

Adult Learning - Course Information Sheet



AUNP02 - Indian Cookery For Beginners

Delapre Community Rooms

Delapre Community Rooms
Alton Street
Northampton

NN4 8EN

Room Delapre Community Rooms

Start Date: 22 September 2026
End Date: 01 December 2026
Start Time: 7:00PM
End Time: 9:00PM
Day: Tuesday
Sessions: 10
Tutor: Mrs Rashmita Shah

What will I learn?

Throughout this 10 week course, you will learn to identify and use a range of Indian spices and learn the process of vaghar; using different spices and methods to produce tasty curry and learn how to prepare a variety of dishes. By the end of the course, you will be able to use these transferable skills to create your own curry and also be able to list dishes to put an Indian banquet together.

What will I need to take part?

Please bring an apron, dish cloth, tea towel, paper towel, washing up liquid, pen and paper, suitable containers to transport the cooked dishes. Ingredients as specified on the recipes, utensils as specified on the recipes. Some equipment is available at the venue. You will be required to purchase your own ingredients each week; this will be in addition to your course fees (your tutor will advise each week the ingredients required).

What to expect

Weekly sessions will be taught by lecturing, demonstration of key skills, group discussion, individual practice and supervision. You need to enjoy cooking and have a willingness to try new tastes. Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

Where can it lead to?

This Indian cookery course can not only increase enjoyment and cooking skills for the home setting but provides the basic skills to continue into further vocational courses. You may also wish to try our one -day workshops to learn a national dish from a variety of different countries, such as Balti, Moroccan, Italian and Oriental Cooking. You tutor will also be able to advise further learning opportunities for progression.

Course eligibility and fees

This course is for adult residents of Northamptonshire aged 19+. Fees are payable on enrolment as published on the booking page. If you are in receipt of certain benefits, in employment and earning a low salary, you could be eligible for reduced fees. If you are not sure what support you are entitled to, please phone our office between 10-4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

