

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)

Sunday, March 4, 2012 – MEAT

12pm - 2:30pm

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

Saturday, March 10, 2012 - SEAFOOD

10am - 12:30pm

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

Saturday, March 17, 2012 - STOCKS, SOUPS & SAUCES

10am - 12:30pm

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, March 24, 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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March 2012

cooking classes



KNIFE SKILLS WITH CHEF ROMY PRASAD

Saturday, March 3, 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!

BECOME A PNWBA (PACIFIC NORTHWEST BBQ ASSN.) CERTIFIED BBQ JUDGE

Sunday, March 4, 2012 \$50.00 12:00pm

PNWBA Judges training will be held at Well Seasoned. Taught by PNWBA Head Judge & Championship Cook Angie Quaaale – food by Canadian Champion Rick Moy & Lucky BBQ. Registration is limited.

GARLIC, GARLIC, GARLIC! WITH CHEF DEZ

Tuesday, March 6, 2012 \$55.00 12:00pm or 7:00pm

Join Chef Dez with this celebration of his favourite ingredient – Garlic! Garlic is one of the oldest cultivated plants known to mankind and has been hailed as one of world's most celebrated medicinal vegetables. He will take you through a three-course meal focused on this beloved little bulb. We will explore simplicity with Roasted Garlic Mediterranean Bruschetta as an appetizer; fall in love with the richness of Garlic Tarragon Cream Fettuccine & Scallops as the main course; and for dessert... Garlic Gewurztraminer Fudge! Yes, white fudge infused with the taste of garlic – this last recipe is the perfect addition to any fruit & cheese platter where contrasting flavours are the focus!

SPANISH CUISINE WITH CHEF ROMY PRASAD

Tuesday, March 6, 2012 \$55.00 12:00pm or 7:00pm

Join us tonight as Chef Romy teaches us about the tempting flavours of Spanish food and how you can create a perfect Paella at home.we can almost feel the breeze from the Mediterranean from here.On the menu, Roasted tomato soup with thyme, garlic & extra virgin olive oil followed by a Spicy flank steak with seasonal vegetables and a Classic Spanish Paella with saffron, chorizo and seasonal fish & shellfish. And for dessert Poached pears in red wine served with chocolate sauce.

CHINESE BASICS WITH CHEF THAUNG

Wednesday, March 7, 2012 \$55.00 7:00pm

Tonight Chef Thaung recreates some of your favourite dishes guaranteed to be way better than take out. On the menu tonight is fresh made Wonton Noodle Soup with Chicken and Veggie Wontons, Shrimp Pork & Vegetable Egg Rolls, Pork & Chicken Veggie Chow Mein, Sweet & Sour Pork with Root Vegetables, Cashew Chicken & Asparagus Stir Fry, Fried Cod with Spicy Black Bean Sauce, Shrimp Fried Rice and for dessert a refreshing Chinese Fruit Cocktail with Red Beans & Barley.

SOUFFLÉ WITH CHEF GARRY STEEL

Thursday, March 8, 2012 \$55.00 12:00pm or 7:00pm

We can't think of a better way to spend a Thursday evening than by demystifying the Soufflé. In today's class Chef Garry will reveal the tips and tricks for a Classic Cheddar Soufflé, a dinner party worthy Lobster Soufflé, a flavourful Leek and Squash Soufflé and finally the pièce de résistance...the Chocolate Soufflé. You will be cheffing it up in your own kitchen as soon as you get home!

PERFECT PIES & TARTS – SWEET & SAVOURY WITH PASTRY CHEF TINA BACON

Thursday, March 8, 2012 \$55.00 12:00pm or 7:00pm

We'll be making Tart Dough and learning about "blind baking" for a creamy Wild Mushroom Tart and an elegant Ganache Tart, the little black dress of the tart world. Perfect your pies with Flaky Pastry for a lattice-topped pie made with seasonal fruit, and a free-form Potato, Onion & Gruyere Galette which is great as an appetizer or make it a meal by serving with a tasty side salad. Hints, tips & tricks from the pro just in time for spring & summer!

MODERN THAI PANTRY WITH CHEF GARRY STEEL

Saturday, March 10, 2012 \$55.00 12:00pm

The flavours of Southeast Asia are phenomenal. In tonight's class you will learn some delicious recipes that will familiarize you with some of the common ingredients found in a Thai pantry. Working with Lemongrass, Kaffir Lime Leaf, Fish Sauce, Chillies and Ginger – just to name a few, we will be making Thai Red Curry & Green Curry where you will learn to control or unleash the heat based on your personal preference. And you will learn the secret to a phenomenal Pad Thai. Spice up your winter and find inspiration in these fresh flavours with Chef Garry.

SUSHI BASICS WITH CHEF KY

Monday, March 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. Please bring a knife and cutting board to class as well.

A MEDITERRANEAN MONDAY WITH CHEF GLEN ZOTECK

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

Today we are taking a tour through the Mediterranean and you are going to love it! On the menu is a salad of Shaved Fresh Asparagus and Pecorino followed by Haloumi & Roasted Pepper Dip and Spanish Style Mussels with Chorizo & Sweet Smoked Paprika. Next up, a main course of Braised Veal Cheeks done Provençal style with tomatoes, herbs and white beans. And for dessert Chef Glen's Crème Brûlée.

