



# Culinary Schedule WINTER-SPRING 2008 for Cooks of all levels!

## CHEF CERTIFICATE PROGRAM with CHEF JASON

Series of 3 classes, Wednesdays 6PM– 9:30 PM

Advance your culinary skills! Each Level consists of 3 classes designed to help you develop consistency in the kitchen. Learn the tricks of the trade and enhance your culinary talent.

### Level 1 – Beginning Series

Knife Skills, Essential Cooking Techniques, Seasonings, Herbs & Spices.

**JAN 23, 30 & FEB 6 or MAR 5, 12 & 19**

### Level 2 – Intermediate Series

Fish & Seafood, Basics of Beef, Cooking Techniques II.

**FEB 13, 20 & 27 or MAR 26, APR 2 & 9**

### Level 3 – Advanced Series

Sauces & Reductions, Unique Flavor Combinations, Desserts. **APR 16, 23 & 30**

### Level 4 – Extreme Cuisine Series

Eclectic ingredients and preparation, unique sauces & flavor combinations.

**MAY 7, 14 & 21**

## PARTY PLATTERS with CHEF JASON

Fridays 9:30 AM – 12:30 PM

Let us help you hold that special party for your “grad”. Platters to please all!

**MAY 9 Graduation Party**  
– something to please all ages

**MAY 16 Sushi Platter**  
– all of your favorites on one plate

## INTERNATIONAL BREADS SERIES with CHEF DEBBIE

Wednesdays 6 PM – 9:30 PM

A series of 3 classes to learn all about baking bread. Each class will feature a different variety of bread from around the world. Learn the secrets to successful bread making!

**JAN 23** Classic French Bread, Focaccia (Roman Flatbread), Sun-dried Tomato Loaf, Pita Bread

**JAN 30** Challah, Soda Bread, Banana Nut Bread, Southern Cornbread

**FEB 6** Oatmeal Raisin Bread, Petit Pains Au Lait, Cheese and Chive Bread, Zucchini Bread

## “WHAT’S FOR DINNER?” with CHEF JASON

Fridays 9:30 AM – 12:30 PM

“Fun Fridays” will include a complete meal for the family. Chef Jason will demonstrate and explain the technique in making the main dish and you will make the same recipe and take your meal home ready to heat and serve. Chef Jason will provide the sides to complete your meal including vegetables or salad and a dessert. (Serves 4-5 people)

**JAN 11-** Beef Burgundy **MAR 7 -** Paella

**JAN 18-** Macaroni & Cheese **MAR 14-** Tandori

**JAN 25-** Fried Chicken **MAR 28-** Dim Sum

**FEB 8-** Asian Noodles **APR 11-** Pizza

**FEB 15-** Stuffed Cornish Hens **APR 18-** Seafood Enchiladas

**FEB 23-** Chicken Pot Pie **APR 25-** Tapas

## HEART HEALTHY SERIES with CHEF MARGE

Saturdays 9 AM – 12:30 PM

Make healthy yet delicious meals using low fat ingredients, fresh herbs, vegetables and fruits. Learn the art of healthy substitution – replace the fat with healthy alternatives.

*You will be amazed at how flavorful your meals will be!*

**JAN 26** Healthy & Hearty Soups and Sandwiches

**FEB 9** Heart Healthy Entrees

**FEB 23** Healthy Desserts



## 1-DAY COOKING CLASSES with CHEF JASON

Saturdays 9 AM – 1 PM

Classes begin with demonstration & explanation of the cooking techniques for the daily recipes. Participants will then prepare the recipes with assistance from the Chef. All ingredients, supplies, aprons and recipes will be provided including “to go” boxes, so that all goodies created can be enjoyed at home!

**JAN 12.....**Spices, Flavors & Basic Sauces

- Flavor combinations to enhance your skills

**JAN 19....** Best of Beef - cooking methods and sauces

**JAN 26....** Fresh Catch of the Day - preparing perfect fish

**FEB 2.....** Seafood - mollusks, crustaceans & more

**FEB 9.....** Fondue - have a fondue party!

**FEB 16 ...** Vegetarian - unique meatless dishes

**FEB 23 ...** Healthy- tasty food that is good for you

**MAR 1.....** French Wine Country- travel the regions of France

**MAR 8.....** Lamb Lovers - perfect preparation and sauces

**MAR 15....** Pork Loin/EasterDinner- something new to try

**MAR 29 . .** Sushi - learn the tricks of the trade

**APR 5.....** Latin Cuisine - exciting fusion of Latin flavors

**APR 12 ...** Thai - explore the spicy streets of Thailand

**APR 19 ...** Italian- more than Marinara

**APR 26....** Brazilian Steakhouse- Churrascaria style BBQ

**MAY 10....** BBQ/Grilling - fire up the grill in style

**MAY 17....** Floribbean - Florida fare island-style

## SPRING DESSERTS with CHEF MARGE

Saturday, APR 12 9 AM – 1 PM

Spring into spring by learning to make fresh fruit shortcakes. Choose your favorite angel food or biscuit shortcakes with strawberries, blueberries, additional fruits and whipped topping.

## CHOCOLATE AND MORE with CHEF DEBBIE

Wednesday, FEB 13 6 PM – 9:30 PM

Just in time for Valentine’s Day. Recipes include Chocolate Cookie Bark, Chocolate Fondue, Chocolate Truffle Pie and Deep Chocolate Cheesecake. *A chocolate lovers dream!*