

Home Cooked Recipes

I Love Cooking

By
Moray Learner Link -Up
Group

In partnership with





Which measurement do you like to use?

Weights



Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

Oven Temperatures



Gas Mark	oC	oF
1	140°C	275°F
2	150°C	300°F
3	170°C	325°F
4	180°C	350°F
5	190°C	375°F
6	200°C	400°F
7	220°C	425°F
8	230°C	450°F
9	240°C	475°F

If using a fan oven you will need to reduce the oven temperature in a recipe by 20 degrees.

Volume



Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ¾ pint	1 litre
2 pint	1.2 litre
2½ pint	1.5 litre
4 pint	2.25 litres

Dimensions



Imperial	Metric
1 inch	2.5 cm
1¼ inch	3 cm
1½ inch	4 cm
1¾ inch	4.5 cm
2 inch	5 cm
2½ inch	6 cm
3 inch	7.5 cm
3½ inch	9 cm
4 inch	10 cm
5 inch	13 cm
5¼ inch	13.5 cm
6 inch	15 cm
6½ inch	16 cm
7 inch	18 cm
7½ inch	19 cm
8 inch	20 cm
9 inch	23 cm
9½ inch	24 cm
10 inch	25.5 cm
11 inch	28 cm
12 inch	30 cm

Liquid



American	Imperial	Metric
1 tbsp	½ fl oz	15 ml
1/8 cup	1 fl oz	30 ml
¼ cup	2 fl oz	60 ml
½ cup	4 fl oz	120 ml
1 cup	8 fl oz	240 ml
1 pint	16 fl oz	480 ml

American Conversions



American	Imperial	Metric
1 cup flour	5oz	150g
1 cup caster sugar	8oz	225g
1 cup brown sugar	6oz	175g
1 cup butter	8oz	225g
1 cup sultanas/raisins	7oz	200g
1 cup currants	5oz	150g
1 stick butter	4oz	110g







Dear Reader

This is our Learner Link-Up recipe book.

Learner Link-Up is a group of adult learners who come together to share ideas about adult learning, organise events and help the Adult & Family Learning Team promote adult learning. Getting involved in adult learning is a great way to learn new skills, get qualifications and make new friends.



We hope you enjoy this recipe book just as much as we do. It is full of inherited and handed down recipes as well as some which we have developed ourselves over time. Sometimes a fabulous smell or flavour brings happy memories of times and friends from the past.

If you would like to get involved in the Learner Link-Up group, you can email us at:
adult.learning@moray.gov.uk.



We would love to hear from you.

Charlotte







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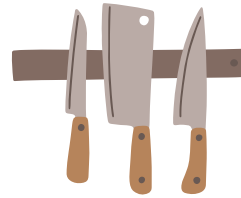
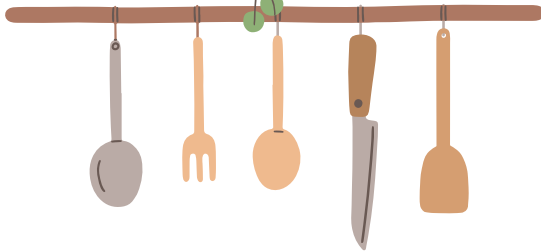
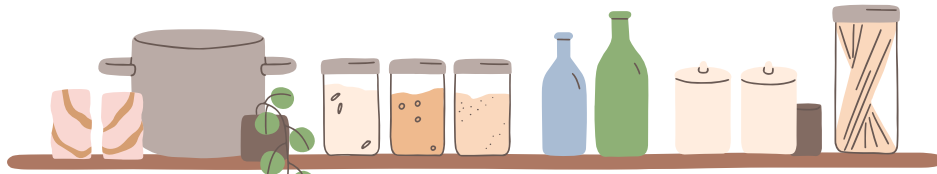
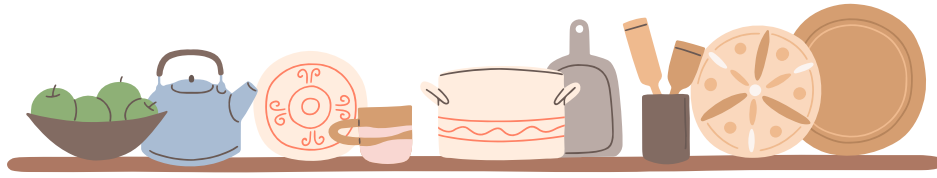