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CRAB & LOBSTER WITH CHEF ROMY PRASAD

Tuesday, March 13, 2012 \$60.00 12:00pm or 7:00pm

Calling all seafood fans...this class is for you! We will start the day off with Chef Romy's to die for Lobster Bisque with Crème Fraiche followed by Dungeness crab risotto with spicy carrot reduction and Crab Cakes with Spicy Aioli & a mixed green salad. From there how 'bout Stuffed & baked lobster with fresh shrimp and finally for dessert Chocolate mousse.

CRAB! WITH CHEF KAREN BARNABY

Wednesday, March 14, 2012 \$60.00 12:00pm

Quintessential West Coast Recipes from the Fish House in Stanley Park where Chef Karen Barnaby oversees the menu as Executive Chef. These recipes are simple enough that you can easily re-create them at home and impressive enough for holiday entertaining – you will be inviting friends over for dinner this weekend. On the menu tonight; Alaskan King Crab with Grand Marnier Butter, Crab & Corn Chowder, Crab & Spinach Salad with Soy Onion Aioli, Herb & Parmesan roasted Dungeness Crab and Asiago Angel Hair Pasta Crab Cakes. Crab overload.

A MODERN THAI PANTRY WITH CHEF GARRY STEEL

Wednesday, March 14, 2012 \$55.00 12:00pm or 7:00pm

The flavours of Southeast Asia are phenomenal. In tonight's class you will learn some delicious recipes that will familiarize you with some of the common ingredients found in a Thai pantry. Working with Lemongrass, Kaffir Lime Leaf, Fish Sauce, Chillies and Ginger – just to name a few, we will be making Thai Red Curry & Green Curry where you will learn to control or unleash the heat based on your personal preference. And you will learn the secret to a phenomenal Pad Thai. Spice up your winter and find inspiration in these fresh flavours with Chef Garry.



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 for dates and itinerary.

BUTTER CHICKEN – INDIAN STYLE WITH CHEF SUNANDA BANHAM

Thursday, March 15, 2012 \$55.00 7:00pm

Tonight Chef Sunanda introduces us to her special recipe for Butter Chicken, it is completely different than you have had anywhere else and completely delicious. Alongside the butter chicken Sunanda will also make Curried Chickpeas, Mixed Market Vegetable curry and Indian Flatbread – Onion Paratha. Bring a friend and your appetite, it is going to be great!

ALL ABOUT STIR-FRY! WITH CHEF DEZ

Thursday, March 15, 2012 \$55.00 12:00pm or 7:00pm

Let's get wokking with Chef Dez. Stir fry's are a great meal time option because they are quick and usually chocked full of vegetables! Tonight Chef Dez will rekindle your passion for wok cooking with these incredible recipes: Classic Beef & Broccoli, mouth watering Spicy 'Peach & Heat' Pork on rice, and a delicious Chicken Shanghai Chow Mein.

QUINOA WITH CHEF GARRY STEEL

Sunday, March 18, 2012 \$55.00 12:00pm

An ancient grain first used by the Incas. Quinoa has a high protein level and essential amino acids. Create a selection of salads and entre dishes using this ancient and diverse grain. You will be inspired to replace traditional forms of protein in your diet as well as supplement what you're already doing with some of these great recipes; Starting off with a California Salad followed by a super flavourful Curried Quinoa and finally a middle eastern Quinoa Tabbouleh.

CHEESE PLEASE WITH CHEESE-MAKER DEBRA AMREIN-BOYES FROM FARM HOUSE NATURAL CHEESE

Tuesday, March 20, 2012 \$55.00 7:00pm

Are you....Curious about making your own cheese at home? Curious about how cheese is made & what makes is great, blue, soft or hard? or maybe you are a cheese lover, wanting to learn more from an expert? Well tonight we are thrilled to welcome Debra to Well Seasoned from Farm House Natural Cheese to our kitchen. The Farm House Natural Cheeses is part of a small family dairy farm in Agassiz, BC. Surrounded by stunning mountain scenery, happy cows graze the fields to produce the rich fresh milk used for the cheeses made in their on-farm facility. The whole family is involved in the work on the farm, from daily milking and barn chores, hay-making and field work, to cheese-making. The head cheese-maker, Debra Amrein-Boyes, is one of only twelve persons in western Canada and US who has been inducted into the prestigious French Cheese Guild, the "Guilde des Fromagers Confrerie de Saint-Uguzon", which recognizes those who protect and continue the tradition of cheese-making around the world. Tonight, we will talk all about the background & history of cheese making, the various processes, Debra will introduce you to the different cheese "families" and some of the tricks & tools of her trade. She will talk about the methods and recipes in her fantastic book, written for home cheese-makers, 200 Easy Homemade Cheeses recipes-From Cheddar and Brie to Butter and Yogurt. If you have ever wished to try your hand at home cheese-making, this is the book & the class for you! Bring your questions and get ready to taste some of the best cheese made in BC.

