

themarket



# Cooking Classes

## Winter Series – 2012

### **Ethnic Vegetarian Series – taught by Amy Pontius and Larissa Warner**

**4 part series – Tuesdays at 6pm: January 17, January 24, January 31 and February 7  
\$150 for the series; \$50 for single sessions**

For those of you who want to start the New Year eating healthy by going vegetarian but don't want to part with hearty flavorful, full course meals, this is the class for you. You will come away with hands on experience in creating delicious vegetarian meals, while learning lots of techniques for preparing delicious Indonesian, Mexican, Greek and Indian foods.

#### **Mexican Vegetarian – January 17, taught by Larissa Warner**

Enjoy some of the best Mexican dishes with a Vegetarian twist! Learn how to stuff Chili Rellenos and make a Fresh Corn Pico de Gallo to go with them. Master the art of rolling corn tortillas for Black Bean and Green Onion Enchiladas finished with a Roasted Tomatillo Sauce made from scratch. Finally, perfect a Spanish Rice Pilaf that is simple and delicious!

#### **Greek Vegetarian – January 24, taught by Larissa Warner**

Discover the wonderful vegetarian flavors of Greek cuisine. Start with Roasted Garlic Hummus, and Tatziki (cucumber dill yogurt sauce) to be paired with Spanakopita (spinach and feta phyllo triangles) that everyone will get a chance to make themselves! Round out the meal with tabbouleh, a bulgur wheat salad mixed with chopped tomatoes, onions, parsley, mint, olive oil and lemon juice. No one will miss the meat with this flavorful meal!

#### **Indonesian Vegetarian – January 31, taught by Amy Pontius**

Learn to make a simplified version of an Indonesian classic "Gado Gado Salad". Gado Gado is a filling, one dish meal of fresh veggies, hardboiled egg topped with a warm peanut sauce and crisp shallots. Another great dish from that side of the world is Green Papaya Salad; we'll prepare a delicious ginger vinaigrette and learn how to work with green papayas. To wrap it all up, we will prepare Sweet Chili Fried Tofu Lettuce Wraps...they are so good you won't even miss the meat.

#### **Indian Vegetarian – February 7, taught by Amy Pontius**

Samosas are much like the American version of a pot pie but bursting with all kinds of flavors. We will prepare a vegetable curry samosa, wrapped in a simple pastry crust and baked to a golden finish. Samosas serve beautifully as appetizers, lunch on the run, or as the center of the plate. And, we will make a traditional yogurt based Raita Sauce flavored with mint and coriander to serve with our samosas as the perfect sauce. Then we'll prepare another great vegetarian meal where you won't miss the meat – delicious Lentil Stew. This stew is full of wonderful spices, veggies and potatoes. Serve it on the side of a samosa or as the main dish.

### **Mastering the Art of French Cooking – taught by Larissa Warner**

**3 part series – Tuesdays at 6pm: February 21, February 28 and March 6  
\$115 for the series; \$50 for single sessions**

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This three part class series will make French cooking approachable for everyone; each class will instruct you on how to make a three course meal, using classic French techniques. With these techniques under your belt, you will truly be able to start mastering the art of French Cooking and impress all of your friends and family!

### **Spring Greens tossed with Vinaigrette, Moules a la Mariniere and Crepes Suzette – February 21st**

Never buy a store bought Salad Dressing again! This class will cover the basics of making classic vinaigrette with the ingredients in your pantry. You'll also learn how to buy, clean and prepare steamed Mussels in the classic French tradition. Then, you'll get hands on experience making the ever popular Crepes Suzette!

### **Vichyssoise, Sole en Papillote and Crème Anglaise – February 28th**

Learn how to prepare Vichyssoise–Potato Leek Soup that is simple and delicious, whether it is served warm or cold. Make your own Sole En Papillote– steamed fish, in a little “package” with aromatics. Also, discover how to elevate any cake, fresh fruit or trifle with classic Crème Anglaise, a simply wonderful vanilla sauce.

### **French Onion Soup, Pan–Seared Duck Breast with Green Peppercorn Sauce and Chocolate Soufflé – March 6th**

This class will teach you the tricks in preparing an amazing French Onion Soup. Then you'll learn how to get the perfect sear on a Duck Breast. And finally we will tackle mastering the art of the Soufflé!!

## **Japanese – a beautiful variety of Foods – taught by Amy Pontius**

**3 part series – Tuesdays at 6pm: March 20, March 27, April 3  
\$115 for the series; \$50 for single sessions**

Japanese cuisine incorporates simple and fast cooking techniques with a healthy approach to balance and beautiful presentation. In this series, you will learn how to prepare a key element in Japanese meals light pickled salads, you will get hands on with Sushi, prepare Mochi, and Misoyaki fish, along with many other Japanese gifts to the world of delicious food.

### **Light and fresh Elements of the Meal – March 20th**

Learn to prepare Namasu, a blend of cucumber and other vegetables lightly pickled in a sweet rice wine vinegar mix. “Shira Ae” is another one of my favorites – this watercress Tofu Salad always leaves me wanting more. After putting together these two beautiful light salads, we will prepare Misoyaki Fish, a classic preparation using a white miso sauce to marinade and finish the fish. Of course with all of this, we can't forget the rice! We will prepare a side of Japanese steamed rice, learning how and why rice is so prevalent in this wonderful cuisine.

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### **Serving Sushi – March 27th**

A food subject steeped in Japanese tradition, we see today's sushi transforming into new shapes and tastes with our changing culture. In truth, good sushi always starts with great sushi rice, and then adds a variety of ingredients including avocado, cucumber, smoked salmon, fresh fish, and the list goes on. You will discover that in addition to fresh fish, there are many other traditional and non-traditional fillings you can find every day right here in town. In this class, you will get hands on with sushi rolling on your own, while learning some wonderful techniques for Japanese food presentation. Let the rolling begin.

### **Demystifying Nishime, Tempura, Mochi, and Ponzu...what are they? – April 3rd**

These terms are not at all easy to pronounce, but they are very delicious and common place on Japanese menus. Nishime is a wonderful stew-like dish using chicken and traditional vegetables like gobo, bamboo shoots, and dasheen. You will find out what all these veggies are and discover that some of them have been staring at you at in the produce isle for some time not even knowing it. We will prepare a simple quick tempura batter along with two sauces for dipping; traditional light sweet soy and a citrus based Ponzu. To finish it all off, we will make Mochi, a quick and easy rice flour based dessert. Taking a bit of a journey off the traditional path we will prepare fruit flavored mocha, delicious, different, and very pleasing to the eye.