



Culinary Class Schedule January-March 2012

Call Today to Register! 219-922-4534

(D) Chicken Breast 101 – Wednesday, January 4, 6:30-8:00 pm, \$30/person

Boneless chicken breast is today's go-to quick dinner option. Need some new, fresh, creative ideas for cooking this versatile meat? Learn 5 simple techniques – marinating, pounding, stuffing, pan-frying and grinding – and great preparations for each. No more boring bird!

(L) Lunch & Learn: “DIET” is a four letter word! – Thursday, January 5, Noon-1pm, \$15/person

After the over indulgences of the holiday season, most of us have made a “resolution” to lose weight. But before you jump on the newest diet fad, come learn the facts about some popular plans, why chronic dieting can be a catalyst for eating disorders and strategies for winning the food fight for good!

(L) Lunch & Learn: Healthy Foods: Immunity Boosters – Wed., Jan. 11, Noon-1pm, \$15/person

In the first of a recurring series on the health properties and benefits of common foods, we will cover natural ways to boost your immunity and stay healthy when everyone around seems to be sick.

(D) Soup 101 – Thursday, January 12, 6:30-8:00 pm, \$30/person

Does a hot, steaming bowl of soup sound great on a cold winter day? Don't reach for another salty, preservative laden, store-bought can! Delicious, nutritious homemade soup is easier than you think! This class will cover the basics of stock, then explore options for vegetable, “cream” (without the milk!) and hearty varieties. This was one of our most popular classes last quarter. Don't miss out this time!

(D) Easy Weeknight Dinners – Friday, January 13, 1-2:30 pm, \$30/person

With today's fast-paced lifestyle who has the time to get a home cooked meal on the table during the week? With these tips and short-cuts you will soon have dinner on the table in 30 minutes or less and it won't be macaroni & cheese or spaghetti and meatballs! Leave armed and ready to serve sautéed pork chops with apple sauté, chicken and dumplings, salmon croquettes, Salisbury steak and Vegetable Fried Rice next week!

(D) Chili Basics – Wednesday, January 18, 6:30-8:00 pm, \$30/person

Everyone has their favorite and you see cook-offs in the news. What makes a great chili? Come learn the basics of this one pot favorite and get some new ideas for your next batch. Categories that will be covered include: basic beef, white chicken, vegetarian, ethnic flare and regional favorites.

(D) Around the world Vegetarian Style – Thursday, January 19, 6:30-8:00 pm, \$30/person

Vegetarian goes ethnic with a sampling of favorites from around the globe. Learn to make Mousska from Greece, Burritos from Latin American, Red Lentil Dal from India and Broccoli-Shitake Stir-fry from Asia. Great additions to your meatless repertoire.

(L) Lunch & Learn: Tea Time – Friday, January 20, Noon-1pm, \$15/person

Next to water, it's the world's most popular drink and it is steeped in health benefits. You will learn the basics including health benefits of the 6 top brews: black, white, oolong, herbal, green and rooibos.

(H) Yeast Dough Basics – Saturday, January 21, 1-3 pm, \$50/person

There is nothing better on a cold winter's day than the smell of fresh baked bread and that first warm buttery bite! Come learn the basics of working with yeast dough and the art of properly shaping it into rolls, crusty bread and cinnamon rolls!

(D) The Big Game – Are you ready? – Wed., January 25, 6:30-8:00 pm, \$30/person

Why not make this year's BIG GAME party a GREAT PARTY? You'll get some great tips on helping everything run smoothly so you can be in front of the big screen instead of the oven! Come get new ideas for pasta salad, party mixes, hearty sandwiches, sensational sides and fabulous desserts! Your party will be the hottest ticket in town!

(L) Lunch & Learn: Seasonal Wonders: Citrus, Tropical Fruits, Broccoli & Cauliflower – Thursday, January 26, Noon-1pm, \$15/person

In our winter installment of seasonal wonders you will learn about the many types of citrus fruits available, how to choose and use tropical fruits such as pineapple, mango and papaya and new ways with broccoli and cauliflower which are at their peak this time of year.

