

## NOW YOU'RE COOKING - 4 PART SERIES FOR THE INTREPID GOURMET

Whether you are just learning to cook or if you've been cooking forever but need to upgrade your skills & get out of your culinary rut, this is the place for you. Chef Romy takes you through the paces and promises there will be lots to learn for EVERYONE along with great food and a few laughs.

You can sign up for just 1 class or take all 4 – mix & match the dates to suit your schedule. The knife skills class (not included in the package price) is a great place to start but not a necessary pre-requisite, you can sign up for that individually for \$99 and take that prior to these for an even better foundation.

These classes are designed to be semi-hands on & smaller than usual so they will be very interactive, Chef will have you rolling up your sleeves and getting in on the action.

**\$59 per class or \$199 for all 4 (when purchased as a package)**

### Saturday, February 11, 2012 – MEAT

10am - 12:30pm

In this class we will work with 4 different types of protein & experiment with 4 very different techniques for cooking it;

- \* De-bone a whole chicken & make a classic coq au vin with mushrooms, onions and bacon
- \* Sauté pork tenderloin with a Marsala Sauce
- \* Grill flat iron steak with a peppercorn sauce
- \* Roast Quail & serve it with a cherry reduction

### Sunday, February 12, 2012 - SEAFOOD

12pm - 2:30pm

Today while we are cooking, Chef will talk about Fresh vs. Frozen, Wild vs. Farmed – where, when and how to buy great seafood.

- \* Grilled calamari steaks with tomatoes, chillies and citrus
- \* Trout cooked in parchment paper with leeks, carrots & white wine butter sauce.
- \* Mussel steamed with chorizo, Thai curry and fresh cilantro
- \* Crusted seared tuna loin with soy ginger balsamic glaze

### Sunday, February 19, 2012 - STOCKS, SOUPS & SAUCES

12pm - 2:30pm

A well made sauce can make a good meal great. Once you learn the basics for making homemade stocks & sauces you will have a fantastic foundation for just about anything else you want to create in your kitchen. Today we will cover;

- \* Chicken, Vegetable & Fish Stocks
- \* Hollandaise sauce served with grilled asparagus
- \* Perfectly balanced tomato sauce with fresh pasta
- \* Traditional French onion soup

### Saturday, February 25, 2012 - PASTA, RICE & POTATOES

10am - 12:30pm

We're not just talking side dishes, the recipes & techniques covered in this class are versatile and will give you plenty of great ideas so you have the skills & confidence to make these recipes your own and start to experiment with your own flavour profiles.

- \* Spaghetti carbonarra with smokey bacon, fresh eggs, cream and cheese
- \* Ravioli stuffed with squash, amaretti cookies and finished with a brown butter sauce
- \* Gnocchi (potato dumplings) with fresh tomato sauce & parmesan
- \* Risotto with fresh mushrooms, thyme & Diablo sauce

**\*\*please come to class with a sharp chef's knife and a cutting board, they will not be provided but you can purchase them on site for 20% off regular retail the day of the class.**

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# February 2012

## cooking classes



### **KNIFE SKILLS WITH CHEF ROMY PRASAD**

Saturday, February 4, 2012    \$99.00\*    10:00am

Knife Skills are absolutely essential in the kitchen. In this first class you will receive a Victorinox Santoku Knife and an Epicurean Cutting Board; after all, you need to have good tools to do a good job. Chef will guide you through the proper techniques of knife use, choosing the right knife for the right job, and learning the basics on sharpening, maintenance, care and storage. By the end of class, all those vegetables you skillfully chopped will end up in a delicious soup for you to enjoy.

\*The knife and the cutting board are yours to keep!

