

# Adult Education Course Information

IMPINGTON VILLAGE COLLEGE

**Course Title:** Indian Cookery

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## Course Description:

This course is suitable for all levels. The course will include an introduction to Indian cookery and Indian food. You will learn about different Indian dishes which you will be cooking along with me. You will also learn about the background of the recipe; its origins as well as the spices and herbs used. You will also learn about the Indian style of cooking and serving food.

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<b>Start Date:</b>	Monday 4 March 2024
<b>Date &amp; Time:</b>	Monday
<b>Venue:</b>	Impington Village College, New Road, CB24 9LX

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## Tutor Details:

Mina Joshi has been teaching Indian cookery to adults since 2014 at local colleges as well as in one to one classes. She specialises in quick and healthy authentic Indian meals with locally sourced ingredients. She believes that nothing beats home cooking, and it is her aim to make everyone enjoy cooking.

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<b>Number of weeks:</b>	4
<b>Terms:</b>	1
<b>Fee per term:</b>	£60

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**Course Level:**

Suitable for all levels

**Course Aims & Objectives:**

The main aim and objective of the course is to:

- Build confidence: the course enables you to follow recipes and have the confidence to cook.
- Build Knowledge: Learn about new spices and ingredients and become a creative and healthy cook.
- Learn about Organisation and Time management: Most recipes will require preparation and watching out for cooking times.
- Become social: You will be able to create a delicious meal and invite friends and family round. Who doesn't love a curry?

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**Progression – After this course, what might you do next?**

You could go on to take professional Cookery classes, or complete a Saturday class.

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**How progress and success will be recorded:**

Every meal would be a success if the learner likes the taste of the dish he or she has made.

The Tutor could show how the meals are served and photograph these meals cooked and share the picture on Social Media if it was acceptable to everyone.

**Additional Course Costs: (e.g., Visits; Materials; Books)**

The learners will have the cost of purchasing their ingredients. On the positive side, all meals cooked in class are taken home and enjoyed by the family, or can be frozen, as most recipes are enough for 4 people.

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**Materials / Equipment Required for First Class:**

The tutor will provide a list of ingredients (and any specialist equipment) once learners have registered for the class. If for some reason, you are not able to get an ingredient, email the tutor and she will try and get it for you for a small fee.

*Each week, you will be given a list of ingredients and equipment needed for the next week's class.*

*Please note: The College have most of the equipment needed for Indian cooking.*

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**Contact for further information:**

Adult Education: 01223 200400  
[adulthoodeducation@ivc.tela.org.uk](mailto:adulthoodeducation@ivc.tela.org.uk)

**Enrolment & Payment:** Online via our website, or in person on Wednesday mornings between 9am and 12pm in the Main College Reception.

**Refunds:** Refunds are only available if we close a class, or you choose to withdraw no less than two weeks before the start date. In the latter instance, there will be an administrative charge of £5.00. If a class is cancelled due to circumstances beyond our control, such as snow or tutor illness, an extra class or classes will be added to the programme and no refund will be available.

**Concessionary Fees:** Concessionary discounts of 25% (excluding materials) are available if you are in receipt of a means-tested benefit: JSA/ESA or Universal Credit; Carers Allowance or a social care assessment (EHCP, DLA PIP). Evidence of this must be presented on enrolment. It is possible to pay by instalments – please ask for details.

**ELA employees also receive a 50% discount on any adult education classes.**