



## Confident Cookery

Learn how to confidently plan and make freshly cooked meals that will save you money, waste less food and give you a healthier diet.

Course Code: UXPKHK01

Start Date: Tue 12 November 2019

Weeks: 6

Time: 15:00 - 17:30

Fee: £24 \*

## Overview

Week 1 - Learn the principles of better meal planning, basic knife skills and make a healthy nourishing soup

Week 2 - Discover how to make different things using minced beef

Week 3 - Is all about sweet treats, freshly made biscuits and chocolate brownie

Week 4 - One-pot cookery is the theme where a freshly made meal is made using one pot which will get you out of the kitchen sink much quicker

Week 5 - Learning how to dissect a chicken down into smaller portions that can be used in different dishes including fresh stock

Week 6 - Make fresh bread and bread rolls

## Equipment Info

Bring your apron and suitable containers to take your dishes home.

\* Fee remission available on this course