


Course Title	Vegetarian Indian Delights			
Course Description	<p>For those who love Indian food and want to learn to cook vegetarian dishes with its distinct blend of herbs, spices and lentils. We will prepare a set menu of five popular dishes, to take home to share with family, friends or to freeze. This will include rice dishes with spices, using vegetables such as eggplant- aubergine, lentil dishes with spinach and chickpeas and snacks too.</p> <p>Vegetarian Indian food is delicious, healthy and economical. After a step-by-step demonstration and explanation each week, learners will follow Rama's recipes to produce delicious meals and be provided with handout instructions to take home.</p>			
Start Date	22 nd January 2025	Day & Time	Wednesday 19.00- 21.00	Venue Comberton Village College
Tutor Details	<p>Rama Ram comes from the Southern part of India and has lived in Great Britain for many years. She has tutored various types of Indian Cookery courses for the past 36 years, in and around Cambridge. Rama is also a tutor at Denman College (WI – Oxford) and is a speaker for many WI federations.</p>			
No. of wks	4	Terms	1	
Fee	£60	Concessionary Fee	£45	
Course Level:	Mixed ability		x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)			
	Level 3 Equivalent GCE A Level			
Skills or qualifications needed for entry into the class	Suitable for all who are keen to learn about and enjoy cooking vegetarian Indian food.			
Course aims & objectives				
<ul style="list-style-type: none"> • Learn to cook pure vegetarian Indian food using herbs and spices, along with rice and lentils. • Learn how to prepare and when to use various spices in order to achieve the subtle authentic home cooked taste of India. • Gain the confidence to use spices and be creative when cooking Indian food in the future. 				
Progression – after this course what might you do next?				

Rama is also teaching a Simple Indian cookery course at Melbourn VC on 7th June 2022 and many other day schools and weekly courses in Comberton and Cambourne throughout the year too. Please contact the Adult Education Office or visit our website for further details.

How progress & success will be recorded

Tutor feedback and completion of the dishes.

Materials/equipment required for first class

A list of ingredients and equipment will be emailed to you about two weeks before the workshop.

Contact for further information

Adult Education: 01223 264721
commed@catrust.co.uk

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. Please assume the class is running once payment has been received unless you hear to the contrary.

We can currently accept card payments within our office based in Comberton Village College. We accept cash and cheques made payable to The Cam Academy Trust. We will be available in class to collect contactless card payments in person, at the beginning of each term. We can also send out secure payment requests for fees, via email and text messages. **Please note, we no longer accept payments over the telephone.**

You can contact our office via the following:

By Phone: 01223 264721 – please check our office opening hours

Email: commed@catrust.co.uk

Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 28th Oct – 1st Nov 2024

Spring Term Half term 17th Feb – 21st Feb 2025

Summer Term Half term 26th May – 30th May 2025

During the summer holiday period our office is open on reduced hours. Please note, we are closed in other school holidays.

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During the summer holiday period a member of staff will pick up messages each week and return calls and emails. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2024). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website www.cambsals.co.uk for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>