



Taste of Mexico

Tutor Name:

Amanda Hoskins

Day & Date

Monday

15 January 2018

Timings

7.15pm - 9.15pm

Price:

£12

Number of Weeks

1

Target Group

all

Skills and qualifications needed:

none

Any further steps

see website for more details

Teaching & learning methods used:

Demonstration and 1:1 tuition

Course Details

This course is aimed at anybody who wants to try their hand at making traditional Mexican food. Learners will acquire the skills and knowledge to make homemade tortillas for chicken burritos and all the trimmings!

Amanda Hoskins has worked as an adult cooking tutor for local colleges since 2013. She also runs her own private cooking courses "Cook With Amanda", and is an approved demonstrator for the Women's Institute. Amanda brings a fun and relaxed atmosphere to her varied course portfolio which suits all abilities and tastes

How progress and success will be recorded:

Teacher observation and photographic evidence

Materials required for first week:

Additional Costs and Materials/equipment required for first class:

Recipe serves 4

Flour Tortillas:

400g self raising flour plus extra for kneading

1/2 tsp salt

3 tbsp extra virgin olive oil

Chicken Burritos:

4 Chicken breasts sliced

4 tbsp olive oil

8 cloves of garlic crushed

1 tsp ground cumin

Jar ground ancho chilli powder (available Tesco's etc)

1/4 cayenne pepper

4 tbsp white wine vinegar

2 tsp dried oregano

1 tsp sugar

2 tsp salt

Spicy beans:

500g tin kidney beans (drained)

1/4 tsp ground cumin

1/4 tsp chilli powder

5 tbsp tomato puree

275ml vegetable stock

1 tbsp fresh lime juice

Guacamole:

4 ripe avocados



4 tbsp fresh coriander chopped
½ red onion finely chopped
1 green chilli finely chopped

Salsa:

6 tomatoes diced
4 tbsp chopped coriander
½ red onion finely chopped
2 tbsp fresh lime juice
1 green chilli finely chopped

When you come to eat this delicious meal you'll want grated cheddar cheese, sour cream and shredded lettuce to put inside your burritos.

TO IMPROVE ON YOUR COOKING EXPERIENCE IT IS SUGGESTED YOU WASH YOUR INGREDIENTS, JUICE THE LIMES AND CHOP THE VEGETABLES/HERBS/CHICKEN AT HOME.

Equipment:

1 medium sized non stick frying pan (size of a dinner plate)
Apron
Dishcloth
Tea Towel
Oven gloves
Sharp knife
4 containers for transport plus foil

Additional Costs:

Ingredients and some equipment needs to be brought by learner



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Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. 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 positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

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