

## Cooking on a Budget Student Special

Saturday 8 June 2019  
9.30am – 4pm



£60

Getting ready to move out to university or looking to impress your family and friends?

Our student special gives you the ability to cook quick, easy, healthy and affordable meals from scratch.

The course will teach students how to prepare and cook meals like chicken noodle salad, and how to make the most of meats like mince to help them go a long way – whether that be through bolognese, lasagne, chilli con carne or cottage pie.



A ten-week course for  
10 – 16 year olds

Tuesday 18 September  
to 4 December 2018  
6.30pm – 8.30pm

£120

This brand new course is aimed at both aspiring young chefs and cookery fans, and is designed to develop culinary skills and confidence in the kitchen.

Students will learn how to work safely and hygienically with a range of equipment normally found in a home kitchen, and practice basic methods of cookery such as boiling, shallow frying and baking.

With different recipes to explore every week, including lemon chia seed pancakes and a variety of pasta sauces, this course enables students to prepare and cook a range of simple, healthy and nutritional meals.

Let's  
Cook!

To reserve your place or for more information:

Call us on 01604 491131

Email [enquiries@moulton.ac.uk](mailto:enquiries@moulton.ac.uk)

Apply online at [www.moulton.ac.uk](http://www.moulton.ac.uk)

M13833 / 25.07.2018



## Jam & Chutney Making

Saturday 13 October 2018  
9.30am – 1pm



This one-day course is designed to develop your jam and chutney making skills using locally sourced, beautiful autumn ingredients.

We will look at preparing your choice of jam, as well as apple and cranberry chutney, spiced beetroot and orange chutney, onion compote and sweet chilli jam.

Just bring your own jam jars and fruit, and we will provide the rest!

## Healthy One-Pot Cooking

Saturday 12 January 2019  
9.30am – 4pm



This course is designed for people with a busy lifestyle, who are looking for healthy, nutritious meals that can be created with minimal stress and preparation.

We'll explore a range of comforting dishes to keep you going through those long winter months, including Tuscan chicken, curried cod with quinoa, braised lamb shanks, Lyonnaise potatoes, along with vegetarian and vegan options.

## Christmas Cake & Treats

Saturday 10 November 2018  
9.30am – 4pm



Get in the festive spirit early and take some of the stresses out of Christmas with a fun day baking a seasonal fruit cake, and other goodies such as smoked salmon blinis and shortbread Christmas tree!

Bring your Christmas cake back to decorate on the 11 December workshop for a reduced cost of £10!

## Simnel Cake & Easter Goodies

Saturday 6 April 2019  
9.30am – 4pm



Get in the mood for spring by developing your baking skills in this traditional Easter-themed workshop with sweet bun dough and by decorating cheesecakes.

We will look at preparing, baking and decorating the traditional simnel cake and hot cross buns, and preparing, setting and decorating a mini Easter cheesecake.

## Christmas Cake Decoration

Tuesday 11 December 2018  
7pm – 9pm



Add the finishing touches to your cake created at the previous workshop, or bring one already made at home for a fun evening of Christmas cake decoration.

You will develop your decorating skills by covering your cake with marzipan and fondant icing, and then finish in your favourite style with royal icing.

## Tapas

Saturday 18 May 2019  
9.30am – 4pm



Join us for a workshop that gives you a whirlwind tour through some of Spain's most exciting regional specialities, preparing and cooking tapas dishes that reflect the country's rich and colourful history.

We will prepare and cook items such as patatas bravas, bruschetta with marinated mushrooms and serrano ham, piquillo peppers stuffed with manchego, and chickpea and cod stew.