



Introduction to Vegan & Vegetarian Cookery

Course Code – LSKP3X1CXA

DURATION, DAY, DATE AND TIME OF THE COURSE:

Running for 1 day starting Saturday 18 March 2023, 10:00 - 12:30.

VENUE:

East Surrey College, Gatton Point, London Road, Redhill, RH1 2JX.

PRIOR KNOWLEDGE/SKILLS REQUIRED:

No prior knowledge needed.

COURSE DESCRIPTION:

This course is designed to introduce you to a vegan/vegetarian dishes that you could cook at home

- Vegan burrito with mint and coriander chutney

Please let the College know about any allergies or intolerances to food that you may have. The tutor can then provide you with some alternate ingredients.

EQUIPMENT NEEDED:

1 medium potato, a small head of cauliflower, a can of chickpeas, a small tub of coconut yogurt or soy yogurt (if using vegan) or just ordinary yoghurt, a small bunch of coriander and mint leaves and a few soft tortilla wraps. Any other ingredients will be provided by your tutor.

You need to bring an apron and a tea towel as well as a container to take food away with you.

WHERE CAN IT LEAD?

Other cooking courses, please contact client services on 01737 788 444 to find out more.

COURSE FEE:

£29

If you are 19+ on 31 August 2022, the standard fee will apply unless you qualify for free tuition and this will be your first leisure course in the current academic year. Contact Client Services for advice and guidance on funding and eligibility. Please be aware that there may be additional costs for materials.

WHAT TO DO NEXT:

If you have any outstanding queries please contact our Client Services team on 01737 788444 or at clientservices@esc.ac.uk.

To apply online for this course please visit www.esc.ac.uk.

Disclaimer:

Every effort has been made to ensure that the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstance dictate.

Should you require this leaflet in a different format please contact Client Services on 01737 788444.

