



Cooking Class Menu

Italian- Methods & homemade food

Learn to make several different tomato sauces, how to make/jar sun dried tomatoes; utilize Italian cheese in sweet/savory ways, & how to make risotto a daily dish.

Grilling 101

Learn about preparing meat, necessary tools, heating techniques, cleaning, marinating, and a no fail test to know when meat is done. We will learn all the above and then cook a meal entirely on the grill.

Savory & Sweet Tarts

Learn to make basic pastry dough with 4 simple ingredients so you never buy dough from the supermarket anymore. Sweet and savory tarts will possibly include: Apple tart with apricot glaze, Lemon – Wild berry tart, French Leek tart, and a Tomato tart.

Argentina + Mexico - Focus on sauces

Learn about popular Latin dishes and sauces as well as what makes them different. Possible dishes include: Salsa Fresca, Guacamole, Roasted tomatillo salsa, Salsa golf, and Chimichurri.

Seafood – Themes + Techniques

Learn how/when to purchase seafood, what to look for, and how to get the most out of it. Possible dishes include technique driven ways – cured, grilled, poached, and steamed.

Seafood – Shellfish

Learn how to distinguish fresh and frozen, what to look for, and when to buy. Possible shellfish includes: mussels, clams, oysters, shrimp, crabs, or scallops.

Seafood – Fish

Learn how to distinguish between fresh and frozen, how to skin, what to look for, and when to buy. Possible fish include: Salmon, Redfish, Snapper, Halibut, Sea Bass or Swordfish.



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French Classics – Salads & Soups

Learn about Provençal soups and salads that are based upon simple ingredients. Possible recipes include: Vegetable Pistou, Vichyssoise, Nicoise Salad, and a Lentil-Sausage Stew.

Spanish Tapas

Learn about the small plate style of Spanish delicacies. Possible recipes are: Tortilla de Papas, Gambas al Ajillo, Pan y Tomate Crema Catalana Y Croquettas.

Cooking 101 - Basics

We will go over the Basics as well as tips and ways to avoid problems most encounter when making the following dishes: Steaks, Roasted Chicken, Vegetables & Eggs.

Sauces 101

Learn to make classical as well as pan sauces based upon simple ingredients. Possible recipes include: Tomato, Béchamel, Cognac-Mustard, and Madeira-Peppercorn Sauces. Each sauce will be used for a specific dish prepared for the evening.

Gnocchi's 101

Learn how to make Roman style Gnocchi's with semolina as well as the traditional Italian/Argentine Noquis from scratch. This is a class you definitely do not want to miss!

Seasonal Cooking

Learn how to cook in season, how it is better for you economically and health wise. We may possibly visit a farmers market for produce and make a simple 3 course meal focused on what is local and in season.

Team Competition

Whatever is in the fridge – there will be two teams of 4 that will be required to make 3 courses – an easy appetizer, and entrée, and a dessert. There will be a secret ingredient too!