### **BACON MAKES EVERYTHING BETTER WITH CHEF CARL SAWATSKY EXECUTIVE CHEF AT CENTRAL CITY BREWING**

Monday, February 6, 2012    \$55.00    7:00pm

At Central City Chef Carl & his team make everything from scratch, including their own bacon. They do an excellent job incorporating their house cured & smoked bacon into dishes that also highlight their excellent craft beer. On the bacon-centric menu today is Beer, Bacon and Blue Cheese Mussels in Pale Ale Sauce followed by Bacon and Ricotta Corn Cakes with Maple Mayo & Smoked Paprika – these tasty morsels can be served as a nice appy or make a wicked brunch item. Next up a perfect Bacon and Pepper Vodka Palate Cleanser right before you get into Carls take on a classic Smoked Bacon Carbonara. Had enough bacony goodness yet...we didn't think so, Chef will round out the menu with a Bacon Crème Brulee.

### **SUSHI BASICS WITH CHEF KY**

Monday, February 6, 2012    \$55.00    7:00pm

Monday, February 12, 2012    \$55.00    7:00pm

Join Chef Ky tonight as he teaches you everything from making perfect sushi rice to rolling the quintessential California roll, maki rolls and nigiri sushi like salmon, tuna and ebi. This is a hands on class – you will be rolling your own. Bring a container to take home your leftovers and come hungry.

### **WEST COAST SEAFOOD WITH CHEF ROMY PRASAD**

Tuesday, February 7, 2012    \$55.00    12:00pm or 7:00pm

Living on the west coast you need to have a few recipes you can whip out for company that show off the bounty of our beautiful west coast waters. Tonight Romy will provide you with some excellent ideas...starting with a B.C. Wild Salmon Cake with a Spicy Tarragon Aioli. Followed by Seared Tuna Salad with Anchovies, Capers, Olives, Crispy Green Beans dressed with a Simple Vinaigrette. Next up...Grilled Mackerel with Marinated Spicy Zucchini and finally, Steamed B.C. Halibut in an Aqua Pazzo Broth with fresh Fennel, Edamame, Potatoes and Saffron.

### **HALIBUT WITH CHEF KAREN BARNABY**

Tuesday, February 7, 2012    \$60.00    7:00pm

Chef Karen Barnaby from The Fish House in Stanley Park will recreate some of her signature halibut dishes for us tonight. You will be sufficiently inspired to make them at your house...over & over again. We will start the class off with a Pan Seared Halibut with a Burnt Orange Wasabi Glaze followed by Halibut with Corn Chardonnay butter. Next one of our personal FAVES Karen's now famous Halibut and "Chips", you've never had anything like it! And because pork makes everything better...Pancetta-Wrapped Halibut with a Smoked Tomato Vinaigrette & finally to wrap things up a spicy Indian inspired Halibut Masala. Call Heather at 1 Fish 2 Fish in Langley today [www.1fish2fish.ca](http://www.1fish2fish.ca) and place your Halibut order today, you are going to want to get cooking as soon as you get home.

### **FEATURE INGREDIENT: CITRUS WITH CHEF GARRY STEEL**

Wednesday, February 8, 2012    \$55.00    12:00pm or 7:00pm

The California citrus season is in full swing and today, we take full advantage. Aside from Salt & Pepper, citrus might be one of the most important ingredients in a kitchen. We are positive Chef Garry's recipes will brighten up your winter! Starting with Lime Crusted fresh Albacore tuna, followed by Asian influenced Lemon Grass Beef and for dessert the ultimate Lemon tart, with handmade lemon curd.

\$55 each or 2 for \$95 – mix & match the Feature Ingredient Series.

### **PHO & OTHER VIETNAMESE FAVORITES CHEF THAUNG**

Wednesday, February 8, 2012    \$55.00    7:00pm

Tonight Chef Thaung introduces us to some of the most popular cuisine offered at top Vietnamese restaurants. Starting off with an appetizer of Shrimp on Sugar Cane followed by traditional "Pho" a Chicken & Rice Noodle Soup with fresh sprouts and fragrant fresh basil. From there we will learn about Lemongrass Grilled Pork on Steamed Rice, Vietnamese Style Beef Stew with Tomato & Potato and a delicious take on a Vegetable Stir-Fry. For dessert, Rice Drop Pallets with Tapioca & Palm Sugar. Spice up your life tonight!

