

Cookery: Indian Cooking For All Budgets

Join our exciting course at the Medway Learning & Skills Hub Gillingham, where you'll master the art of creating your own Indian spice mix and learn to prepare a variety of mouthwatering Indian dishes. Led by an experienced tutor, this hands-on experience will guide you through planning on a budget, preparation, and cooking in a professional kitchen, equipping you with essential skills and recipes perfect for those working to a budget, from main courses to side dishes.

Ingredients are included in the course fees.

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.

Start Date: 01 October 2025
Start Time: 10:00
Lessons: 6
Weeks: 6
Hours: 12.00

Venue

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

What Will I Learn On This Course?

Learners will:

1. Create an Indian spice mixture (controlling the heat and intensity of your mixture to suit your palate)
2. Use the spice mixture when cooking at least 4 main dishes
3. Use the spice mixture when cooking at least 4 Side dishes or starters

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?

Suitable for beginners or those with some experience

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

No open toed 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

Please bring a suitable container to take your cooked items home 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

Will There Be Additional Costs?

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

The cost of ingredients is covered in the course fees.

All learners must provide their own apron and take it away each week to wash.

Please bring a suitable container to take your cooked items home each week

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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