

the *Fall 2010 Schedule*

September—October—November



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September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Food in Jars Tomatoes / Salsa</i>	3	4
5	6 <i>Labor Day</i>	7	8	9 <i>Food in Jars Jams / Jellies</i>	10	11 <i>Late Summer Pasta Sauces</i>
12	13	14 <i>Seafood & Shellfish</i>	15	16	17	18 <i>Stocking Your Kitchen</i>
19	20	21 <i>Grilled Pizza and Flatbreads</i>	22	23	24	25 <i>Infused Oils and Vinegars</i>
26	27	28 <i>New England Lobster Bake</i>	29	30		

Food in Jars - Tomatoes and Salsa

Thursday, Sep 2 (6 PM - 9 PM) - \$40

Home canning supports sustainable lifestyles and allows you to manage your family's nutrition and grocery bill. Capture a bit of the late summer harvest for your family through the year. Learn to prepare tomatoes, sauces and salsa for preservation in this basic canning class focusing on high-acid foods.

Food in Jars - Jams and Jellies

Thursday, Sep 9 (6 PM - 9 PM) - \$40

Sweet berries all winter long! Learn to prepare and can jellies, jams and fruit spreads for preservation. Join us to resurrect the lost art of "putting up" food in this basic canning class. Everyone takes home a jar of what we make in class.

Late Summer Pasta Sauces

Saturday, Sep 11 (11 AM - 1 PM) - \$25

There's nothing like the flavor and texture of handmade pasta, cooked quickly and served with fresh sauces full of summer ingredients. I will demonstrate making fresh pasta from scratch, then make three great sauces to serve with it.

Wood-fired Seafood and Shellfish

Tuesday, Sep 14 (6 PM - 9 PM) - \$50

Cooking over a live flame can't be beat, especially when it comes to fish and seafood. The combination of a smoky, caramelized crust, and a moist, tender interior takes fresh fish to a higher level. We'll cover key techniques that ensure successful grilling and demonstrate the role dry rubs, marinades and sauces play.

Basics - Stocking Your Kitchen

Saturday, Sep 18 (11 AM - 1 PM) - \$20

Stress-free cooking starts with a well-stocked pantry and organized kitchen. From dry goods and the refrigerator to the freezer—we will show you how to build a pantry with the necessities to be a successful everyday cook.

Grilled Pizza and Flatbreads

Tuesday, Sep 21 (6 PM - 9 PM) - \$40

If you've ever enjoyed wood-fired pizza, you know what a great flavor a little smoke can add to your favorite pizza. We will cook and taste recipes for traditional favorites and not-so-traditional combinations that will jazz up your menu.

Infused Vinegars and Oils

Saturday, Sep 25 (11 AM - 1 PM) - \$20

Infusing oils and vinegars is a simple way to improve your cooking. They add a great depth of flavor to salads, vegetables, or anything to which you add oil or vinegar. You will learn the techniques to safely prepare infused oils and vinegars at home.

New England Lobster Bake

Tuesday, Sep 28 (6 PM - 9 PM) - \$50

Older than New England itself, the New England Clam Bake is a traditional method of cooking seafood such as lobster, mussels, crabs, steamers, and quahogs. The seafood is often supplemented by sausages, potatoes, onions, carrots, and corn on the cob, etc. Clam bakes are usually held on festive occasions along the coast of New England.

Private Classes

A great way to entertain and learn something new at the same time.

Call for more information.

*Through a combination of practical advice and skill building lessons,
you will discover that making delicious food at home is a true pleasure.*

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October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Knife Skills</i>
3	4	5 <i>Cheesecake Perfection</i>	6	7	8	9 <i>Salads and Vinaigrettes</i>
10	11	12 <i>Food in Jars Apples</i>	12	14	15	16 <i>Dinner Soups</i>
17	18	19 <i>Easy Artisan Bread</i>	20	21	22	23 <i>Cookie Monster</i>
24 _{/31} <i>Halloween</i>	25	26 <i>Ribs Several Ways</i>	27	28	29	30

Basics - Knife Skills

Saturday, Oct 2 (11 AM - 1 PM) - \$20

Learn the techniques to become confident with an array of cuts including slicing, dicing, mincing, chopping, julienne and segmenting. Also explore topics such as sharpening and honing, choosing the right knife for you and the differences in cutting boards.

Cheesecake Perfection

Tuesday, Oct 5 (6 PM - 9 PM) - \$40

There are few desserts that elicit as strong a sigh of delight as this finicky, cheese-based custard. But this delectable indulgence doesn't come easily; it takes patience, planning, and a few of the tips we will impart in this class.

Basics - Salads and Vinaigrettes

Saturday, Oct 9 (11 AM - 1 PM) - \$20

Wholesome salads are the perfect answer to the weekday dinner question. Healthy home-made salad dressings and vinaigrettes are superior to store bought. Once you master the basic techniques, you can create your own in minutes—without recipes!