(H) Luscious Mini Desserts – Friday, January 27, 10 AM to Noon, \$50/person

You know dessert is bad for your waistline, but sometimes you just need a little something sweet! Just in time for Valentine's Day, come learn how to make your favorites only mini-sized!! Learn the techniques to make tartlets, mini cakes, baby cheesecakes and 2-bite parfaits. You can have your cake and eat it too!

(L) Lunch & Learn: Power Snacking – Wednesday, February 1, Noon-1pm, \$15/person

Do you get the mid-morning or late afternoon munchies? You know you should have something nutritious and good for you, but that donut or bag of chips is calling your name. One of the keys to smart snacking is to be prepared for these moments of weakness. We will discuss easy ways to be prepared when hunger strikes and how to choose the best snack for the given circumstance.

(D) Pot Pie gets a Face Lift – Wednesday, February 1, 6:30-8:00 pm, \$30/person

The pot pie is the ultimate comfort food. Most of our memories, however, probably come out of a box and a foil pie tin. Pot Pie is easy to make and can actually be healthy and nutritious. Discover the techniques to make your own great pies using beef, poultry or just vegetables. Then top them with traditional crust, biscuits or puff pastry. The possibilities are endless.

(H) Luscious Mini Desserts – Thursday, February 2, 6:30-8:30 pm, \$50/person

You know dessert is bad for your waistline, but sometimes you just need a little something sweet! Just in time for Valentine's Day, come learn how to make your favorites only mini-sized!! Learn the techniques to make tartlets, mini cakes, baby cheesecakes and 2-bite parfaits. You can have your cake and eat it too!

(D) Great Dishes to Wake You Up! – Wednesday, February 8, 10 AM to Noon, \$30/person

Tired of the same cold cereal or plain scrambled egg for Sunday breakfast? Make your next weekend breakfast memorable by whipping up a great main dish. This class will cover crepes, quiche, French toast, strata and even biscuits and gravy. They can even be made in advance, so everyone will just THINK you got up at dawn!

(D) Pork 101 – Thursday, February 9, 6:30-8:00 pm, \$30/person

It is called the other white meat and is a welcome addition to everyday meals. You will learn the five basic cuts – loin roast, chops, tenderloin, shoulder roast and ground – and creative, delicious ways to use each.

(L) Lunch & Learn: Anatomy of a Recipe – Friday, February 10, Noon-1pm, \$15/person

Chop, dice, mince and julienne – what does it all mean? Learn the basics of deciphering a recipe from ingredients to preparation methods. Leave with the confidence to actually use that new cookbook and not just admire it on the shelf!

(H) Fun with Phyllo – Saturday, February 11, 10 AM to Noon, \$50/person

Ever wanted to try your hand at phyllo dough but didn't know where to start? We will go over the basics of this versatile light pastry dough and learn to use it to make strudel, Spanakopita and tarts.

(D) Tickle Your Taste Buds – Wednesday, February 15, 6:30-8:00 pm, \$30/person

Learn to make sense of your sense of taste. With stronger olfactory awareness, you can become a creative cook inspired by your own palate instead of following recipes to the letter. You will learn the five basic flavors —Salty, Sweet, Bitter, Sour and Umami—and how to use herbs, spices, oils, vinegars and aromatic ingredients to balance these tastes in your cooking and make everything taste better.

(L) Lunch & Learn: Sugar Substitutes: The Good, The Bad and The Unacceptable – Thursday, February 16, Noon-1pm, \$15/person

The media and medical community has been telling us how bad sugar is for our health, but is it always evil, and what about all the "substitutes" out there. Yes, they may not have calories, but are they good for us? We will look at some of the most popular choices: aspartame, sucralose, stevia, agave, maltodextrin and zylitol including their chemical makeup, pros & cons of their use and health benefits & hazards.

