



### **Hands-on Classes**

Our hands-on classes are great team-building sessions that allow participants to work together to prepare each dish under the supervision of our chef instructors. We have international themes and menus to choose from and the cost includes all equipment, ingredients, recipes, complimentary wine, soft drinks and bottled water. Each session starts with cheese and crackers upon arrival and ends with dessert

#### **Flavors of France**

Considered by most the birthplace of modern cooking, France food combines exceptional ingredients and classic techniques to produce exceptional dishes. We'll focus on some great recipes that feature fruity olives, fresh seafood, great bread and other tasty ingredients. These are the kind of recipes that are great all occasions, from casual to elegant.

Traditional Mixed Green Salad with Roquefort Cheese, Toasted Walnuts, Apple and Red Wine Vinaigrette  
Normandy Style Stewed Mussels with Bacon Lardons, Hard Apple Cider and Cream  
Sautéed Chicken a la Provençal with Roasted Garlic, Tomato, Olives and Capers

#### **Food of Italy**

There is no question that Italians have a passion for good cooking. When you start with incredible ingredients it's much easier to make simple dishes taste sublime. We'll make dishes that are representative of the country as a whole using authentic ingredients and tried-and-true preparations. In addition to learning the art of light, tender gnocchi

Romaine, Prosciutto and Shaved Pecorino Salad with White Balsamic Vinaigrette  
Shrimp and Ricotta Gnocchi with a Creamy San Marzano Tomato and Basil Sauce  
Sautéed Chicken with Marsala and Porcini Sauce

#### **A Taste of Spain**

As a gateway between Europe and Africa, Spain has been fought over many times in history. This history has had a lasting impact on the country and nowhere is this more evident than in the food. The result is food that is vibrant, colorful and incredibly delicious.

Sautéed Shrimp with Salsa Verde, Honey-Garlic Aioli and Fried Bread  
Mixed Greens, Chorizo, Manchego Salad with an Orange Thyme Vinaigrette  
Chicken and Seafood Paella with Tomatoes, Peppers and Saffron

#### **Terrific Thai**

Thai food is one of the world's most highly regarded cuisines but still intimidating to some in the West. We'll demystify it by showcasing the ingredients and techniques used in some of our favorite Thai recipes. You'll see the exquisite contrast in taste and texture that results from blending hot, sweet, sour and salty components.

Thai Lettuce Wraps with Tender Beef and Sweet Chile Dipping Sauce  
Mixed Green, Cucumber, Carrot, and Shaved Onion Salad with a Mint Basil Dressing  
Traditional Shrimp Pad Thai

#### **Food of the Mediterranean**

The food of the Mediterranean is robust, intensely flavored food. It is based on great ingredients, not elaborate preparations. Ingredients like olives, goat cheese, artichokes, and fresh fish cooked with the ubiquitous garlic and olive oils from Greece and Italy are sure to please friends and family. This class is dedicated to the traditional foods and preparations of the region.

Pasta with Artichokes, Tomatoes, Olives and White Wine Lemon Sauce  
Cucumber, Tomato and Feta Salad with Creamy Greek Dressing  
Seared Spiced Chicken with Herbed Tomato Sauce