

# Adult Learning - Course Information Sheet



## UCC6DA04 - Vegetarian Cookery Day 2

### Caroline Chisholm School

Wooldale Road  
Wootton Fields  
Northants

NN4 6TP

Room D3 Cookery

Start Date: 29 April 2023  
End Date: 29 April 2023  
Start Time: 10:00AM  
End Time: 4:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Ms Anita Chipalkatty

### Course aim

This cookery course will take you step by step through key spice ingredients which can be blended to make fragrant combinations which are the basis of delicious dishes from around the world. You will discover the skills of how to make a range of dishes that will impress your family and friends. You will also gain knowledge of the origins of these spices/herbs that are native to certain regions of Asia. These skills can be used to develop confidence and become self-employed or to gain employment within the catering industry. The aim of the course is to give students, the skills to be able to prepare and cook a range of different Vegan and Vegetarian Dishes.

### Course outcomes

1. Demonstrate how to use kitchen equipment safely and maintain food hygiene
2. Demonstrate the preparation of key spices
3. Follow recipes to create tasty and healthy dishes
4. Demonstrate how to substitute ingredients for vegetarian/vegan and healthier options

### How will the course be taught?

The tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning.

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

Please note that this course included all Ingredients and recipe sheets for the day.

Special dietary requirements -any known allergies, food intolerances, vegan, vegetarian /GF should be made known to the tutor before the course as recipes may need to be modified and purchased.

You are required to get some basic equipments ( induction compatible sauce pans, skillet, knives Aprons, and Tupperware to take home food that you have cooked on the day.)

### 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/>

