

HEALTH ESSENTIALS CULINARY & EVENT CENTER

P R E S E N T S

ESSENTIAL COOKING FUNDAMENTALS

A six part series of comprehensive hands-on cooking classes for those who want to learn kitchen methodology, skills, creativity, and improve their overall approach to cooking.

Chef Charles "Chaz" LaGreca, formerly a personal chef to the stars in California and an executive chef at several successful restaurants, is currently a popular chef instructor at the Niagara Culinary Institute.

Chef Chaz will demystify kitchen secrets while making healthy cooking delicious and fun!

THIS CLASS WILL MEET SIX CONSECUTIVE SATURDAYS

MAY 3RD THROUGH JUNE 7TH FROM 11AM - 2PM

INDIVIDUAL CLASSES \$59 OR THE SERIES OF SIX DISCOUNTED TO \$295

CLASS 1 SAFETY · SANITATION · KNIFE SKILLS · VEGETABLE COOKERY · SALADS · DRESSINGS

RECIPES: Classic Caesar Salad from scratch; and Powerhouse Kale Salad with Dried Cranberries, Toasted Pine Nuts, and a Meyer Lemon Vinaigrette.

CLASS 2 STOCKS · SOUPS · SAUCES

Recipes: Homemade Chicken Stock; Roasted Chicken Stock; Veggie Stock; "Cream" of Carrot-Ginger Soup; Classic Veloute Sauce; and Chicken Barley Vegetable.

CLASS 3 PASTA · GRAINS · LEGUMES *covers their nutritional value and how to cook them*

Recipes: Pasta with Swiss Chard, Reggiano, Tomatoes and Butter Beans; Quinoa Curried Vegetable Salad; Croustini topped with Tuscan Lentil Caviar; Lo-Carb wild Rice Slaw; and Mexican Brown Rice with Roasted Corn and Tomatoes with Cilantro and Lime.

CLASS 4 MEAT COOKERY *covers identifying cuts of meat, appropriate seasoning, cooking methods, and testing for doneness*

Recipes: Roast Pork Tenderloin with a Honey-Dijon Fresh Thyme Glaze; Braised Grass Fed Beef Shortribs with Jack Daniels Demi Glas and Root Vegetables; and Asian Spicy Grilled Flank Steak.

CLASS 5 SEAFOOD COOKERY *identifies different fish and shellfish and proper cooking methods*

Recipes: Poached Salmon with Asian Blackberry-Mirin Sauce; Mustard-Crusted Seared Ahi Tuna featured in a Salad Nicoise; and Papiotte of Tilapia and Vegetables in Citrus-Cardamom Butter.

CLASS 6 POULTRY COOKERY *identifies poultry birds, proper cooking methods, and seasoning options*

Recipes: Roasted Cornish Game Hen with Roasted Red Pepper Polenta Stuffing; Organic Chicken Breast butterflied and stuffed with Rosemary Garlic Chevre and wrapped with Prosciutto; and Chicken-Broccoli-Almond Salad with Sour-Cream Lime Dressing.