

## Cookery: Just Sourdough cookery course

Join our exciting sourdough course in our professional kitchen, where our experienced tutor will guide you through the process of making, resting and baking your dough. You'll learn the art of sourdough baking while enjoying a fun, hands-on experience.

All ingredients are included, so just bring your enthusiasm and appetite for delicious bread!

The course is aimed at the beginner and will show all the aspects of creating beautiful sourdough bread. You will be given a sourdough starter, and you will be given instructions on how to look after it, so you can continue to make beautiful sourdough bread long after the course has ended.

Start Date: 25 September 2025  
Start Time: 10:00  
Lessons: 5  
Weeks: 5  
Hours: 17.50

If you are interested in developing your cooking skills with healthy eating in mind, book onto one of our courses from the life skills: healthy eating/cooking offer.

PLEASE DO NOT BUY TOOLS AND EQUIPMENT UNTIL YOU KNOW THAT THE COURSE WILL RUN.

### **Venue**

Medway Learning and Skills Hub  
Unit 2  
Britton Farm Street  
ME7 1GX

### **What Will I Learn On This Course?**

Learners will:

1. Understand to processes involved to make a successful sourdough starter, and how to continue to feed it
2. Use a sourdough to create 2 different styles of bread
3. To use the sourdough to create an authentic tasty pizza

Whether you would like to learn new creative skills or to investigate the possibility of a new art -based career, MAE Community Learning courses can provide you with a stepping stone to progress

### **Is This Course Suitable For Me?**

This course is suitable for the beginner.

### **Is There Anything Else I Need To Know About This Course?**

Due to the nature and the time required to make beautiful sourdough bread, you will be required to complete the final cold proving and baking of your bread at home. So, it is essential you have access to an oven, fridge and proving baskets at home.

You will of course be shown each stage of the bread making process and will see and taste a completed loaf in class as the tutor will have created each stage in advance.

You will be given instructions on how to feed your sourdough starter and will need to continue to look after it at home and bring it to class each week.

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Learners will need the following tools and equipment please do not purchase until you are sure the course will run:

You will need to prepare the following tools and equipment before the start of the course:

- You will need a clean glass storage jar, to feed and keep your starter in.
- No open toed, or fabric shoes in the kitchen.
- Long hair must be tied back (hairbands will not be provided)
- All learners must provide their own apron and take it away each week to wash.

### **Will There Be Additional Costs?**

During the first session the tutor will advise you on plastic lidded box, proving baskets and other items needed as the course progresses.

### **What Could I Go On To Do After This Course?**

Your tutor can talk to you about another subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

### **What Is The Attendance Policy?**

Multiple sessions-

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **Health & Safety**

Health and Safety Disclaimer

By participating in the live class, you accept that you understand that cookery involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a cookery activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with art materials. MAE is not responsible for damage to items in your house / home or person.

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