Food in Jars - Apples

Tuesday, Oct 12 (6 PM - 9 PM) - \$40

We are continuing our basic canning series just in time for the apple harvest. Learn to prepare applesauce and apple butter to enjoy all year round. Everyone takes home a jar of what we make in class.

Basics - Dinner Soups

Saturday, Oct 16 (11 AM - 1 PM) - \$25

Hearty soup making is a powerful tool for the busy week-day home chef. Served with home-made bread (from our "Secret to Easy Artisan Bread" class) — they are a one-pot meal. Learn to make many soups from a single formula as the key to simplicity.

Secret to Easy Artisan Bread

Tuesday, Oct 19 (6 PM - 9 PM) - \$40

We'll teach you the revolutionary secret how to make your own French bread in about 5 minutes a day! Making good artisanal bread at home is easy—without kneading, proofing yeast or high-maintenance starters.

Cookie Monster

Saturday, Oct 23 (11 AM - 1 PM) - \$20

Baking homemade cookies to your desired texture, appearance, and taste requires more than easy cookie recipes. It requires an understanding of the baking process, tools, techniques, and ingredients. Come learn the four rules to make perfect cookies.

Ribs Several Ways

Tuesday, Oct 26 (6 PM - 9 PM) - \$40

Beef, baby backs or spares - ribs are the best way to show your BBQ skills. I'll show you the different cuts, sauces, rubs and a few shortcuts to leave class with the knowledge and confidence to make great ribs at home.

-- B.Y.O.B. --

You are welcome to bring a beverage of your choice to class.

We have wine screws and glasses available for your use.

Our New On-Line Registration is Convenient and Secure

Visa, MasterCard and Discover Accepted

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November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Election Day</i>	3	4 <i>Under Pressure!</i>	5	6 <i>Stewing and Braising</i>
7	8	9 <i>More Artisan Bread Secrets</i>	10	11	12	13 <i>Basics Sauté</i>
14	15	16 <i>Hearty Autumn Soups</i>	17	18	19	20 <i>Convection Oven Mastery</i>
21	22	23 <i>Advanced Artisan Bread</i>	24	25 <i>Thanksgiving Day</i>	26	27
28	29	30 <i>Mediterranean Diet</i>				

Under Pressure!

Thursday, Nov 4 (6 PM - 9 PM) - \$40

Do you lead a busy, hectic life? Do you still want to achieve the well-developed flavors derived from slow cooking in a fraction of the time? Pressure cooking is the key! Learn how to prepare healthy and quick dishes and keep your cool.

Basics - Stewing and Braising

Saturday, Nov 6 (11 AM - 1 PM) - \$25

Braising and stewing turns tough meats and vegetables into tender and delicious meals. The technique is a great way to stretch your food budget by using less tender and expensive cuts of meat. Once you understand the technique, it is easy to be creative with different ingredients.

More Easy Artisan Bread Secrets

Tuesday, Nov 9 (6 PM - 9 PM) - \$40

Building on the Basic "Secret" in the first class, we'll try some more advanced techniques for creating different breads. We will make a deli-style rye bread (and turn it into a Reuben Sandwich) and make a rich Brioche for danish rolls.

Basics - Sauté

Saturday, Nov 13 (11 AM - 1 PM) - \$25

Sautéing is a basic dry cooking skill every cook should know. It is a simple technique that allows you to prepare a wide variety of boneless meats and fish quickly and with flair. Impress your family and friends with your mastery of this essential skill.

Hearty Autumn Soups

Tuesday, Nov 16 (6 PM - 9 PM) - \$40

There are few things as comforting as a steaming bowl of homemade soup, but what nourishes your soul can also protect your heart. Come learn how to transform a basic broth into a cholesterol-lowering, blood-pressure-balancing meal.

Convection Oven Mastery

Saturday, Nov 20 (11 AM - 1 PM) - \$20

Modern home convection ovens offer a level of speed and performance usually reserved for professional kitchens. Yet the technology is intimidating to some and many owners are not sure how to use them. Get the most from your convection oven with this informative and delicious class!

Advanced Artisan Bread Secrets

Tuesday, Nov 23 (6 PM - 9 PM) - \$40

This is the third installment of our popular "Easy Artisan Bread Secrets" series. Come practice with different ingredients and flours as we make whole grain bread incorporating vital wheat gluten and buttermilk dough for cinnamon raisin bread.

The Mediterranean Diet

Tuesday, Nov 30 (6 PM - 9 PM) - \$40

Take a break from holiday indulgence and join me for another heart-healthy Mediterranean diet class. It emphasizes healthy fats, fruits, vegetables and minimal red meat. It has been associated with a lower level of (LDL) cholesterol — the "bad" cholesterol that's more likely to build up deposits in your arteries.

Gift Certificates

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Register for class today!

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