

# CARLOW COOKERY

## March/April 2010 Cooking Classes

*Carlow Cookery's cooking classes are a great place to eat, drink, and learn...Carlow Cookery offers an extensive selection of cooking classes taught by professional instructors in our demonstration kitchen. Topics include regional and ethnic cuisine, basic and advanced techniques and much more. Classes include recipes, a sampling of the foods prepared and complimentary wine.*

### Hands-on and Demonstration Classes

**Essential Knife Skills for Home Cooks (Hands-on) Tuesday, March 9<sup>th</sup>**  
A complete primer on using the cook's most important tool  
(Hands-on, Denis Chiappa, 6:30pm, \$45)

One of our most popular sessions, this hands-on class focuses on how to properly use and care for your knives. Our goal is to make you more efficient at chopping and slicing garlic, onions, celery, carrots, tomatoes and herbs. Practice makes perfect - so you'll get to practice these techniques under the supervision of the instructor. Knives are provided for the class and as a bonus you will receive discounts on all in-stock knives.

**Modern Irish Pub Foods Wednesday, March 10<sup>th</sup>**  
Great fare in celebration of St. Patrick's Day  
(Demonstration, 7pm, \$45)

There's no question that St. Patrick's Day brings out the Irish in all of us. An important part of the Irish Tradition revolves around the communal nature of the pub. More than just a watering hole, pubs in Ireland are a gathering place where people can enjoy each other's company while imbibing in a rich ale or hearty stout. We'll make pub foods that reflect contemporary Ireland and serve them with a traditional Irish stout. *Beer Battered Mushrooms with Garlic Aioli; Crab and Roasted Tomato Bisque with Homemade Brown Bread; Sautéed Chicken Breasts with Leek and Bacon Sauce; Raspberry Bread Pudding with Whiskey Cream Sauce.*

**Wines of California Friday, March 12<sup>th</sup>**  
Wines of the World - Part 3  
(Wine Tasting, Bill Mickel, 7pm, \$55)

The fourth largest producer of wine in the world, the United States also continues to develop as one of the most dynamic. While wine is produced in almost every state in the union, we'll taste wines from California's Napa and Sonoma Valleys, the two most recognized regions in the states. The diverse climate of the area allows for many varietals to flourish but we'll focus on Chardonnay, Merlot and Pinot Noir and enjoy offerings from innovative producers.

**The Vegetarian Feast Thursday, March 18<sup>th</sup>**  
Flavorful entrée recipes with meat.  
(Demonstration, Katie Smith, 7pm, \$45)

As a follow-up to our popular vegetarian gourmet class, we're focusing on main courses that pack flavor and substance. We'll show you how to replace the flavor and texture that meat adds to a dish while making recipes that are nutritionally complete and still taste great. It's a combination that satisfies vegetarian and non-vegetarians alike. *Couscous and Cheese Stuffed Red Peppers with Puttanesca Sauce; Mixed Vegetable and Fried Tempeh Stir-fry with Peanut Sauce; Kosherie (Egyptian Spicy Lentils with Rice, Pasta and Fried Onions); Black Eyed Pea and Quinoa Croquettes with Roasted Pepper Coulis; and more.*

**Pasta and Seafood (Hands-on) Monday, March 22<sup>nd</sup>**  
Making fresh pasta and pairing it with rich seafood sauces.  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

Pasta has been a part of the Italian diet for centuries and in the coastal parts of the country it is paired with a variety of fish and shellfish. You'll learn how easy it is to make fresh pasta at home and then use it in traditional dishes featuring red and white sauces. The combination of light tender pasta with delicate seafood is like no other. *Fresh Fettuccini with Sautéed Shrimp, Tomatoes and Feta; Fresh Pasta in a Crab and Scallop Cream Sauce; Sautéed Salmon over Pasta with a Dijon and Dill Sauce.*

### Techniques Classes

Good cooking is built on a foundation of proper technique and an understanding of some basic principles. Each of the five segments focuses on a specific category of food and highlights different cooking methods. The series is taught by Chef David Kiser, former Chef/Instructor at the French Culinary Institute in New York City.

**Classes begin at 7pm. Series Cost: \$200**

**Seasonal Sauces Monday, April 12<sup>th</sup>**

Flavorful soups and tasty finishing sauces are an important part of a cook's repertoire. Once you master the fundamentals you can easily turn them into endless variations. This class starts with basic stocks and then teaches you how to turn them into rich vegetable and meat soups. We then shift our focus and make several classic sauces that are a perfect with pork, chicken or beef. *Pan Roasted Pork with a Mushroom and Tarragon Sauce; Sautéed Fish with Classic Sauce Normande; Chicken with Tomatoes, Olives and Mushrooms; Grilled Steaks with Prosciutto-Scented Horseradish Sauce.*