(D) Braising: The Art of Slow cooking – Thurs., February 16, 6:30-8:00 pm, \$30/person

Braising using slow, moist heat cooking to create layers of flavors – just what you want to eat on a cold winter's night. You will learn this cooking technique and how to use it to preparing stews, side dishes, and main courses. You will go home armed and ready to use the cast iron, le creuset, and crock pot that has been gathering dust all year!

(D) Breakfast Breads – Friday, February 17, 11 am- 12:30 pm, \$30/person

Breakfast breads and sweets are a favorite, but can rack up the calories, added sugar and fat very quickly. Discover techniques to make coffeecakes, muffins, scones, waffles and pancakes healthier and more nutritious, but just as delicious and mouthwatering. Most items can be made ahead making them even better!

(L) Lunch & Learn: Healthy Breakfasts and Lunches – Wed., Feb.22, Noon-1pm, \$15/person

Getting ready, walking the dog, packing the kids lunch and finding your keys! With all these tasks and more taking up your morning how can you possibly prepare or even think about breakfast or lunch for yourself? We will discuss practical ways to fit a healthy, nutritious breakfast AND lunch into your hectic day. Options for making it yourself as well as how to pick and choose on the run will be covered. At least your lunch will be healthy today!

(D) Lighten Up! Winter Favorites – Thursday, February 23, 6:30-8:00 pm, \$30/person

In our winter installment of Lighten Up! You will learn how to make some cold weather favorites healthier and more nutritious and your family will never be the wiser. We will cover clam chowder, beef stroganoff, lasagna, oven fried chicken steak and German chocolate cake.

(H) Gnocchi: Italy's Little Dumpling – Saturday, February 25, 11 am to 1 pm, \$50/person

The recipe is simple: flour, egg and potato, but the key is in the formation and cooking. Learn how to make fresh Gnocchi and use them in various delicious dishes.

(H) The Orient Express – Wednesday, February 29, 6:30-8:30 pm, \$50/person

Come learn how to make your favorite Asian appetizers in a healthy, delicious way. You will learn to make wontons, egg rolls, spring rolls and pot stickers. Leave ready to wow them at your next dinner party!

(D) All American Ground Beef – Thursday, March 1, 6:30-8:00 pm, \$30/person

It is America's favorite go-to meat, and for good reason. It is inexpensive, versatile and can be shaped (balls and loaves) or crumbed into a variety of dishes. You will learn the different grades, qualities and special mixes available. We will also cover the how to substitute chicken, turkey and even soy products for non-beef eaters.

(L) Lunch & Learn: Healthy Foods: The Spice of Life – Friday, March 2, Noon-1pm, \$15/person

In the spice world there is a powerhouse of six that are an arsenal against illness. Come learn how sage, rosemary, turmeric, ginger, cinnamon and paprika can boost your health and well being. We will discuss the properties of these spices as well as easy ways to incorporate them in your everyday cooking.

(D) Delightful Cheesecake – Wednesday, March 7, 6:30-8:00 pm, \$30/person

Not very many would pass up cheesecake. But did you know it isn't all sweet and covered with fruit or gooey sauce? This class will cover savory, traditional New York Style, no-bake, non-dairy and even an avocado variety!

(D) A Vegan Dinner Party – Thursday, March 8, 6:30-8:00 pm, \$30/person

Whether you are vegan yourself or have friends and family who are or just want to incorporate a few meatless meals into your week, this class will cover the basics of serving an entire vegan meal: appetizer, soup, main dish, side dish and dessert. The recipes go great together or can all be used on their own.

(H) Pizza and Calzones – Saturday, March 10, 1-3 pm, \$50/person

Who doesn't love pizza? Forget about the prebaked cardboard-like crust, learn to make it yourself from scratch. We will cover basic thick (pan) and thin crust pizza and dabble in the hand-held version – the calzone. That's amore!