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I Love Cooking



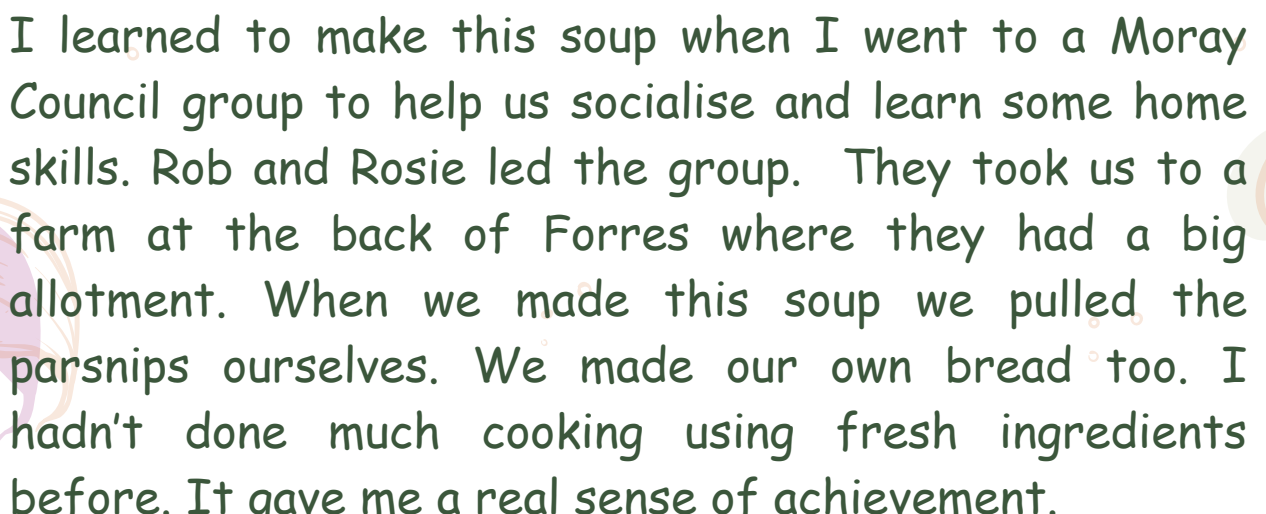


Alan's Soup


(Jamie Oliver's Spicy Parsnip Soup)

Recipe Story

I like this recipe because it's easy and it's lovely.



I learned to make this soup when I went to a Moray Council group to help us socialise and learn some home skills. Rob and Rosie led the group. They took us to a farm at the back of Forres where they had a big allotment. When we made this soup we pulled the parsnips ourselves. We made our own bread too. I hadn't done much cooking using fresh ingredients before. It gave me a real sense of achievement.



You can make your own touches to the recipe and make it for yourself. Instead of putting 6 parsnips in, I like to put in 12. You can stick your spoon in it and it stands up straight. You can make it more spicy by putting in three chillies instead of one. I like to put lots of ginger in and four cloves of garlic. I put in two onions.

It's not Jamie Oliver's recipe, it's mine.

Alan's Spicy Parsnip Soup

Ingredients

olive oil
1 large onion, peeled and roughly chopped
2 cloves of garlic, peeled and roughly chopped
1 thumbsized piece of fresh ginger, peeled and roughly chopped
1 tablespoons garam masala
6 parsnips, peeled and chopped into chunks
500ml semi skimmed milk
1 litre organic vegetable stock
sea salt
freshly ground black pepper
1 fresh red chilli, de-seeded and finely sliced
1 handful fresh coriander leaves
crusty bread to serve

Method

Heat a splash of olive oil and butter in a large saucepan. Add the onion, garlic, masala. Gently fry for 10mins until the onions are soft and sweet.

