

## Course details

### Course title

Cooking on a Budget (Multiply West Sussex)

### Course code

Q00015979

### Course date

Start: 24/07/24

End: 24/07/24

### Number of classes

1 sessions

### Timetable

Tue 23rd Jul, 17:30 to 19:30

### Tutor

Catherine Wilcock

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

Beginners

## **Course overview**

\*Please note that this is a course exclusively for residents living in a West Sussex postcode area - please do not apply if you do not live in West Sussex. Thanks for your understanding.\* We will be cooking together in real time, making a variety of dishes, with advice and ideas on how to change the quantities to suit the number of people you are cooking for. We will look at ways of cooking and baking for one or two, or enough for a party. We shall be measuring ingredients and there will be time to find out about all the different ways measurements are written in recipes, so you can cook with confidence. Recipes will be put on Canvas before the course begins, so you can go shopping if you are going to cook along with me. All questions are welcome during the session, novice cooks are welcome along with those who have more experience and we will share ideas. Outcome: Double and halve the quantities in a recipe using metric and imperial measures while cooking a variety of dishes.

## **Course description**

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Join Catherine Wilcock for a culinary adventure where we'll cook together in real time, exploring the art of recipe adaptation and mastering the intricacies of ingredient measurement. Whether you're cooking for one, two, or a crowd, this course will empower you with the skills and confidence to adjust quantities and create delectable dishes tailored to any occasion.

In our interactive sessions, we'll dive into a diverse array of recipes, from savory mains to irresistible desserts, discovering practical tips and techniques for scaling ingredients to suit your needs. Learn how to navigate between metric and imperial measures with ease, demystifying the various ways measurements are written in recipes.

Before each session, access a treasure trove of recipes on Canvas, allowing you to prepare and shop for ingredients in advance if you choose to cook along. Novice cooks and seasoned chefs alike are welcome, as we foster a supportive environment where questions are encouraged, and ideas are shared.

Outcome:

By the course's end, you'll possess the invaluable skill of doubling and halving recipe quantities using both metric and imperial measures, enabling you to confidently whip up delicious dishes for any gathering, big or small.

## **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.

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