

Hungry Students Survival Guide

Garioch Community Kitchen is offering an intensive hands on 2-day REHIS accredited cooking course aimed at students who are leaving home and having to cook for themselves, the course covers the following: -

- Essential cooking skills
- How to read and adapt recipes
- Menu Planning, shopping and storing foods
- Budgeting and bulk cooking to save time, money & reduce waste
- Hygiene and kitchen safety – avoiding food poisoning!!!
- Healthy eating

Course Outline

Delivered over two days, four hours per session.

The course will be a mixture of informal lessons covering healthy eating, food hygiene, budgeting or meal planning and hands on cooking in our fully equipped teaching kitchen.

Each student will prepare and cook 3 dishes per session, including one dish to be eaten for lunch each day.

Sample Cooking Programme

Menu can be changed to suit the wishes, tastes and ability of students

Session 1 – Soup and Knife Skills
Chicken Curry with Rice
Omelettes for lunch during the session
Session 2 – Cooking with Mince
Stir-fry with Noodles
Quesadillas for lunch during the session