

Course Title:		Easy Cookery & Entertaining					
Course Code:		V3206FGS	Centre:	Carshalton Boys	Tutor:	Christine Pitman	
Day:	Wed	Start Date:	16/03/11	Length:	8 wks	Time:	19:00-21:00

Course Content/Syllabus

The course will include the following topics:

- Stocks & soups, including Potage Crecy, minestone or vichyssoise
- Short crust pastry to make savoury items such as Stilton and Leek tarts, or Gruyere and Spinach or sweet dishes, ie French apple flan or tarte au citron
- Cakes and desserts – choux buns or roulade (whisking), baked lemon cheese cake with strawberry and orange compote. Brulee and crème caramel.
- Roux sauces and pates
- Meat preparation – Beef Wellington, Carbonade of Beef
- Poultry – Cordon bleu chicken
- Fish preparation – smoked haddock Florentine, crab cakes with lime and coriander dressing
- Vegetable dishes
- Menu planning and nutrition information
- Advance planning and use of the freezer and other equipment
- Using ready made foods such as pastry, ie Puff
- RECIPES CAN BE ADAPTED TO SUIT DIETARY REQUIREMENTS

After completing the course, students should be able to:

- use recipe books with confidence and to make dishes for easy entertaining using the skills developed during the course.

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, tea towel and dish cloth
- Ovenproof dish and ingredients (see list)
- Pencil and notebook

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