

Course Title:		Simple & Tasty Dishes					
Course Code:		V3201FGS	Centre:	Carshalton Boys	Tutor:	Christine Pitman	
Day:	Wed	Start Date:	29/09/10	Length:	8 wks	Time:	19:00-21:00

Course Content/Syllabus

This course will include the following topics:

- Making Yeast Dough – to make pizzas in the next session
- Stocks and soups
- Short crust pastry to make savoury items such as quiches, and desserts such as apple pie
- Cakes and desserts, Victoria sponges, whisking and creaming and rubbing in technique – scones and crumbles
- Roux sauces, ie Broccoli and pasta bake, and lasagne/moussaka
- Meat preparation: cottage pie
- Poultry – chicken sweet and sour, or farmhouse chicken
- Fish preparation – Kedgerree or fish pie
- Vegetable and salad dishes plus dressings
- Menu planning and nutrition information
- Use of ovens and other equipment
- Use of ready made foods such as puff pastry to make mincemeat plait
- Seasonal cookery – making mincemeat for the festive season
- RECIPES CAN BE ADAPTED TO SUIT DIETARY REQUIREMENTS.

After completing the course, students should be able to:

- Use recipe books with confidence and make dishes that are simple yet tasty.
- Skills that will be developed include sauce making, chopping, sponge making and whisking, using yeast and pastry skills.

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)

- Cost of ingredients.

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

For your first session, please bring:

- Apron
- Notebook and pen

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:

Other cookery classes at SCOLA