### **COOKING FOR THE LOVE OF YOUR LIFE WITH CHEF DEZ**

Thursday, February 9, 2012    \$55.00    12:00pm or 7:00pm

What are you serving your Sweetheart on the 14th? Chef Dez has some great ideas for you. Tonight you will learn some romantic recipes that will be sure to ignite the passion. We will start off with Pan Seared Scallops in Sage Brown Butter, then move onto Corn, Date & Goat Cheese on Greens, Rack of Lamb with Blueberry Wine Reduction and Garlic Mashed Potatoes for the main course, and then Quinoa Chocolate Cake with Vanilla Bean Ice Cream for dessert! You will have them swooning!

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# February 2012

## cooking classes



### **FEATURE INGREDIENT: PEPPERCORNS WITH CHEF GARRY STEEL**

Saturday, February 11, 2012 \$55.00 10:00am

Nothing is more important in a kitchen than salt & pepper – they are absolutely essential ingredients in any kind of food preparation. Today we explore Peppercorns, the fruit of the black pepper vine, cultivated for over 1000 years and once so valuable it was traded as currency. This afternoon Chef will prepare Beef and Peppercorn Pie, a Sole and Peppercorn Caesar and finally Crispy Sweet Potato, Beet and Peppercorn Latkes.

\$55 each or 2 for \$95 – mix & match the Feature Ingredient Series.

### **FEATURE INGREDIENT: CHILLIES WITH CHEF GARRY STEEL**

Sunday, February 12, 2012 \$55.00 12:00pm

Not just added for their intense heat, a variety of Chillies will affect the flavour of your dish. Tame the heat & experience the subtle nuances you can get working with dried or fresh chillies...today Chef Garry will take the fear out of the everyday use of chillies and teach you how to create a flavourful well balanced dish. On the menu; Chilli Crusted Wild Salmon, Crispy Pancetta and Chilli Pasta and finally a super flavourful Thai Green Chilli Curry.

\$55 each or 2 for \$95 – mix & match the Feature Ingredient Series.

### **WEST COAST ASIAN WITH CHEF GLEN ZOTECK**

Monday, February 13, 2012 \$55.00 12:00pm or 7:00pm

We are excited to have Chef Zoteck in our kitchen to share his West Coast Asian recipes with us tonight. Glen's incredibly flair for this type of cuisine was evident on the menu at the Red Door Pan Asian grill – tonight, he will pass along some of those great ideas so you can recreate them at home. On the menu tonight; Lamb Lettuce Cups with Minced Vegetables, Hoi Sin and Chinese Mustard. Next, Crispy Fried Shrimp – Nuoc Cham with fresh Green Papaya Slaw followed by incredibly addictive Dan Dan Noodles with Ground Pork, Chilli's, Peanut and Scallions. And...Flat Iron Steak with Kimchi Fried Rice and Sesame Bok Choy. Plus you can have Southeast Asian food without a killer curry so how 'bout a fragrant Green Curry Ling Cod served with a Spicy Eggplant Relish? Yes, please! Book early, this class will fill up quickly.

### **CARAMEL WITH PASTRY CHEF TINA BACON**

Wednesday, February 15, 2012 \$55.00 12:00pm or 7:00pm

It seems to be one of the "it" flavours and you can find it incorporated into both sweet & salty applications. In today's class Chef Tina explores it all and will show you how to use both wet and dry methods of making caramel. On the menu; Salted Caramel Pecan Bars – brown sugar shortbread topped with toasted pecans and fresh made caramel. Rich Caramel Sauce – sugar, cream, butter...so much better made at home. A family favourite – decadent Caramel Corn. Crème Caramel – a classic and not as tricky as you think and finally Praline Biscotti – we'll begin by making candied pecans and bake them into a crisp biscotti.

### **RUSTIC ITALIAN SOUPS & CRUSTY BREAD WITH CHEF DEZ**

Thursday, February 16, 2012 \$55.00 12:00pm or 7:00pm

Winter is approaching quickly, so Chef Dez will show you how easy it is to create flavourful soups and crusty bread from scratch to help keep you cozy & warm. Tonight we will make Oven Roasted Tomato Soup garnished with homemade croutons, flavourful Italian Minestrone, and show you how to make Crusty Italian Bread from scratch that requires no kneading! This bread is amazing and is as beautiful as ones you would pay \$5 for at a specialty bakery... and because it requires no kneading, you won't believe how easy this is! Soup and bread will never be the same in your home again!

