

## **Cooking Fundamentals FAQ's**

### **I have dietary restrictions (gluten-free, vegan, etc.), can I still attend the series?**

As the focus on all our cooking fundamental series' is skill and technique, they fit any dietary lifestyles (with the exception of the Protein Power which specifically deals with animal-based protein) As each participant works individually, the ingredients can be adapted as needed. For example, if we are making a squash soup one student may use vegetable stock while another classmate may choose to use chicken stock. Just let us know about dietary restrictions at registration.

### **I can't make one of the sessions, can I still sign up?**

The purpose of the series is to get you into a cooking habit and have you practice your skills as you learn them. We do understand that it is sometimes difficult to have 4 consecutive weeks open on your schedule. We do have an accelerated option (2 Saturdays (5 hours each)) and do repeat the series every few months and try to schedule in advance so you can arrange your schedule. However, we can work with you on a case by case basis to make-up the session (either attending the missed session during another series, substituting another, similar class or setting up a private make-up session with Mrs. Dornberg). Only one make-up session per series is allowed. Please call to discuss available options before you register.

### **I can't attend the current series, when will it be offered again?**

We do understand that we all live busy lives and it is hard to fit in a multiple week commitment. However, we do try to add additional dates on the calendar in advance so you can plan accordingly. We are also happy to work with you on scheduling future sessions. Private lessons (for yourself or your own small group) can also be arranged. Please note that private rates are different than the small-group series rate. If you are serious about learning to cook, we will work with you to make it happen!

### **I have zero experience cooking, will the series be over my head? OR**

### **I consider myself to be a good cook, will I be bored?**

The series content and the small class size is designed to be able to accommodate a variety of experience and skill levels. Each student works independently, and we are here to help teach you what YOU need, when YOU need it! For that reason, everyone will be on a different learning path and will walk away with what they need for where they are in their cooking journey. We do highly recommend that students take our basic knife skills or The Basics series before registering for any of the other Cooking Fundamental series'. Please contact Mrs. Dornberg to discuss any concerns you have prior to registering.

### **Why is the series fee so expensive?**

Given the amount of information, the small class size (8 students), 10 plus hours of professional instruction, access to Mrs. Dornberg throughout the duration of series, and the quality of ingredients used (high-quality, local, organic, sustainable) these classes are very fairly priced. This is an investment in YOU and YOUR health. Do you really want to go the cheap route? If you require payment installment options, please contact us.

### **Why should I invest the time and money in going to a cooking class when I can get plenty of recipes and videos online?**

Yes, there are many free resources available for you to learn to cook. However, they are all generic and not tailored to YOUR NEEDS. You cannot ask for clarification or help if you do not understand something; there is nobody to observe and correct you; and you are not able to taste, smell and experience the cooking process. Not to mention there is no schedule or accountability for you to actually do the work and practice.