Drop in the chopped parsnip and stir it together so that everything gets coated. Pour in the milk and stock, season well and bring to the boil. Turn down the heat with a lid on.

After half an hour, check that the parsnips are cooked by sticking a knife in. Remove them from the heat and carefully whizz using a hand blender or a liquidiser. Add salt & pepper to taste.

Serve with a sprinkling of sliced red chilli, a few coriander leaves and some crusty bread.

You could use coconut milk instead of regular milk for a twist.

Gail's Lemon Cheesecake

Recipe Story

This has been a favourite recipe in my house for a long time. I requested the recipe from my sister in law after she made it for a party and I couldn't get enough!

I tend to make this for celebrations. I have one friend that tells me this is her favourite pudding. This friend is very lucky because when I make it, I deliver a slice to her door. This makes her smile.



Gail's Lemon Cheesecake

Ingredients

- 14 oz. of condensed milk
- 200ml double cream
- 6 oz. plain or chocolate digestives
- 1 oz. demerara sugar
- 12 oz. soft white cheese
- 3 lemons (rind & juice)

Method

Line a dish (9-inch round) with greaseproof paper. Start with the base. Crush the biscuits to fine crumble consistency. Stir in the sugar. Melt the butter and mix in with the biscuits. Place at the bottom of the dish, pressing down gently.

Place in the fridge for 30 mins.

Using an electric mixer, mix together the condensed milk and the cheese. Add the lemons. Slowly pour in the cream and thicken. Pour over biscuits.

Chill overnight.

Tip - If you like a thick base then double the recipe.

Ian's Lentil Bake



Recipe Story

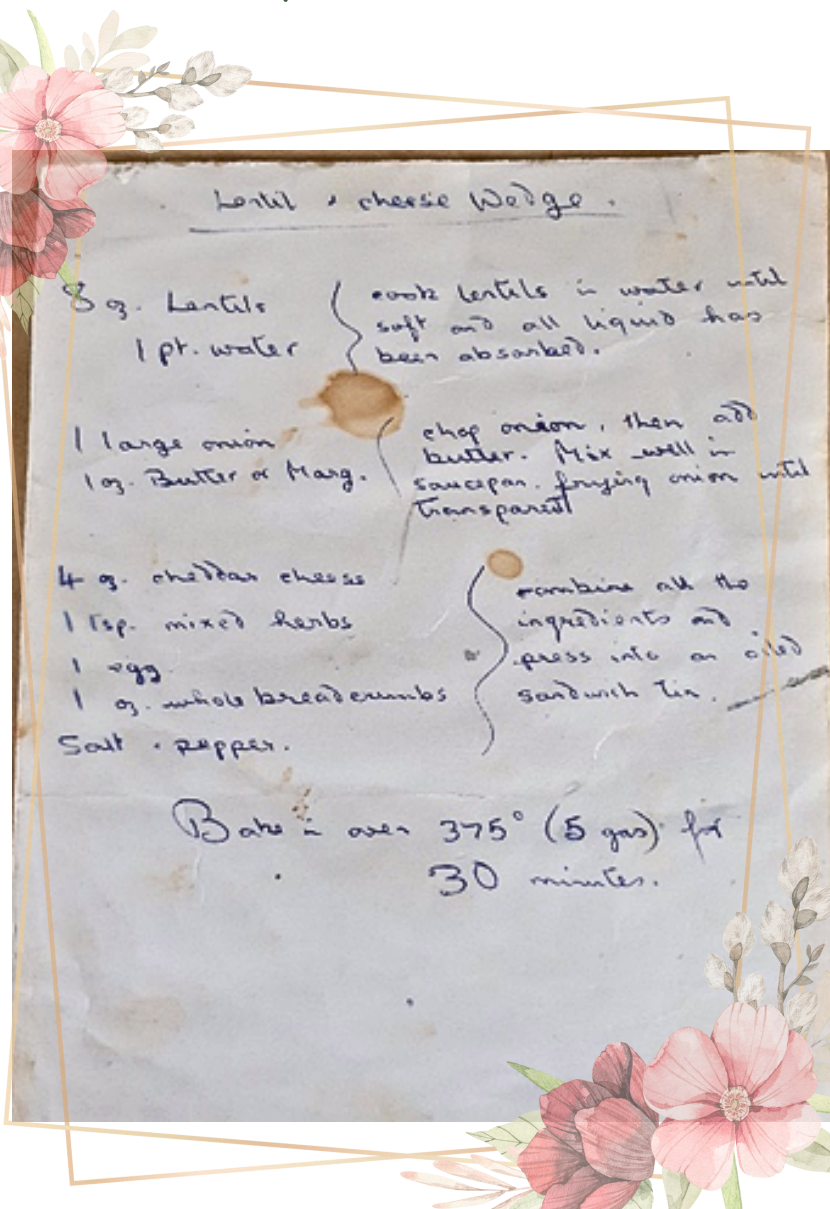
It's in on a piece of card and it's my mum's handwriting, so it's special for that reason. I don't know where she got the recipe from - maybe she copied it off a friend.

