



Caribbean Cooking

Tutor Name:

Amanda Hoskins

Day & Date

Monday

18 June 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

Single Cooking course. This course is aimed at those wishing to learn how to cook Caribbean style. During this course you will learn about Caribbean food and how to make Jerk chicken and some traditional accompaniments rice and beans with a pineapple salsa.

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:

Personal tracker and photographic evidence

Materials required for first week:

Equipment Learners need to bring:

Sharp knife

Apron

Dish cloth

Tea towel

Oven gloves

Foil

2 large heat proof containers and 1 plastic box with lid to hold salsa

Ingredients:

Jerk Chicken

2 teaspoons allspice

2 tablespoons brown sugar

½ teaspoon cumin

¼ teaspoon cloves

¼ teaspoon cinnamon

1 teaspoon salt

½ teaspoon freshly ground black pepper

⅛ teaspoon cayenne pepper

1 tablespoon vegetable oil

4 boneless skinless chicken breasts

2 Limes

Rice





Sawston
Adult
Education

Course Information Sheet

360 ml coconut milk
200g long grain rice
2 spring onion
2 thyme sprigs
1 habanero chilli
200g drained canned red kidney beans, rinsed
Salsa
½ fresh pineapple, finely diced
2 tbsp lime juice
1 tbsp brown sugar
long red chilli, finely chopped
Fresh coriander

Additional Costs:

Learners are required to bring their own ingredients and some equipment

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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