

<b>Course Title:</b>		<b>Cook to Impress</b>					
<b>Course Code:</b>		G1204FGS	<b>Centre:</b>	Greenshaw	<b>Tutor:</b>	Susanne Iseli	
<b>Day:</b>	Mon	<b>Start Date:</b>	14/03/11	<b>Length:</b>	7 wks	<b>Time:</b>	19:15-21:15

### Course Content/Syllabus

This course will include the following dishes:

- Tomato and basil focaccia
- Asparagus or fennel soup
- Thai red or green chicken curry
- BBQ ideas
- Summer cocktails
- Sushi
- White chocolate and raspberry cheesecake
- Jams and chutneys
- Ready, steady, cook – creative cooking

#### 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:

Further cookery courses at SCOLA

---

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](mailto: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

---

## CHERRY TOMATO AND BASIL FOCACCIA

MAKES 1 LARGE FOCACCIA

clean hands, rings and watches removed  
rolling pin  
baking parchment  
your own baking tray from home (approx. 30 cm x 20cm or bigger)

$\frac{3}{4}$  x 7g sachets of fast action dried yeast (read the instruction to make sure it is the right amount)  
 $\frac{1}{2}$  tbsp honey  
just over 150 ml tepid water  
250g strong bread flour  
 $\frac{3}{4}$  tsp salt  
some extra flour for dusting  
150 g cherry tomatoes  
3 tbsp extra virgin olive oil  
some fresh basil, leaves picked  
salt and freshly ground black pepper



### YEAST DOUGH

1. dissolve the yeast and honey in the tepid water
2. in a large bowl thoroughly mix the flour and the salt, make a well in the centre and pour in all the dissolved yeast mixture
3. with a wooden spoon start mixing, make circular movements from the centre moving outwards, slowly bringing in more and more of the flour until all the liquid is soaked up (you should end up with a moist dough, add more water if necessary)
4. knead by rolling, pushing and folding for about 5-10 minutes or until the dough is smooth
5. make it into a roundish shape place it back into the bowl and cover with a plate and leave it to relax and prove in a warm, moist, draught free place until it has doubled in size (approx. 40 min)

### TOPPING

1. criss-cross the base of the tomatoes with a sharp knife and drop them into boiling water for 30 seconds
2. drain and cool them under cold water, then remove the skins, keeping them whole if possible
3. put the peeled tomatoes and the basil in a bowl and pour in about 3 tbsp of olive oil

### FINISHING THE FOCACCIA

1. preheat the oven to 220°C / Gas 7
2. take your proved dough and bash the air out, then put it on a floured surface and roll it out about 2.5cm / 1 inch thick
3. transfer the rolled dough to your lined baking tray and push the dough to fill the tray
4. pour over the olive oil, tomato and basil mixture
5. push your fingers to the bottom of the tray across the whole dough, using them like a poker, pushing them through the dough and then flattening them out when hitting the tin
6. leave to prove until it has doubled in size once more, then sprinkle with salt and pepper and carefully place in the preheated oven
7. cook for about 20 minutes, until the bread is crisp and golden on top and soft in the middle

Tip: be creative - instead of using cherry tomatoes and basil, use olives and rosemary or any other combination that appeals to you