It's a surprisingly tasty lentil bake. Well, it's got a small mountain of cheese in it, so maybe that's why it tastes good. I'm happy to eat it hot or cold. Cold it's nice with chutney and salad and it's good for a packed lunch. Hot it goes well with a tomato sauce - I don't think my mum ever served this with it, though, so this is my addition.

Tomato sauce

Finely chop an onion, carrot, celery and garlic, cook gently in olive oil for about ten minutes and then add a tin of tomatoes and simmer for half an hour. You might need to squish any lumps of tomato. You could add herbs and a few chopped olives.

Lentil wedge, tomato sauce and some rice or new potatoes make for an economical dinner. My mum had to be very economical. She didn't like cooking but she fed our large family well.



Lisa's Tiffin Cake

Recipe Story

This recipe was a favourite of my Great Aunts and I have fond memories of them baking it every week! Now I have taught my children to bake it too. That's at least four generations following the same recipe and method. Love it!

Ingredients

- 1/4 lb margarine
- 1 cup raisins
- 2 tablespoons syrup
- 3 dessert spoons drinking chocolate

Method

Melt all above in a pot on the hob. Stirring occasionally.

1 packet Tea biscuits - crushed

Cooking chocolate -melted

Crush tea biscuits and mix with the ingredients from pot. Spread firmly onto a greased baking tray. Cover with the melted chocolate.



Callum's Chicken and Leek Pie

Recipe Story

This is one of my Mum's recipes. She used to make the pie using chicken and ham. One day, I attempted to make the pie for dinner, in memory of my mum. There was chicken leftovers from the day before and I wanted to use the chicken so there was no waste. I remembered what my mum did and tried to do the same. I added in leek as I didn't have any ham.

I was surprised how well it turned out and also what a delicious combination it was. This is now a regular dish I enjoy making.



Callum's Chicken and Leek Pie

Ingredients

Sauce	1 cup of plain flour $\frac{1}{2}$ cup of milk 2 handfuls of grated cheese of your choice 100 g butter Seasoning
Pie	1 leek 1 onion 1 cup water 1 $\frac{1}{2}$ chicken fillet 1 teaspoon oil 1 packet shop bought puff pastry (1 base, 1 lid)

Method

Put the oven on to heat for 10 mins. Make the cheese sauce by firstly melting the butter and remove from heat. Add in the flour and stir in. Return to heat, add the milk slowly and stir continuously till thick. Add cheese to melt. Lay to the side.

Prep the vegetables. Finely slice the leek and dice the onion. Add vegetables to a pan, add water, boil for 5 mins till soft. Strain the vegetables, place them in a bowl and lay to the side. Dice the chicken then heat in frying pan in oil till cooked through. Lay to the side. Sprinkle some oil on base of pie dish and roll out half the pastry thinly and place at the bottom.

Lay the chicken and the vegetables on top of the pastry. Evenly spread the cheese sauce over. Place a layer of pastry on top. Squash the edges together with a fork. Cut 2 slits on top. Brush the pie with melted butter or milk.

