

Adult Learning - Course Information Sheet



SDE6DA70 - An Introduction To Spanish Cookery

Delapre Community Rooms

Delapre Community Rooms
Alton Street
Northampton

NN4 8EN

Room Kitchen

Start Date: 18 March 2023
End Date: 18 March 2023
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 Spanish food and cook your very own Spanish dishes based on simple and easy to follow authentic recipes.

Course Outcomes

1. Recognise and select the spices that are used in preparing Spanish dishes.
2. Use techniques for getting the best flavour out of each dish.
3. Follow the demonstration and prepare variety of dishes using knowledge gained.
4. Cook a Spanish banquet which can be served up at the end of the session.
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 a live interactive class.

What do I need to bring / have ready?

Course instructions, apron, dish cloth, tea towel, paper towel, washing up liquid, pen and paper, ingredients as specified on the recipe, utensils and equipment as specified on the recipe. A list of ingredients will be emailed to learners 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 or call 01604 368023 (answerphone available). Visit our website 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 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/>