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cooking classes



Get cooking this winter. Book Now! 604.530.1518

PRAWNS & SCALLOPS WITH CHEF KAREN BARNABY

Wednesday, March 21, 2012 \$60.00 7:00pm

Tonight's class is full of seafood inspiration; whether you are entertaining or just looking to mix up your weeknight suppers, there is something in this class for everyone that loves prawns & scallops. On the menu; Fresh Prawn Salad Rolls with Sweet & Sour Dipping Sauce, Chipotle Glazed Prawns with Pumpkin Seed Cilantro Sauce, Prawns with `Lobster` Sauce, Karen`s famous Pad Thai and finally Pan Seared Scallops with a Burnt Orange Wasabi Glaze. This class will fill quickly – call us today to reserve your spot.

THAI BASICS WITH CHEF THAUNG

Thursday, March 22, 2012 \$55.00 7:00pm

Tonight Chef Thaung will take us on a tour through Thailand – we will learn about the basic Thai ingredients and techniques while he prepares some classic Thai dishes like – Green Papaya Salad with Dried shrimp, Hot & Sour Spicy Prawn Soup, Stir Fry Rice Noodle with Chicken (Pad Thai), Thai Coconut Rice, Green Beef Curry with Eggplant, Spicy Stir Fry Pork with Green Beans, Taro and Banana with Palm Sugar and Coconut dessert. This is going to be great – do not miss out.

SUSHI BASICS WITH CHEF KY

Monday, March 26, 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. Please bring a knife and cutting board to class as well.

REGIONAL INDIAN CUISINE WITH CHEF SUNANDA BANHAM

Tuesday, March 27, 2012 \$55.00 7:00pm

Today Sunanda will cook 4 dishes from 4 different provinces of India. Indian culture varies a great deal from Province to Province including food, clothing, dialect and even the features of the people. On the menu tonight; Spicy French toast with mint and yoghurt chutney (common in most parts of India), Mixed beans with asafetida (from Punjab), Mixed vegetables with fresh coconut and white poppy seeds (from Bengal) and Pork Vindaloo (from Goa).

PASTA FROM SCRATCH WITH CHEF ROMY PRASAD

Tuesday, March 27, 2012 \$55.00 12:00pm or 7:00pm

Chef Romy's first fresh pasta class a few weeks ago was a great primer but tonight we will reveal even more tips & tricks for perfect pasta at home every single time. On the menu tonight Saffron Infused Fettuccini with Pancetta, Wild Mushrooms & Oven Dried Tomatoes. Ricotta and Fresh Mint Tortellini with a Fresh Tomato Sauce & shaved Parmesan. Next up, fluffy little pillows of goodness, Gnocchi in Bolognese Sauce and for dessert Fried Banana Ravioli, in a Vanilla Custard Sauce.

OCEANWISE SEAFOOD WITH CHEF GARRY STEEL

Wednesday, March 28, 2012 \$55.00 12:00pm or 7:00pm

Vancouver is leading the world in the sustainability of seafood. In this class we will cook with sustainable ocean-wise seafood from our very good friends at 1 Fish 2 Fish right here in Langley www.1fish2fish.ca. On the menu for today's class is a Spicy Snapper, Scallops perfectly cooked in a Lemon Grass Cream and finally Chef Garry's version of Alaskan Cod and Chips. Bring a friend and your appetite, we're going to have a great time.

EAST MEETS WEST WITH CHEF GLEN ZOTECK

Thursday, March 29, 2012 \$55.00 12:00pm or 7:00pm

Tonight join us as Chef Glen takes you through the preparation of some fantastic Asian fusion recipes. You will change the way you think about making dinner...

Starting with Lamb lettuce cups with Minced vegetables, Hoisin & Chinese mustard. Crispy fried Shrimp with a green papaya slaw, Spicy Dan Dan noodles with ground pork with chilli, peanuts & fresh scallions. Flat iron steak with kim chee fried rice and sesame bok choy and finally Green Curry Ling Cod with Spicy eggplant relish.

TAGINES WITH CHEF GARRY STEEL

Saturday, March 31, 2012 \$55.00 12:00pm

North African Tagine harkens back to a one-pot one meal concept. Tagines are full of flavour and diverse in this complexity of flavour. In this class, you will learn how to make a traditional Chicken and Lamb tagines, as well as how to re-purpose your leftover's into a fabulous Tagine. Bring a friend to travel along the silk road of flavours.

WHEAT FREE GLUTEN FREE WITH PASTRY CHEF TINA BACON

Saturday, March 31, 2012 \$55.00 12:00pm

It can be overwhelming at first but you don't have to give up on baking just because your family needs to live gluten-free. Chef Tina will get you started with some great tips and recipes to make the transition easier. Make your own White Sandwich Bread that's perfect for lunch boxes, a Crusty Artisan Loaf that's great with soup or salad, Chewy Chocolate Chip Cookies, Muffins that can be changed up to use seasonal fruit & a decadent Flourless Chocolate Cake. *please be advised, our kitchen is not an exclusively wheat free/gluten free environment and although we are not working with it in this class, our kitchen and all of its equipment is in constant contact with it.



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