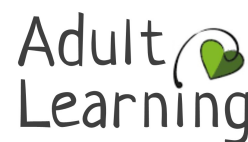


# Adult Learning - Course Information Sheet



## SDE6DA45 - An Introduction To Balti Cookery

### Delapre Community Rooms

Delapre Community Rooms  
Alton Street  
Northampton

NN4 8EN

**Room** Delapre Community Rooms

Start Date: 08 March 2025  
End Date: 08 March 2025  
Start Time: 10:00AM  
End Time: 2:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Rashmita Shah

### Course aim

To learn what is Balti Cookery and make Balti dishes to take home and share.

### Course outcomes

You will be able to understand what a Balti is.  
Recognise spices and blend a spice mix to use in your Balti cooking  
Make an authentic Balti dish using the spice blend you have made.

### How will the course be taught?

The course will be taught face-face by lecturing, demonstraton of key skills, group discussions, individual practices and supervision.

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

- Read the welcome letter.
- Apron, dish cloth, tea towel, paper and pen.
- 2 small jars with lids and 1 large jar with lid.
- 2 Tupperware tubs to take away the dishes you have cooked.
- Ingredients specified in the welcome letter.

### 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 [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 day. 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 get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

### Further Information

All essential ingredients, utencils and equipment are included in the fee.

**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/>**