Place in the oven at gas mark 6 or 200°C for 30-40 minutes, till golden brown.

Serve with potatoes.

Hazel's Chicken Stir Fry

Recipe Story

I've recently become interested in cooking and trying new recipes. Years ago, a friend of mine used to make a stir fry on a Friday. I was invited for a meal and he made stir fry. I remember it well as it tasted so nice. Sadly, he passed away.

I decided to try and recreate his stir fry. The family really enjoyed this recipe and asked if I could make it again. I enjoy this as a meal too. All the vegetables seem to go well together. I'd like to try this with chanterelle mushrooms sometime.



Hazel's Chicken Stir Fry

Ingredients

- 2 peppers any colour
- 1 handful of sugar snap peas
- Small tub of mushrooms
- 1 red onion, chopped
- 1 small bag of stir fry mixed veg
- 2 trays ready cooked chicken, paprika flavoured
- 1 sm jar of sweet chilli sauce (dipping)
- Tablespoon of oil

Method

1. Fry the onion and mushroom gently
2. Add in all other vegetables and stir,
3. Leave for 10 minutes till veg softens
4. Add sauce and small amount of water
5. Leave to simmer for 5 mins
6. Add the chicken
7. Serve



James' Apple Pie

Recipe Story

My Dad had apple trees in the garden. He had 8 apple trees altogether including a cooking apple tree and some trees against the fence where the branches are tied and spread like a fan.

This got me interested in apple trees and I bought two while on holiday in England in 2006. The first two years there's no fruit, you get apples after the third year.

I had a lot of apples and instead of leaving them to rot I made apple pies. My Dad taught me how to make apple pies and I've been making them ever since.

James' Apple Pie Recipe

Ingredients

Ready to Roll Shortcrust Pastry
Eating apples - 15-20 apples, small to medium size
2 teaspoons sugar
2 teaspoons cinnamon
Enough milk to brush top
Self-Raising Flour to dust surface

Utensils

Medium to Large round tin
Rolling pin
Apple corer
Greaseproof Paper
Brush
Sharp knife
Peeler





James' Apple Pie Recipe

Method

1. Have a basin of hot soapy ready to wash any utensils or if hands are sticky.
2. Core the apples first then peel.
3. Cut the apples into small pieces.
4. Place enough apple pieces in a small pan for one pie and add sugar and cinnamon.
5. Cook apples on a medium heat and stir with a wooden spoon to make sure they do not stick and burn.
6. When the apples are soft, take off the heat and place to one side to cool, then cook the second pan of apple pieces.
7. Add greaseproof paper to the baking tin.
8. Flour on the table or board and roll out the pastry and place the pastry in the tin, then add the cooked apples.
9. Add another piece of pastry for the lid/top of the pie.
10. Use a sharp to make cuts in the pie to release air when it's cooking.
11. Brush the top of the pie with milk.
12. Put it the oven, at 230°C and bake for 15-25 minutes or until golden brown.
13. When it's ready, take out and leave to cool.
14. When baking more than one pie, move the pie from the middle shelf to the top shelf once the top one is ready.

Enjoy with double cream or squirty cream or ice cream!

Rachael's Sausage Rolls

Recipe Story

This recipe was passed down by my mother in law but to make things easier, I use readymade pastry. This is a must have savoury for every occasion in my family.

There is nothing better than the smell of homemade sausage rolls wafting through the house.

Ingredients

1. 1 packet of frozen sausage meat.
I use Tesco's own.
2. 1 box of ready rolled puff pastry.
I use Asda's own.
3. 1 beaten egg.
4. 1 cup of water.
5. Flour for dusting work surface.

Utensils

1. Baking tray
2. Rolling pin
3. Scissors
4. Sharp knife
5. Egg brush
6. Cooling rack



Rachael's Sausage Rolls

Method

Remember to wash your hands.

Preheat oven to 180°C degrees or fan oven 160°C.

