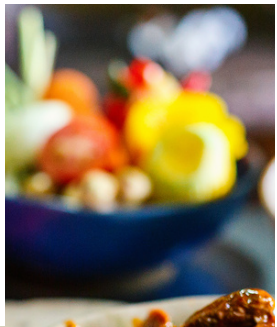




the
**ROUND
TABLE**
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THE DUKE OF EDINBURGH'S AWARD
COOKERY COURSES



A Skill For Life

Our online cookery workshops offer young people the chance to learn core cookery skills while cooking interesting, colourful meals for their family in their home kitchen. Each week students tackle a new skill which they then apply to a choice of recipes, each with a pre-recorded cook along, giving them the freedom to build a tailored course that fits with their diet, taste and interests.





HOW IT WORKS

3 MONTH COURSE

- Follow any of our 3 month skills, savoury cooking or baking courses, We work with students to design the perfect course for them
- Weekly skills tutorials accompanied by pre-recorded real time cookalongs to follow at your pace at a time that works for you
- Freedom to build a course cooking recipes you like and will cook again
- Direct help and feedback from your tutor
- As an Approved Activity Provider your tutor will act as your assessor and complete all of the required paperwork (*provided that you submit evidence of your cooking to us)
- Flexible workshops and timescales suitable for students working towards achieving their Bronze, Silver or Gold DofE Award

6 OR 12 MONTH COURSE

- Extend your skills with our level 2 skills course or our 26 week savoury and baking courses or spend longer on your weekly skills with extra recipes
- Weekly skills tutorials accompanied by pre-recorded real time cookalongs to follow at your pace at a time that works for you
- Freedom to build a course cooking recipes you like and will cook again
- Direct help and feedback from your tutor
- As an Approved Activity Provider your tutor will act as your assessor and complete all of the required paperwork (*provided that you submit evidence of your cooking to us)
- Flexible workshops and timescales suitable for students working towards achieving their Bronze, Silver or Gold DofE Award





LEVEL 1 SKILLS

SKILL	RECIPE (CHOOSE ONE OF)
WK 1: KIFE SKILLS	QUESADILLAS, RAMEN, LOADED BRUSCETTA, VIETNAMESE SUMMER ROLLS
WK 2: CREAMED METHOD CAKES	CUPCAKES, SPONGE CAKE, LEMON DRIZZLE, APPLE CAKE, APRICOT & ALMOND CAKE
WK 3: SEASONING, FLAVOUR AND SIMPLE SAUCES	ALL THE PASTA SAUCES: TOMATO SAUCE, SAUSAGE OR VEGETABLE RAGU, ADD ANYTHING PESTO, SPICY PRAWN PASTA
WK 4: EGG COOKING	FRITTATA, POACHED OR FRIED EGGS WITH SMASHED AVOCADO, CHOCOLATE MOUSSE, MERINGUES
WK 5: OVENROASTING AND MARINADES	PERI PERI CHICKEN OR HALLOUMI, TIKKA AND FLATBREADS, ROASTED COD WITH TOMATO AND PEPPERS, TERIYAKI OR MISO SALMON, HARISSA CAULIFLOWER
WK 6: RUBBING IN	SCONES, CRUMBLE
WK 7: ADDING SPICE AND FLAVOUR	BEEF OR BLACK BEAN TACOS OR NACHOS, MEDITERRANEAN STEW, CREAMY CHICKEN OR VEGETABLE CURRY, QUICK PRAWN CURRY, CHICKEN OR TOFU TIKKA MASALA
WK 8: TRAYBAKES	BROWNIES, BLONDIES, FLAPJACK, APPLE OR BERRY OAT SLICE
WK 9: QUICK COOKING AND MARINADES	FAJITAS, GYROS, CHIPOTLE BURRITO BOWLS, SATAY, SOY AND GINGER GLAZED SALMON, STEAK & CHIPS
WK 10: CHEWY COOKIES	CHOCOLATE CHIP COOKIES, COOKIE DOUGH POTS, OATMEAL RAISIN COOKIES
WK 11: STIR FRY	ADD ANYTHING YOU LIKE STIR FRY, BEEF AND BROCCOLI STIR FRY, NOODLE BOWLS, YAKISOBA, SWEET AND SOUR STIR FRY
WK 12: ROUX BASED SAUCES & THICKENING	MAC N CHEESE, PASTA BAKE, CAULIFLOWER CHEESE, CHICKEN PIE, JAPANESE CURRY, SAUSAGE MASH & GRAVY
WK 13: COOKING WITH MINCE, BEANS AND LENTILS	CHILLI, BOLOGNESE, LASAGNE, SHEPHERD'S COTTAGE OR LENTIL PIE



