

# Community Kitchen

Short courses



Guernsey  
College  
of further  
education



### Preparing for Christmas

Do you love entertaining at Christmas but hate the hassle? Then this is the perfect class for you! We'll teach you how to make some traditional and simple dishes that look stunning without ever breaking a sweat in the kitchen. Entertain your family and guests with some delicious starters and nibbles and then serve them your own juicy, boned and rolled turkey. Produce delicious stuffings and sauce accompaniments. Produce your own family Christmas pudding, make mincemeat for those mouth-watering pies made with delicious pastry. Prepare lovely creamy Christmas ice-cream made with Guernsey products.

**Course code:** HC10E2  
**Duration:** 4 weeks, 6.00pm - 9.00pm  
 Monday 12 November 2018  
 to Monday 3 December 2018  
**Fee:** £100

Approximate ingredient costs are £15 for each session



### Cook your way to a healthier lifestyle

This is the time of year when we all need to be cutting back on our food and loosening our belts - literally. Try our new course on healthier eating, designed to make you feel and look better and to encourage a new lifestyle for you and all the family by cooking these delicious, and nutritious dishes. Our dishes will be focusing on fewer carbohydrates but incorporating more complex carbohydrates to encourage weight loss and a new way of eating. Learn how to use more vegetables, lentils, pulses and quinoa in your diet without noticing. Eat your way to a new you.

**Course code:** HC10E3  
**Duration:** 4 weeks, 6.00pm - 9.00pm  
 Monday 14 January 2019 to  
 Monday 4 February 2019  
**Fee:** £100

Approximate ingredient costs are £10-12 for each session



### Cook your way around the Mediterranean

Do you fancy yourself near a beach on the Costa del Sol, tucking into a delicious bowl of paella? Or coasting on a yacht off the coast of Italy eating your own pasta dishes, or savouring galaktoboureko after dinner in Greece? Well this is the cooking cruise for you. Dishes from Italy, Spain, Greece, Turkey and Portugal, all waiting for you to discover.

**Course code:** HC10E4  
**Duration:** 5 weeks, 6.00pm - 9.00pm  
 Monday 25 February 2019  
 to Monday 25 March 2019  
**Fee:** £125

Approximate ingredient costs are £15 for each session



### Bake and decorate a naked cake

A simple two-week cake course, showing you and explaining how to produce a perfect naked cake. You will be shown how to decorate it with simple styles and produce a perfect replica of a naked wedding cake

**Course code:** HC10E5  
**Duration:** 2 weeks 6.00pm - 9.00pm  
 Monday 1 April 2019 to  
 Monday 8 April 2019  
**Fee:** £50

**Course code:** HC10E6  
**Duration:** 2 weeks 10.30am - 1.30pm  
 Friday 26 April 2019 to  
 Friday 3 May 2019  
**Fee:** £50

Approximate ingredient costs are £10 for each session



### Turn up the heat on the BBQ

The sun is shining, the nights are warmer and the days longer. That can only mean one thing: BBQ. What better way to wave goodbye to the cold weather than cooking up a storm on the barbeque – tasty and nutritious burgers, fish, marinades and desserts. Bring on that sun.

**Course code:** HC10E8  
**Duration:** 4 weeks, 6.00pm - 9.00pm  
Tuesday 30 April to  
Tuesday 21 May 2019  
**Fee:** £100  
Approximate ingredient costs are £15 for each session



### Something fishy

Love eating fish but find that your cooking skills are lacking? Well then you are in luck – this course is perfect for you. This fun and hands-on fish class provides a fantastic selection of skills and recipes. You will learn about filleting, cooking and presenting fish and seafood. You will never have to worry about cooking fish again.

**Course code:** HC10E7  
**Duration:** 4 weeks 6.00pm -  
9.00pm Monday 3 June  
2019 to  
Monday 24 June 2019  
**Fee:** £100  
Approximate ingredient costs are £15 for each session



### Please note:

- All courses will be held at Coutanchez Campus in the Future Chefs Restaurant.
- Course cost does not include raw ingredients, however kitchen basics will be supplied. Students can either bring their own ingredients with them or College can provide at cost.
- You will be able to take home any food prepared during the courses.

For more details or how to apply, please contact:

**Julie Hyde**

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## Guernsey College of Further Education

**Chairman** Julian Winser


**Principal** Louise Misselke RGN, BSc, MSc, Cert Ed.


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*NB: Course information correct at time of print.*

*Courses offered may be subject to change and will run subject to minimum numbers.*

● October 2018