

HOUSEKEEPERS BEGINNERS COURSE

This synopsis gives a basic overview of what takes place each lesson. Please phone or email for more detailed info. Lessons can be tailor-made to suit dietary or religious requirements. Good hygiene practice for food preparation is also covered in the Housekeepers course.

LESSON 1

Metrication and correct measuring techniques. Baking of wholewheat bread using yeast. Baking scones and muffins. Making omelettes. General rules in the kitchen.

LESSON 2

Preparation of vegetables plus accompanying sauces. Vegetable stir-fry is demonstrated. Students make a cream of vegetable soup and a vegetable pasta bake (cheese sauce included)

LESSON 3

Cooking methods applied to red meat. Different meat cuts and cooking techniques are discussed and demonstrated. Students prepare a delicious stew, curry or casserole with savoury rice.

LESSON 4

Students learn the preparation and versatility of mince. Students prepare a delicious lasagne. Perfect homemade hamburgers / meatballs are demonstrated.

LESSON 5

Students prepare a chicken pie or chicken casserole. Roast chicken with stuffing and roast potatoes are demonstrated, as well as the correct cooking methods for filleted chicken breasts used in a citrus chicken salad.

LESSON 6

This lesson covers the techniques and cooking methods applied to fish. Each student prepares a fish bake. Perfect grilled fish is demonstrated as well as fishcakes

LESSON 7

Dessert lesson. Students make 1 dessert and also bake a cake

LESSON 8

Students prepare a quiche and learn the variations. Pizzas and focaccia are demonstrated. Salads are discussed.