

Course details

Course title

Cooking on a budget for Under 1 Roof (Multiply Norfolk)

Course code

Q00015361

Course date

Start: 13/06/24

End: 20/06/24

Number of classes

2 sessions

Timetable

Thu 13th Jun, 13:00 to 15:30

Thu 20th Jun, 13:00 to 15:30

Tutor

Laura Howsen

Fee:

Free

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Under1Roof (Norwich)
100-102 Westwick Street
Norwich
NR2 4SZ

Level of study

Beginners

Course overview

Join us to learn how to make delicious food on a budget. This course will show you how to cook using basic ingredients at less than half the cost of shop bought produce. There are two parts to this course, a lunch menu and a 'make, bake and take' dish for you to take away with you. The lunch menu guides you through measuring and adjusting ingredients to cater for the volume of people you need to feed and also compares the cost to that of Ready Made, shop bought dishes. This course also gives you an opportunity to taste the difference between shop bought and freshly made produce. This course is free to anyone in Norfolk who is 19+ and hasn't achieved a grade C (equivalent) in Maths.

Course description

Food is a great tool to bring people together, and the act of preparing it—be it cooking or baking—is an art form that many wish to master. Yet, entering the kitchen isn't always as intuitive as one might expect. While it's a space brimming with potential, it's also a domain where skill, knowledge, and passion intersect.

Our course is designed for beginners and those looking to explore culinary techniques. From understanding the foundational differences between cooking and baking to understanding the art of meal planning, this course introduces you to the beginnings of your cooking journey.

We look at familiarising yourself with essential tools and gadgets. From the simple chef's knife to specialised bakeware, we'll explore the instruments that make a kitchen functional. Decode the culinary lingo. Terms like 'braise', 'sauté', or 'julienne' will no longer be a mystery.

Grasp the language of baking. Understand what it truly means to 'fold', 'cream', or 'proof' in the baking context.

Appreciate the role of fresh produce and ingredients. Learn to select, store, and utilise them to maximise flavours.

The sessions will be varied, with both sweet and savoury dishes, and you can ask any questions as we go along. All the recipes and what you need will be put in Canvas, our virtual learning classroom.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

Source URL: <https://www.wea.org.uk/courses/skills-life/cookery/13-june-cooking-budget-under-1-roof-multiply-norfolk>