### **DATE NIGHT WITH CHEF DEZ**

Friday, February 17, 2012 \$55.00 7:00pm

Tonight's menu is meant to add a little ooomph, to your next date night or dinner party. Perhaps things have gotten a little bland in your kitchen & it's time to shake them up a little...this class will do the trick for sure. On the menu tonight; a tasty starter of Pear & Capicollo Antipasto followed by a first course of Pan Seared Scallops with Sage Brown Butter. For the main dish Pastry Wrapped Wild Mushroom BC Halibut, and for dessert – Amaretto Truffles with Vanilla Pastry Cream.

### **KIDS CAN BAKE WITH JACLYN**

Saturday, February 18, 2012 \$40.00 10:00am



KID FRIENDLY CLASS

Tired of the same old lunchbox treats and after school snacks? Say goodbye to packaged bakery goods and learn how to bake much tastier and healthier options. In this class we'll be making the best homemade granola bars you've ever had, spectacular muffins, and cookies that will make you the envy of all of your friends. We'll also have fun making special dips for vegetables and fruit, and perhaps a frosty smoothie to wash everything down. Come hungry!

### **Fraser Valley Lunch & Learn Tour**

Take part in the ultimate Food and Wine Tour featuring a live cooking demonstration complete with three-course tastings. Taste and learn about the best local, fresh and seasonal fare Super Natural British Columbia has to offer. Travel to the Fraser Valley to tour and taste at the Fort Wine Co., Well Seasoned; a gourmet food store, the Honeybee Centre honey farm and the renowned Domaine de Chaberton Estate Winery. Enjoy a live cooking class at Well Seasoned, a Gourmet Food Store featuring the Chef's fresh, local and seasonal creations over a lunch to be remembered – a real foodie's paradise!

Visit [www.wellseasoned.ca](http://www.wellseasoned.ca) for dates and itinerary.

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# February 2012

## cooking classes



### **SOUPS AND STEWS WITH CHEF ROMY PRASAD**

Monday, February 20, 2012 \$55.00 12:00pm or 7:00pm

Dinner in a bowl never tasted this good... Starting with Tuscan Sausage & Bean Soup with Crème Fraiche and Fresh Chives followed by Grilled Sweet Corn & Shrimp Chowder and a Spicy Chicken & Eggplant Stew. For the meat lovers in the family, a soul satisfying Braised Beef & Apple Stew and for dessert Chef Romy's signature Valhrona Chocolate Mousse – the perfect way to end any dinner party.

### **CRAB! WITH CHEF KAREN BARNABY**

Tuesday, February 21, 2012 \$65.00 7:00pm

Still a perennial favourite on the West Coast – crab is so incredibly delicious when it's well prepared. As a treat for a special meal or just a taste incorporated into your menu, Crab is really very versatile & tonight Chef Karen will tell you all about it... On the menu tonight we will start with a Fish House Favourite – Creamy Crab & Corn Chowder and then move on to Crab & Spinach Salad with Soy Aioli. From there – Karen's signature Asiago & Angel Hair Pasta Crab Cakes followed by Herb & Parmesan Roasted Fresh Dungeness Crab. And for the grand finale Alaskan King Crab with Grand Marnier Butter.

### **TOUR THROUGH ASIA WITH CHEF THAUNG**

Wednesday, February 22, 2012 \$55.00 7:00pm

Cheaper than airfare and a whole lot quicker. Tonight, we can take a mid-week escape to 7 different countries & not experience one second of jet lag. Our culinary adventure will start in Vietnam with fresh Prawn Salad Rolls and then head to China for Wonton Soup with Chicken & Veggies and Sweet & Sour Pork. Next stop – Thailand for Classic Pad Thai and then on to Malaysia for a rich Lamb Curry with Lemongrass. Finally we will stop in Indonesia for dessert – Mango Crepes with Coconut Sauce. No need to pack a bag, just bring your appetite.

