

# Adult Learning - Course Information Sheet



## ADE6DA44 - An Introduction To Thai Cookery

### Delapre Community Rooms

Delapre Community Rooms  
Alton Street  
Northampton

NN4 8EN

**Room** Delapre Community Rooms

Start Date: 16 November 2024  
End Date: 16 November 2024  
Start Time: 10:00AM  
End Time: 2:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Rashmita Shah

### Course Aim

Learn how to recognise the characteristics of Thai food and cook your very own Thai dishes based on a simple and easy to follow authentic recipe.

### Course outcomes

1. Recognise and select the spices that are used in preparing Thai dishes.
2. Learn techniques for getting flavour out of each dish.
3. Prepare a variety of dishes.
4. Cook up a Thai banquet.
5. Understand how participating in learning can increase personal confidence and a sense of wellbeing.

### How will the course be taught?

The course will be taught by lecturing, demonstration of key skills, group discussion, individual practice and supervision.

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

To take part in the course you will need an apron, dish cloth, tea towel, paper towel, washing up liquid, pen and paper. You will also need recipe ingredients, utensils and equipment as specified on the recipe. A list of ingredients will be emailed to you ahead of the session.

### 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 01536 535809 (answerphone available). Visit our website <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> 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. 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/>**