1. Open sausage meat and divide into half.
2. Lightly flour work surface and roll sausage meat into a long sausage shape.
3. Unwrap the pastry and cut it length ways in half.
4. Place sausage meat into the middle of the rolled out pastry.
5. Using the egg, brush slightly dampen the bottom edge of the pastry with the water.
6. Fold the top half of the pastry over to meet the bottom.
7. Lightly dust the rolling pin and press firmly down on the pastry seam.
8. Cut off any excess pastry.
9. Cut the sausage rolls into six or eight pieces.
10. Using the scissors snip into the tops of each sausage roll.
11. Using the beaten egg, brush the tops of each sausage roll.
12. Place the sausage rolls onto the baking tray.
13. Place into the preheated oven for 25-30 minutes, until golden brown and the sausage meat is cooked.
14. Leave to cool on the baking tray for a few minutes before placing on the cooling rack.
15. Repeat this process with the remaining sausage meat and pastry.
16. You can store these in an air tight container for up to 3 days.
17. Enjoy.

To reheat the sausages rolls I would recommend using the oven as using the microwave makes the pastry soft and greasy. Preheat oven to 180°C or fan 150°C. Place the sausage rolls on to a baking tray for around five to eight minutes. Keep an eye on them so they don't burn, if they do start to burn, I cover them with tin foil. I love to eat them straight out of the oven but be careful as they will be hot.

Carol's Cloutie Dumpling

Recipe Story

When I was little I used to help my Granny make a Cloutie Dumpling. When she passed away she gave my Mum the recipe so then I helped Mum make it. When she was getting the ingredients ready, I melted the treacle. They both made it the traditional way with a clout and steamed in a pan. This recipe is made in the microwave and is quick and easy. I like to eat it by itself, my Mum and Dad liked it fried. When my Uncles found out, they wanted it too.





Carol's 9 Minute Cloutie Dumpling

Ingredients

Half a pint of water
3/4 cup of white sugar
2 eggs, beaten
1/2 lb plain flour
1 rounded tablespoon of mixed spice
1 rounded tablespoon of cinnamon
1 teaspoon of bicarbonate of soda
1/2lb margarine
1/2lb mixed fruit
1/2 lb sultanas
1 tablespoon of treacle (if required)



Method

Put the water, sugar, mixed spice, cinnamon, fruit, margarine (and treacle if you choose) into a saucepan. Bring the contents to the boil and simmer for one minute. Remove from the heat and mix in the sieved flour and bicarb. Add the beaten eggs.

Put the mixture into a microwave suitable bowl which has been lined with enough clingfilm to go well over the sides, but do not cover the mixture with cling film.

Cook in the microwave at 650W for 9 minutes and then allow it to stand until cool.

Kieron's Chocolate Marshmallow Fudge

Ingredients

- 70g Butter
- 300g Soft light brown sugar
- 70ml Evaporated milk
- 230g marshmallow
- 300g chopped milk chocolate
- 85g Dark chocolate (70% cocoa solids)

Method

- 1) Grease an 8 inch square tin and line with grease proof paper
- 2) Melt butter, sugar and evaporated milk over a low heat.
- 3) When sugar is dissolved, add marshmallows and melt.
- 4) Boil for 5-6 minutes
- 5) Take pan off the heat and add chocolate
- 6) Leave for 1 minute then stir until everything is melted.
- 7) Pour into the tin and leave to set.

Angela's Nan's Bread Pudding

I love making this. I can remember the old brown recipe book my Mum has, that used to be my Nan's, with my Nan's writing on the recipes showing how she changed some of the ingredient amounts, timings etc. My Nan died when I was only one but everytime I make this. it reminds me of her, even though I don't really remember her..

Ingredients

1lb stale bread,
4oz sugar
1 egg
1lb sultanas
mixed spice (a good couple of tsps)
1/2 pint of milk

Method

Break bread into small pieces and add milk. Leave for 1/2 to 1 hour to soak then mix to combine.

Add all other ingredients and mix thoroughly. If needed you can add a splash of milk if too dry at this point

Put into a deep greased tin.

Cook on Gas 4 for 1 hour 30 minutes until a skewer comes out clean, or into an air fryer 160°C for approx 50 minutes.

