



## Course details

### Course title

Cooking Practical: One Pot Meals

### Course code

Q00025382

### Course date

Start: 25/06/26

End: 30/07/26

### Number of classes

7 sessions

### Timetable

Thu 25th Jun, 9:30 to 12:30

Thu 2nd Jul, 9:30 to 12:30

Thu 9th Jul, 9:30 to 12:30

Thu 16th Jul, 9:30 to 12:30

Thu 23rd Jul, 9:30 to 12:30

Thu 30th Jul, 9:30 to 12:30

Thu 30th Jul, 12:30 to 15:30

### Tutor

Tracey Sweetman

### Fee range

Funding available - £168.00

### 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**

Clovelly Centre (Southampton)  
60-68 Clovelly Road  
Southampton  
SO14 0AU

## **Level of study**

Beginners

## **Course overview**

This course introduces learners to the art and efficiency of creating delicious, balanced, and satisfying meals using just one pot. Focusing on simplicity, flavour, and nutrition, students will explore a range of cooking methods and cuisines that emphasize minimal cleanup without compromising on quality or taste. Throughout the course, participants will learn how to plan, prepare, and cook a variety of one-pot dishes including soups, stews, casseroles, curries, stir-fries, and skillet meals. Emphasis will be placed on ingredient selection, layering of flavours, timing, and presentation techniques. Learners will also gain insights into adapting recipes for dietary preferences, budget-friendly cooking, and maximizing seasonal produce. By the end of this course, students will be able to confidently create wholesome and flavourful one-pot meals suitable for home, hospitality, or catering settings.

## **Course description**

This course is designed to equip learners with the practical skills and creative confidence to prepare a wide variety of delicious, nutritious, and time-efficient one-pot meals. Combining fundamental cookery techniques with modern meal-planning strategies, the course focuses on simplicity, flavour development, and minimal cleanup — ideal for both home cooks and those working in the hospitality industry.

Students will explore diverse global cuisines and learn how to prepare dishes such as hearty stews, fragrant curries, slow-cooked casseroles, risottos, and skillet-based meals. Each lesson emphasises balanced nutrition, effective ingredient selection, and methods for layering and enhancing flavours in a single cooking vessel. Learners will also develop essential kitchen skills, including knife handling, food safety, and portion control, while discovering how to adapt recipes to suit different dietary needs and seasonal produce.

By the end of the course, participants will have a solid understanding of how to create wholesome, cost-effective, and visually appealing one-pot dishes suitable for everyday meals or professional catering environments. This hands-on and engaging course is perfect for anyone seeking to streamline their cooking process while producing impressive, flavour-packed results.

Learners will have the opportunity to:-

Demonstrate proper preparation and cooking techniques for one-pot meals.

Identify suitable ingredients and flavour combinations for balanced dishes

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/cookery/25-june-cooking-practical-one-pot-meals>