LEVEL 2 SKILLS

SKILL	RECIPE (CHOOSE ONE OF)
WK 1: PATTIES, KOFTA & BURGERS	MEATBALLS & TOMATO SAUCE, BEEF OR VEGGIE BURGERS, FALAFEL WRAPS, SWEDISH MEATBALLS, KOFTA CURRY, MOROCCAN MEATBALLS
WK 2: MELTED METHOD & OIL BASED CAKES	CHOCOLATE CAKE, STICKY GINGER CAKE, BANANA BREAD, CARROT CAKE, STICKY TOFFEE PUDDING
WK 3: PIZZA & SIMPLE BREAD	HOMEMADE PIZZA, ONE RISE TEAR AND SHARE BREAD, ONE RISE FRUIT LOAF, SODA BREAD
WK 4: BREADING	KATSU CURRY, MILANESE, FISHCAKES/CHEESY POTATO CAKES, CHICKEN OR HALLOUMI BURGERS (PLAIN, CAJUN OR KOREAN)
WK 5: SIMPLE PUFF	SAUSAGE ROLLS, CHEESE STRAWS, QUICK FRUIT PUFF TARTS, SAVOURY PUFF TARTS
WK 6: CASSEROLES, STEWS & ONE POTS	CHICKEN OR VEGETABLE TAGINE, SAUSAGE CASSEROLE, BEEF STEW, CASSOULET, TUSCAN CHICKEN STEW
WK 7: SHORTBREAD & HARD BISCUITS	SHORTBREAD, LINZER BISCUITS / JAMMY DODGERS, GINGERBREAD
WK 8: PASTE BASED CURRIES	LAKSA, THAI GREEN CURRY, THAI RED CURRY, PENANG CURRY, SOUTHERN INDIAN COCONUT CURRY
WK 9: SHORTCRUST PASTRY	MINI SHORTCRUST TARTS, APPLE GALETTE, FRUIT PIE, QUICHE
WK 10: CREPES & BATTERS	CREPES, AMERICAN PANCAKES, CHOCOLATE FUDGE SUNDAES, NO CHURN ICE CREAM
WK 11: BREAKFAST BAKING	GRANOLA, SMOOTHIES, OATY APPLE CAKE, BLUEBERRY MUFFINS
WK 12: RICE BASED DISHES	RISOTTO, PAELLA, JAMBALAYA, PILAF
WK 13: SLOW COOKS & ROASTS	PULLED PORK, POT ROAST CHICKEN, SLOW ROAST LAMB WITH BOULANGERE POTATOES, LAMB & CHICKPEA CURRY, BEEF STEW AND DUMPLINGS, HARISSA ROAST LAMB AND CHICKPEAS,



