

Course details

Course title

Cooking Practical: Slow Cooking for beginners

Course code

Q00014424

Course date

Start: 08/05/24

End: 22/05/24

Number of classes

3 sessions

Timetable

Wed 8th May, 13:30 to 15:00

Wed 15th May, 13:30 to 15:00

Wed 22nd May, 13:30 to 15:00

Tutor

Victoria Hendzel

Fee range

Free to £18.90

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

Coopers Court
Church Street
Charlton Kings
Cheltenham
South West
GL53 8AP

Level of study

Beginners

Course overview

Do you enjoy cooking wholesome meals? A slow cooker workshop is an opportunity to get the community together to have a chat, share some food and talk about great recipes! As you use the slow cooker, you can highlight the benefits of slow cooking as a way to save energy at home, as well as how it encourages use of fresh produce. Our tutor will guide you on how to prep and cook your own meals to enjoy at home, as well as giving you lots of recipe ideas and healthy tips.

Course description

Guided by our experienced tutor and in the company of like-minded people who love food, you will learn how to:

- *Prepare a low-cost hearty meal while learning basic food and hygiene.
- * Cut and prepare vegetables safely.
- * Handle and prepare meat safely
- *Examine safe cooking temperatures.
- *Evaluate and score food that you and others have cooked.
- *Understand about foods that are good for your heart and your well-being.

Each session we will Cook a low-cost hearty meal while learning basic food and hygiene. Discover the art of crafting dishes that not only tantalize the taste buds but also promote well-being. As you master the recipes, you'll also gain valuable culinary skills, enhancing your employability in the ever-growing food industry. Join us to savour the taste of wellness and prosperity on a plate!

It is a chance to share cooking ideas, learn new things and chat with like minded people in a friendly atmosphere. A fun but practical cooking course without hundreds of expensive ingredients needed to cook!

Cooking tools are provided but bring an apron if you have one.

Make 2024 the year you eat better and save money

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 alternative financial help to access them then let us know.

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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