

Course Title:		Cook to Impress					
Course Code:		G1203FGS	Centre:	Greenshaw	Tutor:	Susanne Iseli	
Day:	Mon	Start Date:	10/01/11	Length:	8 wks	Time:	19:15-21:15

Course Content/Syllabus

This course will include the following dishes:

- Chicken with dried porcini and Marsala sauce
- Smooth chicken liver pâté
- Fragrant Thai mussels
- Coq aux vin
- Double haddock and herb fish cakes
- Beef Wellington
- Profiteroles with chocolate sauce
- Pannacotta with berry compote
- Tapas buffet

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 April

Dear students,

For the first week please bring along all the ingredients for the cherry tomato and basil focaccia. 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 and apron.

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 make the focaccia.

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

CHICKEN WITH DRIED PORCINI MUSHROOMS AND MARSALA SAUCE

SERVES 4



30 g dried porcini mushrooms (available in all larger supermarkets) or *150 g chestnut mushrooms
15 g butter
1 tbsp olive oil
350 g chicken breasts or thighs, cut into bite size cubes
125 ml Marsala (also available in all larger supermarkets, you can purchase the 125 ml from me for approx. £1.50)
100 - 200 ml half fat crème fraîche
2 tbsp fresh or dried tarragon or flat-leaved parsley, finely chopped
salt and freshly ground black pepper

1. place the porcini mushrooms in a bowl, cover with 300 ml warm water and leave to soak for 15-20 min, until rehydrated. If you are using chestnut mushrooms, clean them with a towel and quarter
2. heat the butter and oil in a large frying pan, add the chicken cubes and fry for 5-6 minutes, until golden brown
3. add the porcini mushrooms with the soaking liquid and simmer for 3 minutes, stirring occasionally, if using chestnut mushrooms add 300 ml of weak stock instead of the soaking liquid
4. stir in the Marsala and simmer for 3-4 minutes or until the liquid has reduced by half
5. add the crème fraîche and herbs, stir and season to taste
6. return the pan to the heat for 2-3 minutes to heat through
7. season to taste with salt and pepper

serve with mashed potatoes or pasta

* you will also need a chicken stock cube or similar