SAVOURY WEEKS 1 - 13

SKILL	RECIPE (CHOOSE ONE OF)
WK 1: KIFE SKILLS	QUESADILLAS, RAMEN, LOADED BRUSCETTA, VIETNAMESE SUMMER ROLLS
WK 2: SEASONING, FLAVOUR AND SIMPLE SAUCES	ALL THE PASTA SAUCES: TOMATO SAUCE, SAUSAGE OR VEGETABLE RAGU, ADD ANYTHING PESTO, SPICY PRAWN PASTA
WK 3: EGG COOKING	FRITTATA, POACHED OR FRIED EGGS WITH SMASHED AVOCADO, CHOCOLATE MOUSSE, MERINGUES
WK 4: OVENROASTING AND MARINADES	PERI PERI CHICKEN OR HALLOUMI, TIKKA AND FLATBREADS, ROASTED COD WITH TOMATO AND PEPPERS, TERIYAKI OR MISO SALMON, HARISSA CAULIFLOWER
WK 5: ADDING SPICE AND FLAVOUR	BEEF OR BLACK BEAN TACOS OR NACHOS, MEDITERRANEAN STEW, CREAMY CHICKEN OR VEGETABLE CURRY, QUICK PRAWN CURRY, CHICKEN OR TOFU TIKKA MASALA
WK 6: QUICK COOKING AND MARINADES	FAJITAS, GYROS, CHIPOTLE BURRITO BOWLS, TACOS, SATAY, SOY AND GINGER GLAZED SALMON, STEAK & CHIPS
WK 7: STIR FRY	ADD ANYTHING YOU LIKE STIR FRY, BEEF AND BROCCOLI STIR FRY, NOODLE BOWLS, YAKISOBA, SWEET AND SOUR STIR FRY
WK 8: ROUX BASED SAUCES & THICKENING	MAC N CHEESE, PASTA BAKE, CAULIFLOWER CHEESE, CHICKEN PIE, JAPANESE CURRY, SAUSAGE MASH & GRAVY
WK 9: COOKING WITH MINCE, BEANS AND LENTILS	CHILLI, BOLOGNESE, LASAGNE, SHEPHERD'S COTTAGE OR LENTIL PIE
WK 10: PATTIES, KOFTA & BURGERS	MEATBALLS & TOMATO SAUCE, BEEF OR VEGGIE BURGERS, FALAFEL WRAPS, SWEDISH MEATBALLS, KOFTA CURRY, MOROCCAN MEATBALLS
WK 11: BREADING	KATSU CURRY, MILANESE, FISHCAKES/CHEESY POTATO CAKES, CHICKEN OR HALLOUMI BURGERS (PLAIN, CAJUN OR KOREAN)
WK 12: CASSEROLES, STEWS & ONE POTS	CHICKEN OR VEGETABLE TAGINE, SAUSAGE CASSEROLE, BEEF STEW, CASSOULET, TUSCAN CHICKEN STEW
WK 13: PIZZA & SIMPLE BREAD	HOMEMADE PIZZA, ONE RISE TEAR AND SHARE BREAD, ONE RISE FRUIT LOAF, SODA BREAD



SAVOURY WEEKS 14 -26

SKILL	RECIPE (CHOOSE ONE OF)
WK 14: RICE BASED DISHES	RISOTTO, PAELLA, JAMBALAYA, PILAF
WK 15: PASTE BASED CURRIES	LAKSA, THAI GREEN CURRY, THAI RED CURRY, PENANG CURRY, SOUTHERN INDIAN COCONUT CURRY
WK 16: PUFF PASTRY	SAUSAGE ROLLS, CHEESE STRAWS, CHICKEN PIE, EASY FRUIT PUFF TARTS, SAVOURY PUFF TARTS
WK 17: SLOW COOKS & ROASTS	PULLED PORK, POT ROAST CHICKEN, SLOW ROAST LAMB WITH BOULANGERE POTATOES, LAMB & CHICKPEA CURRY, BEEF STEW AND DUMPLINGS, HARISSA ROAST LAMB AND CHICKPEAS,
WK 18: FILO PASTRY	SAMOSAS, FILO PIES, SPANAKOPITA
WK 19: BATTERS & FRITTERS	FLUFFY BREAKFAST PANCAKES, CREPES, TOAD IN THE HOLE, COURGETTE FRITTERS, SWEETCORN FRITTERS AND SWEET CHILLI SAUCE
WK 20: BREAKFASTS	OATY APPLE CAKE, AMERICAN PANCAKES, HOMEMADE GRANOLA, BANANA BREAD, BLUEBERRY MUFFINS, SMOOTHIES, APPLE OR BERRY OAT SLICE, FRIED OR POACHED EGGS WITH SMASHED AVOCADO
WK 21: EMULSION SAUCES	MAYONNAISE (POTATO SALAD), HOLLANDAISE (EGGS BENEDICT, EGGS FLORENTINE, SALMON & NEW POTATOES), BÉARNAISE (STEAK & CHIPS)
WK 22: PIES AND TARTS	ADD ANYTHING QUICHE, CHICKEN OR VEGETABLE PIE, TOMATO TART
WK 23: PAN SAUCES	CHICKEN OR CAULIFLOWER PICCATA, PORK CHOPS WITH APPLES AND CIDER, STEAK WITH PEPPERCORN SAUCE, SOLE MEUNIERE
WK 24: STEAMING & POACHING	THAI FISH IN A PARCEL, SALMON IN A PARCEL, POACHED CHICKEN SALAD
WK 25: SUSHI & POKE BOWLS	SUSHI, POKE BOWLS
WK 26: DUMPLINGS & BUNS	GYOZA, GAO BAO



