

Adult Learning - Course Information Sheet



AUNP28 - Introduction To Oriental Cooking

Delapre Community Rooms

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Alton Street

Northampton

NN4 8EN

Room Delapre Community Rooms

Start Date: 12 September 2026

End Date: 12 September 2026

Start Time: 10:00AM

End Time: 2:00PM

Day: Saturday

Sessions: 1

Tutor: Mrs Rashmita Shah

What will I learn?

Explore the traditional flavours, ingredients and cooking techniques of this nation's tradition (specific to the theme of the workshop). This is a fun and practical hands-on workshop, where you will learn how to prepare and cook a selection of dishes inspired by the workshop theme, develop practical cooking skills, including safe food preparation and kitchen techniques, discover traditional ingredients, herbs and spices and local techniques used in different cuisines, learn tips for creating authentic flavours and build confidence in following recipes you can recreate at home for friends and family.

What will I need to take part?

Please bring the following with you to the course; apron, dish cloth, tea towel, paper towel, a container to take food home in, washing up liquid, pen and paper. A list of ingredients and any specific equipment to bring will be emailed to learners ahead of the session. Please let us know in advance if you have any food allergies, intolerances or dietary requirements, as we may not be able to accommodate all needs for every workshop.

What to expect

Guided by an experienced tutor, you will follow demonstration and use traditional techniques to prepare a variety of dishes. By the end of the session, you can hope to serve up a meal in this nation's tradition. The course will be a live, face to face class, including demonstrations of key skills, group discussion, individual practise and supervision.

Tutors use Google Classroom to help make course resources available both during and after this session. 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?

Your cooking session will whet your appetite for more cooking with local traditions and encourage you to be creative and adventurous with your cooking. After completing this workshop you may wish to attend further themed cookery workshops with adult learning to explore cuisines from around the world, develop your confidence to cook a wider variety of meals at home, progress to more advanced or specialist cookery courses, share your new skills with family and friends and experiment with your own recipes. Your tutor will also be able to advise how to take your learning further.

Course eligibility and fees

This session 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/>