### **THERE'S NO SUCH THING AS TOO MUCH BACON! WITH CHEF CARL SAWATSKY, EXECUTIVE CHEF CENTRAL CITY BREWING**

Wednesday, February 22 2012 \$55.00 7:00pm

It gets bacony better by the minute around here! Chef Carl & the uber talented team at Central City in Surrey kick some serious bacon butt. Paired with their fantastic beer, we can't think of a better place to find some culinary inspiration tonight than right here in our kitchen... starting with Beer Bacon Baked Beans. And a tasty Bacon and Pork Terrine with Quick Pickled Vegetables and Beer Mustard. Next up Bacon Vodka Gaspacho with fresh baked Bacon Bread Twists and finally a sweet treat after all that bacon German Spiced Beer Caked with Stout Truffles. Bacon lovers rejoice.

### **A MODERN MEDITERRANEAN PANTRY WITH CHEF GARRY STEEL**

Thursday, February 23, 2012 \$55.00 12:00pm or 7:00pm

Enjoying a Mediterranean style diet incorporates all the basics of healthy eating; cooking with a splash of flavourful olive oil & glass of red wine just seems to bring it all together! Focussing on lots of fresh fruit, vegetables, whole grains & healthy fat, food from the Mediterranean is simple, light and most importantly loaded with flavour. Tonight Chef Garry will introduce you to Greek Style Roasted Winter Vegetables, "Saturday Pasta" and Tasty Tunisian Tartlets.

### **BREAD - BEYOND THE BASICS WITH PASTRY CHEF TINA BACON**

Sunday, February 26, 2012 \$55.00 12:00pm

Now that you've got the basics of bread making mastered, let's step it up a bit with these breads that take an extra step or two but are so worth the effort. On the menu today Bagels – both sweet and savory as well as some ideas on other ways to use this versatile dough. Soft and chewy Hot Buttered Pretzels – the perfect snack and the all star of the breakfast sandwich, toasty English muffins. This is going to be a great class, don't miss out!

### **FEATURE INGREDIENT: MILK WITH CHEF GARRY STEEL**

Sunday, February 26, 2012 \$55.00 12:00pm

Continuing our feature ingredient series we move on to Milk and the myriad of items made with fresh milk & cream. Whole, skim, 1%, 2%, half & half, light cream, coffee cream or heavy cream... get the skinny on the how's & when's to use what. On the menu today a gloriously creamy & tart Passion Fruit Crème Brulee followed by Berries and Fruit in Baked Cream and an old school classic made new again Bread and Butter Pudding.

\$55 each or 2 for \$95 – mix & match the Feature Ingredient Series.

### **FRENCH CLASSICS WITH CHEF ROMY PRASAD**

Tuesday, February 28, 2012 \$55.00 12:00pm or 7:00pm

A French menu cannot start without a fantastic French Onion Soup that is followed by Duck Breast on a Warm Wild Mushroom Salad and then Perfectly Grilled Tuna with a Herbed Tomato, Garlic, Olive Oil & Lemon Sauce. Next, Daube de Boeuf, a classic Provencal dish of beef slow cooked in red wine with a hint of orange zest & served with seasonal vegetables. And of course the quintessential French dessert, Chef Romy's phenomenal Chocolate Mousse.

### **WEEKNIGHT FAVOURITES WITH CHEF GLEN ZOTECK**

Wednesday, February 29, 2012 \$55.00 12:00pm or 7:00pm

We all find ourselves pressed for time and under constant pressure to get a great meal on the table. Tonight Chef Glen has some tasty solutions for your weeknight meal dilemma. Starting with a wicked winter warmer of Curried Lentil and Carrot Soup. From there, an Asian inspired Sesame Chicken Salad with a Soy, Chilli Lime Vinaigrette. Next a creamy crowd pleaser; Crispy Pancetta, Cherry Tomato and Parmesan Pasta. And finally for the meat lovers in your house, perfectly cooked Steak with Porcini Mushroom Sauce and a super side of Balsamic Glazed Seasonal Vegetables.



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