(L) Lunch & Learn: Your freezer: Don't get burned! – Wed., March 14, Noon-1pm, \$15/person

Many people think the freezer is one of the best inventions ever. You can stock up on a good deal, be prepared for last minute dinners and even save leftovers from the garbage heap. However, how many of you have no clue what IS REALLY lurking behind the ice and frost? Are your items properly wrapped or did you just toss them in thinking you would use them in a few days and it has been years. The freezer can be your friend if you understand the basics of how it works, how to properly package and store items and what are the REAL life expectancies of various items.

(D) Sides on Steroids – Thursday, March 15, 6:30-8:00 pm, \$30/person

Potatoes, rice, pasta and vegetables don't have to be plain and boring. Come learn how to transform these foods from a sideshow to something exciting to the eye and palate. Don't be surprised when your family asks for seconds!

(H) The Orient Express – Friday, March 16, 1-3 pm, \$50/person

Come learn how to make your favorite Asian appetizers in a healthy, delicious way. You will learn to make wontons, egg rolls, spring rolls and pot stickers. Leave ready to wow them at your next dinner party!

(D) Global Chicken – Wednesday, March 21, 6:30-8:00 pm, \$30/person

It is the most consumed meat in our diets and also the most versatile. Come learn to prepare chicken in five new ways – each with its own global flare!

(D) Take a Walk on the Spice Side – Thursday, March 22, 6:30-8:00 pm, \$30/person

Cooking with spices is an adventure in taste. With spices you can transform familiar dishes and capture the essence of exotic cuisines. Learn the basics of these flavor powerhouses and your cooking will take on a new dimension! We will discuss the 3 basic groups sweet (allspice, cinnamon, cloves, nutmeg), hot (ginger, mustard) and pungent (cardamom, coriander, cumin, paprika, saffron) and how to use them in everyday dishes.

(L) Lunch & Learn: Oil 101 – Friday, March 23, Noon-1pm, \$15/person

Oil is an essential ingredient in any kitchen, but how do you know what to choose? We will discuss the various types (olives, canola, grape seed, safflower, etc), properties (refined vs. unrefined, high heat, smoke point) and nutritional and health benefits and pitfalls. After this session, you will enter the oil aisle without fear!

(H) Homemade Pasta – Saturday, March 24, 10 am to Noon, \$50/person

Learn how to make fresh pasta dough from scratch and create noodles, tortellini and ravioli. Of course, you will learn some basic sauces to finish it all off. It does take some time and effort, but you will be Wowed by the result!

(D) Going with the Grain – Wednesday, March 28, 6:30-8:00 pm, \$30/person

You are trying to eat more whole grains, but if you see another bowl of brown rice or slice of whole wheat bread you'll gag! This class will explore what exactly is a "whole grain" and introduce grains including bulgur, quinoa, flaxseed, barley and wild rice. We will then cover basic methods of cooking and incorporating them into soups, main dishes, desserts and snacks.

(L) Lunch & Learn: Salt: Friend or Foe? – Thursday, March 29, Noon-1pm, \$15/person

Cut back on your salt intake! This is a message we hear every day. But, does it pertain to EVERYONE and what exactly does it mean? We will look at the role of salt in the body, why too much is bad and what benefits salt does have (yes, salt can be good used in the RIGHT manner.) You will also be introduced to a few different varieties of salt that can put the zing in your cooking with just a small amount.

(D) Pork Tenderloin: Versatile and Delicious – Thurs., March 29, 6:30-8 pm, \$30/person

Pork tenderloin is the boneless chicken breast of the pork world. It is lean, quick cooking, stands up to bold flavors and can go from casual to elegant with ease. Learn the five basic preparation techniques – marinating, grilling, stuffing, stuffing and dicing – and easy preparation methods for each. Your kitchen arsenal just got reinforcement!

(H) Yeast Dough Basics – Saturday, March 31, 1-3 pm, \$50/person

There is nothing better on a cold winter's day than the smell of fresh baked bread and that first warm buttery bite! Come learn the basics of working with yeast dough and the art of properly shaping it into rolls, crusty bread and cinnamon rolls!



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