BAKING WEEKS 1 - 13

SKILL	RECIPE (CHOOSE ONE OF)
WK 1: CREAMED METHOD CAKES	CUPCAKES, SPONGE CAKE, LEMON DRIZZLE, APPLE CAKE, APRICOT & ALMOND CAKE
WK 2: MERINGUES & MOUSSES	CHOCOLATE MOUSSE, MERINGUES, FLOURLESS CHOCOLATE TORTE, GOOEY CHOCOLATE PUDDING
WK 3: SIMPLE PUFF	SAUSAGE ROLLS, CHEESE STRAWS, QUICK FRUIT PUFF TARTS, SAVOURY PUFF TARTS
WK 4: RUBBING IN	SCONES, CRUMBLE
WK 5: MELTED METHOD & OIL BASED CAKES	CHOCOLATE CAKE, STICKY GINGER CAKE, BANANA BREAD, CARROT CAKE, STICKY TOFFEE PUDDING
WK 6: SHORTBREAD & HARD BISCUITS	SHORTBREAD, LINZER BISCUITS / JAMMY DODGERS, GINGERBREAD
WK 7: CHEWY COOKIES	CHOCOLATE CHIP COOKIES, COOKIE DOUGH POTS, OATMEAL RAISIN COOKIES
WK 8: TRAYBAKES	BROWNIES, BLONDIES, FLAPJACK, APPLE OR BERRY OAT SLICE
WK 9: SIMPLE BREAD	PIZZA, FLATBREADS, ONE RISE TEAR AND SHARE BREAD, ONE RISE FRUIT LOAF, SODA BREAD
WK 10: BATTERS & SUNDAES	CREPES, AMERICAN PANCAKES, CHOCOLATE FUDGE SUNDAES, NO CHURN ICE CREAM
WK 11: SHORTCRUST PASTRY	MINI SHORTCRUST TARTS, APPLE GALETTE, FRUIT PIE, QUICHE
WK 12: SETTING & LAYERED DESSERTS	CHOCOLATE POTS, FRUIT FOOLS, TIRAMISU, BAKED CHEESECAKE, KEYLIME PIE, PANNA COTTA
WK 13: SWEET PASTRY	LEMON TART, CLASSIC FRUIT TART, CHOCOLATE TART, BAKEWELL TART, FRANGIPANE TART



BAKING WEEKS 14 -26

SKILL	RECIPE (CHOOSE ONE OF)
WK 14: CUSTARDS & ICE CREAM	CUSTARD, CREME BRULEE, CREME PATISSIERE, CUSTARD TART, VANILLA OR CHOCOLATE ICE CREAM (YOU WILL NEED AN ICE CREAM MAKER TO MAKE ICE CREAM)
WK 15: WHISKED SPONGE	SWISS ROLL, STRAWBERRY LAYER CAKE, CHOCOALTE YULE LOG
WK 16: ENRICHED BREAD	HOT CROSS BUNS, BURGER BUNS, CINNAMON OR CHOCOLATE BUNS
WK 17: FILO PASTRY	SAMOSAS, FILO PIES, FRUIT STRUEDEL
WK 18: BREAKFAST BAKING	GRANOLA, SMOOTHIES, OATY APPLE CAKE, BLUEBERRY MUFFINS
WK 19: CHOUX PASTRY	PROFITEROLES, ECLAIRS, GOUGERES
WK 20: ICED BISCUITS	ROYAL ICING AND ICED BISCUITS
WK 21: CAKE DECORATING - CUPCAKES	BUTTERCREAM, PIPING, FONDANT ROSES
WK 22: CAKE DECORATING - CELEBRATION CAKES	FONDANT COVERED CAKES, BUTTERCREAM ICED CAKES
WK 23: SOUFFLES *ADVANCED WORKSHOP	CHOCOLATE SOUFFLE, ORANGE SOUFFLE
WK 24: MACARONS *ADVANCED WORKSHOP	MACARON SHELLS AND GANACHE
WK 25: PUFF *ADVANCED WORKSHOP	ROUGH PUFF PASTRY, HOMEMADE PUFF PASTRY
WK 26: SPECIALITY BREADS *ADVANCED WORKSHOP	BRIOCHE, PANETTONE, BAGELS