**Fish and Seafood Cookery Monday, April 26<sup>th</sup>**

In the second part of our series you'll learn how to choose, clean, and prepare both finfish and shellfish. We'll discuss which types of seafood work best with each of the different cooking methods (grilling, poaching, frying, etc.) and make some classic sauces to accompany each dish. *Seared Salmon in a Clam and Saffron Broth; Grilled Fish with Tomato and Caper Sauce; Spicy Thai Seafood Curry over Jasmine Rice; Batter-dipped Fried Fish with Tarragon and Malt Vinegar Mayonnaise.*

**Grilling, Roasting, Searing Meats Monday, May 10<sup>th</sup>**

This comprehensive class covers all types of meat. To start, we'll discuss the different cuts of poultry, when to use each and how to prepare them for cooking. From there we go to the different cuts of meat, which cut works best for the different cooking methods and how to properly use marinades and rubs. *Grilled Steak Sandwiches with Watercress, Tomato and Pickled Onion; Barbecued Chicken with Rosemary Grill Sauce; Pan Roasted Pork in a Creamy Poblano Sauce; Seared Chicken over Sweet Corn Succotash.*

**Knife skills and Vegetable Cookery Monday, May 24<sup>th</sup>**

Instruction on how to use and care for the most important tool in your kitchen, the knife. You'll learn how to cut, slice and chop a variety of vegetables based on the dishes that will be prepared. In addition, we'll show you what to look for when buying different vegetables, how to clean and store them, and the many different ways to cut them. Last but not least, you'll learn the different ways they can be incorporated into great baked, braised and sautéed dishes. *Herbed Chicken with Sautéed Summer Squash; Pork Tenderloin with Mediterranean Grilled Vegetable Salad; Grilled Fish with Orange and Shaved Fennel Salad; Farmland Summer Vegetable Pie.*

**Decadent Desserts Monday, June 7<sup>th</sup>**

This class is for everyday people who want to make good everyday desserts. You'll learn how to make pastry dough, cream puffs and sponge cake. We'll then go on to the classic fillings and finishing touches - chantilly cream, pastry cream and fruit coulis. *Peach Tarts with Fresh Whipped Cream; Orange Poppy Seed Cake with Berries and Sweetened Crème Fraiche; Fruit Filled Cream Puffs with Berry Coulis; Cherry and Bittersweet Chocolate Fudge Brownies.*

**For reservations, call 215-489-2677 or**

**go to [www.carlowcookery.com](http://www.carlowcookery.com)**

## Hands-on and Demonstration Classes

### Foods of California

(Demonstration, Denis Chiappa, 7pm, \$45)

California has a diverse and exciting food scene that fuses fresh, local ingredients with cooking techniques from around the world - a melting pot in the truest sense. The states vast farmland and proximity to the sea feature prominently in the cuisine and match nicely with the population's healthy lifestyle. Join us for a meal that is representative of California cuisine. *Thin Crust Pizza with Prosciutto, Roasted Peppers and Fontina; Shredded Beef Flautas with Creamy Guacamole; Roasted Pork Loin with Almonds and Apricots; Warm Cherry Bread Pudding with Crème Anglaise.*

### Food and Wine Pairing - Springtime in France

Wednesday, March 24<sup>th</sup>

An incredible menu of seasonal ingredients matched with wine.

(Wine and Food, Cosmo Mullen, 7pm, \$50)

Usher in Spring with a French-inspired menu that matches the traditional foods of the season with wines that complement their intense flavor. Just like the food, wines for Spring should be crisp, fresh and have bold flavor so we'll focus on Sauvignon Blanc, Chablis, Pinot Noir and Zinfandel. We'll delve deeper into each of the varietals and discuss why each works we'll with the food being served. *Bacon, Potato and Reblochon Cheese Tarts; Creamy Pasta with Tomato Confit and Goat Cheese; Herb and Dijon Rubbed Leg of Lamb with Rich Pan Jus; Mocha Chocolate Cake with Dark Chocolate Glaze.*

### Wines of Spain and Portugal

Friday, April 9<sup>th</sup>

Wines of the World - Part 5

(Wine Tasting, Bill Mickel, 7pm, \$55)

With the world's most extensive vineyards and one of the oldest winemaking traditions, Spain has plenty to offer wine lovers. We'll demonstrate the range of Spanish wines by tasting the bright cavas of the Penedes (new world) and the full bodied, oaky reds of the Rioja (old world). In addition, we'll taste some of the reserve wines that are long on quality but not necessarily price. We'll then explore the interesting offerings of Portugal, including Port.

### Couples Cooking - Basic Skills

Wednesday, April 14<sup>th</sup>

Five important techniques that will improve your cooking.

(Denis Chiappa, 6:30, \$130)

This is the perfect class for beginner cooks who want to learn the fundamental skills necessary to improve their cooking. This part hands-on, part demonstration class will help you develop the expertise needed to create a variety of dishes. The class will focus on searing, sauteing, roasting, vegetable cookery and pan sauces. Bring a friend or come as a couple - it's a fun night out for anyone who wants to find out more about cooking. Price is for two. *Perfectly Roasted Chicken with an Herbed Pan Jus; Seasonal Vegetable Medley Two Ways, Roasted and Sauteed; Seared Pork Medallions with Peppercorn Sauce; Baked Fish with Veloute Sauce.*

### Successfully Slender - Eating in Season

Monday, April 19<sup>th</sup>

A plan for long term, healthy weight management.

