



## Course Information 2018/19

# VEGAN COOKERY

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| <b>Start Date</b>  | 31 <sup>st</sup> January 2019   |
| <b>Time</b>  | 7.00pm-9.30pm   |
| <b>Day of week</b>   | Thursday  |
| <b>Number of Weeks</b>   | 5   |
| <b>Venue</b>   | ELY COLLEGE   |
| <b>Course Fee</b>  | £57.50 <b>Concessionary Fee:</b> £42.50<br>Fees are payable by cash in person or cheque payable to Ely College  |
| <b>Course Level</b>  | Mixed ability   |
| <b>Additional Course Cost (e.g. visits, materials, books, assessment fee, equipment)</b> | Students will have to purchase the ingredients locally.   |
| <b>Any skills or qualifications needed for entry to the class</b>                        | You will require an enthusiasm for cooking.   |
| <b>Materials required for first class</b>  | Recipes and ingredient list will be emailed or given to the students when they register. Most ingredients will be available in the local supermarkets.<br>You need to bring:<br><ol style="list-style-type: none"><li>1. Tupperware or empty ice cream containers to carry the food home.</li><li>2. An Apron, a dishcloth and Kitchen roll</li><li>3. Some cleaning stuff like a sponge and washing up liquid to ensure your cooking area and used utensils are left clean after the lesson</li></ol> Old newspapers and plastic bag to dispose of rubbish (we hope to clean as we go!). |

### Course description - Including aims & objectives:

1. The aim of this course is to give you an introduction to vegan cookery.
2. Cooking together with other vegans will be fun as well as rewarding.
3. Learn how to blend and combine spices and herbs to produce amazing food using simple everyday ingredients.
4. Learn how to adapt vegetarian recipes to make them vegan!
5. By the end of the course, you will be able to make healthy vegan meals by using locally sourced ingredients.

Examples of dishes you will be making are:

1. Eggless pancakes and spicy sprouted mung bean salad

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| <ol style="list-style-type: none"> <li>2. Tofu and mixed vegetable curry with rice or a tofu stir fry with noodles.</li> <li>3. Homemade falafels and salad in a wrap or pitta and a guacamole dip</li> <li>4. Wild rice pilau and an aubergine dip</li> <li>5. Spinach, sweet potato and lentil dhal with saffron rice</li> <li>6. Sweet potato and white kidney bean chili and plain rice</li> </ol>   |
| <p><b>How Progress &amp; Success will be recorded:</b></p> <p>Students will be encouraged to:</p> <ol style="list-style-type: none"> <li>1. Complete an individual tracker form to monitor their learning goals throughout the course.</li> <li>2. Learn how to garnish and serve the dish.</li> <li>3. Photograph the dish they have cooked.</li> <li>4. Taste their food and learn which dishes it can be served with.</li> <li>5. Take part in group discussions at each lesson.</li> </ol> |
| <p><b>Learning outcomes: Teaching and learning methods used:</b></p> <ol style="list-style-type: none"> <li>1. You will learn to cook vegan food using herbs and spices.</li> <li>2. You will gain confidence with basic cooking techniques and methods.</li> <li>3. Detailed and easy to follow recipes will be provided and each step will be explained.</li> <li>4. The lessons will be a "hands-on" approach with plenty of opportunity to ask questions</li> </ol>                        |
| <p><b>Any further next steps</b></p> <p>Students who wish to take Advanced Cookery Classes will be encouraged to do so.</p>  |

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| <b>What else will you need to do</b>                    | We ask all students to complete an enrolment form which asks for details required by the Education & Skills Funding Agency & the County Council and is a requirement of entry to the course. We ask for full payment prior to the course beginning. Please note refunds can only be made if a class is cancelled or closed. |
| <b>What else do we ask of you</b>                       | Please can you let us know if you have any attendance problems <b>and if you are not able to attend the class</b> (contact details below). We like to know if you have a problem.   |
| <b>How do we know if you are happy with your course</b> | We will ask you to complete a course evaluation, giving us your feedback on the course, tutor & college. You are always welcome to feedback directly to us at any time during your course to help us improve our services & courses.  |

*Some of our courses are subsidised by the Education and Skills Funding Agency (ESFA) and part financed by the 2014-20 European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>*

*How we use your data*  
<https://www.gov.uk/government/publications/esfa-privacy-notice>

*Safeguarding: Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.*

**Equality and Diversity**  
*We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+. We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.*

*Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of adult learning opportunities across Cambridgeshire. Search our website [www.cambsals.co.uk](http://www.cambsals.co.uk) for more information. We also deliver specific courses for adults with learning difficulties and disabilities. For more information about these specific courses please call 01223 703530*

*National Careers Service (NCS)*

*Careers advice is available to all learners. The National Careers Service provides free information and advice on all aspects of learning, skills development and employment. Help is provided in a way that suits you, online, face to face or by telephone. Go to [www.cambsals.co.uk](http://www.cambsals.co.uk) and click on 'I need some advice' for more information or call our booking line on 0845 603 1059*

**Please contact us for further information**

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