Can be eaten hot or cold



Isabella's Scones

Recipe Story

As a little girl I grew up with the taste of homemade food. My Mother, Catherine Reid, knew how to prepare food with little ingredients, from the homemade stews, soups, stovies to cakes and pastries. There were always plenty of homemade scones and pancakes, which were eaten with syrup, jams, cheese and butter. And scones made for soups and stews. This is a recipe of sweet and savoury scones.



Isabella's Scones

Ingredients

- 3 teacups of self-raising flour
- $\frac{1}{2}$ tsp baking powder
- Pinch of baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp sugar
- Tub of sour cream
- 2 large eggs
- 1 knob of soft butter
- 2 tbsps of oil

Method

Put the eggs and butter along with the oil and mix it.

Add the rest of the ingredients.

Add a little milk if needed.

Mix it all together and use your hands to knead it all together.

Use a floury surface and work the dough on the flour.

Split the dough in half and knead each one until soft.

Put into the fridge for half an hour.

- Take out and work the dough and flatten out to make big round scones.

Use a good, non-stick frying pan, put the dough in the middle of the frying pan and push right out to the side.

Use a medium heat and keep shaking the scone so it shouldn't stick for about 8 minutes, flip it over to the other side.

Your scone should look a beautiful brown colour on each side and that's when you know they are cooked. They will have risen about a 1cm.

Place on a cooking rack and cut up when they are cool into fours.

Stacey's Chocolate Brownies

Recipe Story

I learned to make brownies when attending a cooking session at Moray Food Plus. They told me that I could melt Nutella in the microwave instead of using cocoa powder. I didn't know you could do that. I love Nutella and the kids love Nutella so it seemed like a good idea. The session we were at was a family session so the kids tried them fresh from the oven and loved them. They are not as gooey as some are. I make them a lot at home with the help of the kids. They are nice warm with ice-cream and Nutella on the top. I make batches - it's cheaper than buying them and much tastier. Now whenever there is a special event, I am asked to make my brownies.



Ingredients

2 jars Nutella
Plain flour
2 eggs
Baking powder
Sugar

Method

Whisk it all together

Bake on a tray for 20-25 mins
180°C

Charlotte's Cinnamon Rolls

Recipe Story

I love the smell of freshly baked cinnamon rolls. It reminds me of when I was back in New York and staying at a YMCA on a family holiday and we used to go to the bakery for our breakfast. The smell of freshly baked cinnamon rolls was all I remember. Through the first lockdown, I discovered my children loved cinnamon rolls. I made the decision to try and develop my own, trying to recreate the smell I remembered.

Ingredients for the Dough

580g bread flour
107g Sugar
84g butter
235ml whole milk
7g yeast
2 eggs
1 egg yolk



Filling

225g brown sugar
14g muscovado sugar
17g cinnamon (2.5 tablespoon)
84g butter

Glaze

115g creme cheese
90g icing sugar
45ml milk

Charlotte's Cinnamon Rolls

Method

- 1) Add all the ingredients for the dough into a mixing bowl fitted with the dough hook attachment
- 2) Mix the dough until a dough ball forms on low speed, then increase to medium speed and knead for 5 minutes
- 3) Transfer the dough to a lightly greased bowl and cover with cling film.

Allow it to sit until it is doubled in size.

- 4) Meanwhile, preheat the oven to 180°C. Make the filling in a medium bowl, stir together the brown sugar, muscovado sugar and cinnamon.
- 5) On a lightly floured surface, roll the dough into about a 12" X 18" rectangle. Spread softened butter over dough. Sprinkle brown sugar cinnamon mixture over the butter and rub gently with hand to evenly distribute the mixture over the entire rectangle
- 6) Roll dough, starting at the long edge into a cylinder using dental floss or a serrated knife, cut it into 9 rolls.

Place in lightly greased 8"X8" tin and cover with cling film. Allow the dough to rise for another 20mins.

