

Course Title:		Cook to Impress					
Course Code:		G1202FGS	Centre:	Greenshaw	Tutor:	Susanne Iseli	
Day:	Mon	Start Date:	27/09/10	Length:	8 wks	Time:	19:15-21:15

Course Content/Syllabus

This course will include the following dishes:

- Butternut squash puff tart with smoked cheddar and sage
- Onion, apple and stilton little quiches
- Salmon en croûte
- Fish ragout with feuilletés
- Homemade ravioli with various fillings
- Spiced lamb shanks
- Poached red wine pears with cinnamon ice cream
- Christmas biscuits

After completing the course, students should be able to:

- Cook with improved confidence
- Prepare dishes that look impressive
- Entertain guests without stress
- RECIPES AND TECHNIQUES ARE SUGGESTIONS AND ARE SUBJECT TO VARIATION

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

Regular attendance is expected in order to get the most from your course.

Entry Requirements

N/a – all welcome

English, Maths & IT Entry Requirements

Ability to understand verbal instructions

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

- Approx £5-10 per week
- Total £2.50 for photocopies

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- Ingredients for the first recipe (sent upon enrolment)
- Apron, tea towels and food containers
- Pen
- Good kitchen knives

Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Progression/Further Opportunities:

COOK TO IMPRESS starting in January
COOK TO IMPRESS starting in April

Dear students,

For the first week please bring along all the ingredients for the butternut squash tart. The kitchen is equipped with all basic cooking utensils (pans, bowls, baking trays, food processors, hand blender, etc.). However you need to bring your own kitchen knives, apron and a baking tray to take your tart home.

We will finalise the menus and cooking techniques for the course during the first evening, therefore your presence is important. We will also fill in a few admin forms (please bring a pen) and cook the tart.

If you have any questions or concerns about the course write me an e-mail to sueiseli@yahoo.com and I will do my best to give you a prompt reply. I will be at the school at 7pm on the first evening, if there is anything you would like to talk to me about in person feel free to see me before the class starts.

I am looking forward to meeting you all.

Kind regards

Susanne Iseli

BUTTERNUT SQUASH PUFF TART WITH SAGE AND SMOKED CHEDDAR

SERVES 4

vegetable peeler
baking parchment
pastry brush

2 tbsp olive oil
450 g butternut squash, peeled and chopped into 1 cm cubes
330 g ready made puff pastry
2-3 tbsp plain flour
1 egg, beaten (egg wash)
100-200 g smoked cheddar or stilton
10 sage leaves, finely chopped, plus extra to garnish
salt and freshly ground black pepper



1. preheat the oven to 220°C / Gas 7
2. heat the olive oil in a frying pan, add the squash and sweat gently for about 10 minutes or until they start to soften
3. season lightly with salt and pepper and leave to cool
4. roll out the puff pastry on a little flour to a large rectangle, about 15x25 cm and place it on a baking tray lined with baking parchment
5. using a sharp knife, mark 1 cm border around the edge of the pastry, without cutting right through
6. brush the border with eggwash
7. sprinkle half of the cheese on the pastry within the border and top with the squash
8. scatter the chopped sage over and season with salt and pepper
9. bake for 15-20 minutes, then scatter over the remaining cheese and cook for a further 5 minutes
10. garnish with fresh sage leaves
11. serve hot with a crisp green salad as a starter or a light lunch