(Demonstration, Debbie Heller, 7pm, \$45)

As a follow-up to our popular January class, we apply the principles of Successfully Slender to a seasonal meal for Spring. Long term, healthy weight management is something we all aspire to but don't always know how to achieve. This class is taught by Debbie Heller, physcologist and the Family Food Coach. You'll learn Debbie's four step plan to become Successfully Slender and eat delicious seasonal dishes. Menu will be posted on [www.carlowcookery.com](http://www.carlowcookery.com).

### Food of the Mediterranean

Tuesday, April 20<sup>th</sup>

Warm, welcoming dishes of Spain, Greece and Italy.

(Demonstration, 7pm, \$45)

The food of the Mediterranean is robust, intensely flavored and 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. Come and enjoy a class dedicated to the traditional foods of the Mediterranean. *Caramelized Onion, Swiss Chard and Raisin Tarts; Pan Seared Polenta with Lamb Sausages and Herbed Tomato Sauce; Spicy Sauteed Fish with Olives and Cherry Tomatoes; Walnut Date Torte with Honey and Crème Fraiche.*

### Herbs and Spices

Flavorful dishes using a variety of herbs and spices.

(Demonstration, 7pm, \$45)

The proper use of fresh herbs and spices can turn basic recipes into something special. From how much to use to what combinations work best, we'll look at the significant herbs and spices available today and offer general rules on how to make dishes that showcase their flavor. *Herb and Saffron Risotto Stuffed Peppers; Chicken Marrakesh with Peppers and Coriander; Baked Fish with Herb Stuffing and Cream Sauce; Grilled Pork Marinated in an Ethiopian Spice; Spiced Apple Strudel with Cinnamon Scented Whipped Cream.*

### The Food of Spain

Wednesday, April 28<sup>th</sup>

Foods of the World - Part 4

(Demonstration, Denis Chiappa, 7pm, \$45)

As a gateway between Europe and Africa, Spain has been fought over many times in history. The invading countries have had a lasting impact on the country and nowhere is this more evident than in the food. At its best, Spanish food is a mix of local ingredients fused with recipes and techniques from other areas. The result is food that is vibrant, colorful and incredibly delicious. *Grilled Bread with Roasted Piquillo Pepper, Capers and Basil; Basque Crab Casserole; Sautéed Shrimp in a Sherried Cream Sauce; Chicken Gratin with Treviso Cheese, Leeks and Peas; Hojiblanca Cakes with Orange Syrup and Fresh Whipped Cream.*

## Bus Trip

### New York City Gourmet Markets Tour

Saturday, May 22<sup>nd</sup>

Union Square Greenmarket, Chelsea Market, Greenwich Village and Dean & DeLuca.

(Bus Trip, 8am, \$65)

Join us for a food shopping trip to New York City. The day begins at 7:30 a.m. with a continental breakfast at Carlow Cookery. We depart at 8:00 a.m. in a comfortable coach for the Union Square Green Market. There you'll find farm-fresh produce, baked goods, cheeses, and many other specialty foods from New York and Pennsylvania farms. From there it's off to Chelsea Market, a square block of foodie heaven and home to dozens of vendors including Amy's Bread, The Manhattan Fruit Exchange, Sarabeth's Kitchen, Ronnybrook Farm Dairy, The Lobster Place and Buon Italia Italian Foods. Our third stop is Greenwich Village, a wonderland of food, restaurants and shopping. Murray's Cheese Shop, Rocco's Italian Pastries, Aphrodesia Spices and Faicco's Pork Store are just a few of the bustling shops you can visit. Plus, walking the brownstone-lined streets of the Village is like a step back in time. Last but not least, we'll stop at Dean and DeLuca's flagship store, an immaculate location that's an institution in Lower Manhattan's SoHo district. We'll leave the city around 3:45 p.m. to head back to the store for snacks and beverages. Act fast, spaces are limited.

#### Cancellation Policy

Reservations must be secured with a major credit card. You may cancel your reservation for food classes and wine tastings up to one week prior to the event without penalty. For our bus trips, cancellations must take place two weeks prior to the event.

Your credit card will be charged at that time. Cancellation with less than the required notice will result in forfeiture of the class fee. Group reservations (5 or more persons) must be paid for at the time of the registration. Cancellations of any group reservation will result in forfeiture of the class fee. Due to unforeseen circumstances, occasions may arise that require Carlow Cookery to cancel or reschedule classes. Participants will be offered a full refund in these situations.

#### Instructors/Recipes

We do our best to keep to the instructors and recipes listed on the class brochure but changes may occur as the schedule progresses.

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