



Duke of Edinburgh Gold Award Residential Weeks at the Yorkshire Wolds Cookery School

Our five-day Duke of Edinburgh Gold Residential is perfect for complete beginners as well as those with some experience in the kitchen. The course is ideal for anyone completing their DofE Residential section, as well as for those heading off to university, college, or a gap year.

The Yorkshire Wolds Cookery School has been a Duke of Edinburgh Approved Activity Provider (AAP) since 2012. Our courses cover a wide range of skills and recipes, with students learning in small groups of up to 16 people, where lasting friendships are often made.

Our friendly and experienced tutors have been teaching at the cookery school for many years. This highly practical course is packed with hands-on activities, ensuring everyone is fully involved throughout the week, including during our fun evening activities.



On successful completion of the course you will leave with:

- A certificate of achievement (useful when applying for jobs)
- An extensive electronic recipe pack
- A two week menu plan
- Your D of E assessors report
- Confidence in the kitchen and some new friends



Some of the skills students will be taught:

- Knife skills
- Food hygiene
- Safety in the kitchen
- Healthy eating
- Use of leftovers and batch cooking to save money



Students will learn a wide range of practical cooking skills. The course is designed for all ability levels, so whether you are a complete beginner or have previous cooking experience, you will gain new skills and confidence in the kitchen.



Duke of Edinburgh Gold Award Residential Plan for the week:

Please note that the weekly plan can change as tutors and seasons vary.

All dietary requirements can be catered for if we are forewarned.

Please let us know in advance if you have any allergies or intolerances.

Each day there is a 15 minute break in the morning and an hour for lunch.

Afternoon classes normally finish at 4.30pm after which students have some free time before dinner at around 6pm. There is an evening activity each day which is compulsory as per the DofE guidelines.

Students are free from approximately 8pm and can enjoy the games room, TV and lounge area or explore the nearby walks in the countryside or our outside games. We also have an on-site padel court - **Wold Padel**. This must be booked and is chargeable through the **Playtomic app**.

Day 1 (Monday):

10.45am arrive - debrief and introduction to the group.

11.00am - prepare lunch of spiced chicken pitta with hummus or courgette pitta with hummus.

Break for lunch - Salmon or tofu stir fry.

Afternoon lessons:

Breakfast ideas and menus - students to recreate a dish of their choice for breakfast each morning:

- Smoothies – all to taste.
- Nutella French toast.
- Banana pancakes.
- Smashed avocado on toast – tutor to demo.
- Egg workshop.
- 'One pan' full English breakfast.

Prepare dinner for the evening:

- Prepare salmon stir fry or tofu stir fry as vegetarian/vegan option.
- Prepare apple crumble.

Prepare dinner for the following day:

- Prepare bean burgers ready to cook on day 2.

Evening activity:

The importance of cleaning and food hygiene in the kitchen.

Dinner - Spiced Chicken or courgette pitta with hummus and apple crumble.



Duke of Edinburgh Gold Award Residential Plan for the week:

Day 2 (Tuesday):

Breakfast - 8.30am:

Students are provided with a wide range of ingredients to prepare and cook a breakfast of their choice, drawing on recipes they learned on the first day or experimenting with something new.

Morning classes start at 9.30am:

- Knife skills – vegetable preparation/French cuts/Mirepoix – tomato, onion, carrots, celery, pepper.
- Jointing a 1–1.5kg chicken into 8 pieces to demonstrate how to save money and utilise in different dishes throughout the week i.e. Coronation chicken salad and chicken curry in a hurry.
- Using carcasses to make chicken stock.
- Prepare 'Chicken Curry in a Hurry'. Paneer is the vegetarian alternative.
- Foolproof rice.
- Prepare wedges for dinner.
- Make garlic butter for the garlic bread.

Break for lunch - chicken curry in a hurry with rice.

Afternoon lessons:

- Make bread dough for pizza.
- Make 'Luscious Lemony Roulade' sponge.
- Bake 'Naughty Chocolate Fudge Cake'.
- Make caramel nest.
- Make lemon curd.

Evening activity: Glass painting.

Dinner - Bean burgers with wedges and lemon roulade.



Duke of Edinburgh Gold Award Residential Plan for the week:

Day 3 (Wednesday):

Breakfast - 8.30am:

Students to prepare their own breakfasts based on recipes made on day one.

Morning classes start at 9.30am:

- Make chocolate shapes and ganache for the chocolate cake.
- Lasagne using bolognese in a hurry. Minced quorn is the vegetarian option.
- Make passata for pizza (one each).
- Chop vegetables for pizza.
- Knock back pizza dough, assemble and cook pizza.

Break for lunch - Pizza

Afternoon lessons:

- Decorate chocolate cake - students are shown different piping techniques, how to make ganache, and how to temper chocolate to create shapes.
- Create a picnic strawberry cheesecake in a jar.

Evening activity: Pottery workshop.

Dinner - Lasagne with garlic bread and cheesecake.



Duke of Edinburgh Gold Award Residential Plan for the week:

Day 4 (Thursday):

Breakfast - 8.30am:

Students to prepare their own breakfasts based on recipes made on day one.

Morning classes start at 9.30am:

- Ready, Steady, Cook competition!

Break for lunch - meals produced in the morning.

Afternoon lessons:

- Choux pastry masterclass - make profiteroles and chocolate sauce.
- Roast dinner – students to make roast dinner, including preparation of pork with crackling and gravy.
- Stuffed roasted butternut squash as the vegetarian/vegan option.
- Yorkshire puddings.
- Orange glazed carrots.
- Hasselback and roast potatoes.
- Broccoli and cauliflower cheese.

Evening activity:

Sit down for a celebratory roast dinner with the tutor and complete the DofE assessment.

Day 5 (Friday):

Breakfast - 8.30am:

Students to prepare their own breakfasts based on recipes made on day one.

Morning classes start at 9.30am:

- Coronation chicken. Halloumi is the vegetarian/vegan option.
- Sushi making.

Break for lunch - Coronation chicken or halloumi sandwiches/wraps and sushi.

Afternoon:

- Thorough clean down.
- Hand out certificates.
- Farm walk.

Students should be ready to **depart at 2.45pm prompt.**