Street  
Northampton

NN4 8EN

Room Kitchen

Start Date: 14 October 2023  
End Date: 14 October 2023  
Start Time: 10:00AM  
End Time: 2:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Rashmita Shah

### Aim

You will enable you to learn more about the subject, develop new skills and also find out how participating in learning can support your wellbeing. During this course you have fun learning how to cook a range of delicious Oriental dishes.

### Course Outcomes

- Recognise a range of spices and describe their uses
- Be able to store spices to increase shelf life
- Make range of dishes from around Asia
- Be able to adapt the recipes to create your own bespoke dishes
- Understand how participating in learning can increase personal confidence and a sense of wellbeing.

### How will the course be taught?

Face to face course at a Venue, a course reminder and venue details will be emailed just before the start of the course.

### What do I need to bring / have ready?

We also recommend that you have a pen and notepad to hand during the sessions. You will also be provided with a list of ingredients and utensils required.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