- 7) Bake for 15-20mins or until rolls are golden brown in colour.
- 8) While the rolls bake, mix the glaze. In the bowl of a stand mixer, fitted with a paddle attachment, beat the cream cheese and icing sugar. Slowly add the sugar and then add the milk. Spread over slightly cooled rolls.

Enjoy!

Carol's Mum's Skye Loaf

Carol had fond memories of watching, and helping, her mum to bake. Her mum made all kinds of cakes. She would bake lots and then Carol's dad would take them to sell at local car boot sale

Ingredients

6oz sugar
8oz sultanas
1/4 lb (4oz) margarine
1 cup of water
8oz self raising flour
2 eggs
1 teaspoon of Bicarbonate Soda

Method

Put margarine, sugar, sultanas and water in a pan, melt it all together and boil for 15 minutes.
Let it cool for 5 minutes then add the flour, bicarbonate Soda, and eggs.

Mix well and bake in a loaf tin for 40-50 minutes at 180°C.



Carol's Mum's Caramel Slice Recipe

Ingredients

8oz butter/margarine
1oz soft brown sugar
6oz plain flour
2oz caster sugar
2 tablespoons golden syrup
6.9oz condensed milk
100g bar of chocolate

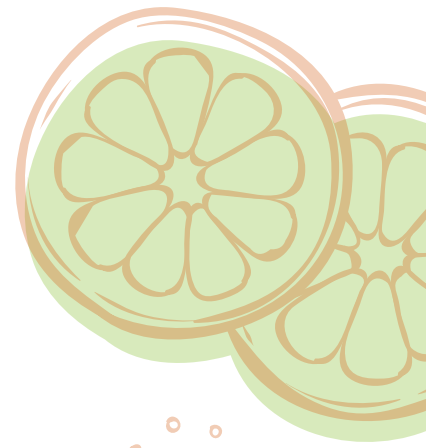
Method

Cream half butter and all the brown sugar until it is light in texture. Put the mixture into a lightly greased 11" x 7" cake tin and spread with the back of the spoon until level. Prick with a fork and bake in the oven 170°C/Gas mark 3 for 20-25 minutes until golden brown. Leave to harden and cool in tin.

Prepare the caramel by dissolving all remaining ingredients except the chocolate over a low heat stirring occasionally. When the sugar grains have dissolved completely and the mixture is smooth, bring to the boil and cook for 5 minutes, stirring continuously so the base doesn't burn.

When it is a rich golden colour, quickly pour the caramel over the base in the tin.

Melt the chocolate and pour over the caramel then cut into squares



Thanks to everyone listed below for sharing their special recipes and their amazing stories:

Carol MacLeod - Clootie Dumpling

Charlotte Rushforth - Cinnamon Rolls

Stacey Moorehouse - Chocolate Brownies

Alan Main - Spicy Parsnip Soup

Lisa Morrison - Tiffin Cake

Ian Bailey - Lentil Bake

Gail Duncan - Lemon Cheesecake

James Cole - Apple Pie

Kieron Flett - Chocolate Marshmallow Fudge

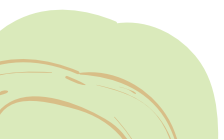
Hazel Paterson - Chicken Stir Fry

Callum Buchan - Chicken & Leek Pie

Rachel Tame - Sausage Rolls

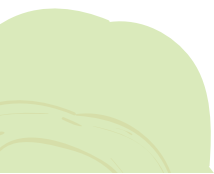
Isabella Williamson - Scones

Angela Walker - Bread Pudding

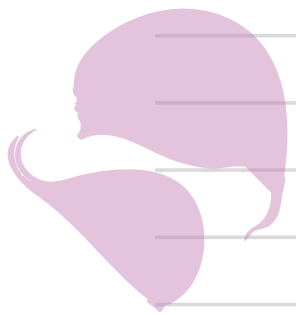


Add your own favourite recipes
here.





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The Adult & Family Learning team offers free learning for adults and for families. There are Adult Learning Co-ordinators based across Moray and we are always keen to hear what kind of learning you would like to see on offer in your local community.

Get in touch with us:
adult.learning@moray.gov.uk

