

CARLOW COOKERY

September/October Events

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

Fresh and Seasonal Fare

Techniques of Cooking, Part 1
(David Kiser, 7pm, \$45)

Join us a techniques of cooking class focused on advanced principles of good home cooking. The series kicks off by using some of the late summer bounty available at the local farmers markets. You'll learn to make a rich vegetable stock, the first of five mother sauces (bechamel) and the keys to incorporating herbs and spices into recipes. Along the way we'll make a sophisticated five course meal using fresh, seasonal ingredients. *Roasted Beet, Orange and Pomegranate Salad; Smoky Spanish Cream of Tomato Soup; Beef Braised with Root Vegetables; Cider Brined Roasted Pork; Creamy Leek and Vegetable Gratin.*

Wine, Cheese and Chocolate

Pairing wine with two popular and versatile ingredients.
(Cosmo Mullen, 7pm, \$50)

Join wine expert Cosmo Mullen as he introduces you to new and interesting wines that go well with two great ingredients - cheese and chocolate. The night begins with a trio cheeses and ends with a trio of chocolates, each paired with three wines that best complement their distinct flavors. In between, we'll make two classic cheese and chocolate dishes, again paired with the right wine. It's a neat opportunity to see components of both the food and wine react with each other. *Trio of Soft and Aged Cheeses; Lobster Mac and Cheese; Roasted Chicken with Classic Pueblo Style Mole Sauce; Trio of Fine Chocolates.*

The World of Olive Oil and Balsamic Vinegar

A tasting and cooking class with special guest Vince Grispini or Altomonte's Market
(Vince Grispini, 7pm, \$45)

Confused by the olive oils and vinegars available in the market today? Vince Grispini will join us to help you better understand what's out there and how they differ. You'll be able to taste brands from different countries, learn why there's a difference in price and prepare dishes that use both to enhance the flavor of the dish. There's no better way to decide what you like than by tasting. *Mixed Green Salad with Manchego, Apples and Caramelized Walnuts; Beet and Goat Cheese Ravioli with Infused Olive Oil and Aged Balsamic; Braised Beef with Balsamic Onions and White Beans; Sweet Ricotta Fritters with Saba Glaze.*

Great Wines and Small Bites

Pairing the six world's great varietals with stylish, seasonal hors d'oeuvres.
(Bill Mickel, 7pm, \$55)

Throughout this year we've looked at some of the significant wine growing and food regions of the world. This class takes the most well know varietals from each of these regions and pairs them with local appetizers and hors d'oeuvres. We'll showcase six different wines including sparkling, chardonnay, pinot noir and merlot and in addition to tasting the wines, you'll see firsthand how they complement the food. *Goat Cheese Crostini with Fig and Walnut Tapenade (France); Wild Mushroom Tarts with Asiago and Glazed Onions (Italy); Roasted Pear, Blue Cheese and Walnut Salad with Saba Dressing (California); Crab Empanadas with Poblano Cream Sauce (South America); Spanish Style Garlic Shrimp with Ham and Sweet Peppers (Spain); Chicken Sates with Spicy Peanut Sauce (Australia).*

Monday, September 13th

Perfect Roast Chicken and More

Techniques of Cooking, Part 2
(David Kiser, 7pm, \$45)

Join us a techniques of cooking class focused on advanced principles of good home cooking. When asked what their notion of a perfect meal would be, many chefs will answer simply - a perfectly roasted chicken. When done right, the flavor and texture of the meat is incomparable. We'll show you how to achieve 'the perfect roast chicken' and serve it as part of a tasty and satisfying early Fall menu. We'll also cover chicken stock and our second mother sauce, veloute. *Bacon, Onion and Port Salute Tarts; Asparagus with Hazelnuts and Tarragon Vinaigrette; Veal Scallopine with Double Mustard Sauce; Roast Chicken with Herbed Veloute and Pomme Puree.*

Family Favorites, Italian Style

Delicious, homemade comfort foods for family dinners.
(Denis Chiappa, 7pm, \$45)

Many of us can trace our love and appreciation of food back to our favorite family dinners. I grew up not only with a family that loved food and eating together, but with a mom who cooked from scratch and used healthy ingredients wherever possible. These are some of those recipes, our family favorites. *Grandma's Italian Vegetable Soup; Sausage and Peppers with Rich Tomato Sauce over Creamy Polenta; Chicken Cacciatore with Porcini Mushrooms; Moist and Tender Meatloaf with Vegetables; Plum Cake with Fresh Whipped Cream.*

Monday, September 27th

Wednesday, September 29th

Kids Class

Basic Pasta Making

Sunday, September 19th
Cooking with Kids - Hands-on.
(Denis Chiappa, 2pm, \$35)

More than ever kids want to learn how to cook. In this hands-on class, participants will have fun in kitchen by fresh pasta from scratch. We'll mix, knead, roll and cut the dough. We'll then will make and serve the pasta with a delicious sauce. Along the way we'll stress cooking fundamentals including understanding recipes, measuring ingredients, kitchen safety and cleanliness. Class runs 2 hours. Ages 10 to 12.



Private Classes

Looking for a different way to celebrate a special occasion? Why not enjoy an evening of food and fun with others who love to cook.



Great For...
Neighborhood Outings
Team Building
Birthday Parties
Bridal Showers

For reservations, call 215-489-2677 or go to www.carlowcookery.com

Techniques of Cooking

Join us for our new techniques series focusing on advanced principles and techniques of good home cooking. Whether you are a seasoned cook or someone searching for new ideas in the kitchen, these classes are for you. Each of the sessions focuses on different stocks, sauces, proteins and cooking techniques using recipes that are useful for home cooking. The series is taught by Chef David Kiser, former Chef Instructor at the French Culinary Institute.

Classes begin at 7pm. Individual Classes: \$45, Series Cost: \$200

Fresh and Seasonal Fare

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Essentials of Beef Cookery

Monday, October 11th

In part three of our series, we'll focus on cooking beef in two different but equally delicious ways - braising and roasting. We'll start with the essentials of making a rich beef stock and the classic sauce espagnole. From there it's on to a rich ragu of braised beef and a tender roasted beef with mushroom sauce. We'll also make a flavorful country pate and serve it with traditional accompaniments. *French Country Pate with Cornichons, Dijon and Baguettes; Crab Cakes with Remoulade Sauce; Potato Gnocchi with Beef Ragu; Roast Tenderloin of Beef with Mushroom Port Sauce.*

From the Land and Sea

Monday, October 25th

One ingredient that can present challenges for even accomplished cooks is the egg. We'll talk about working with eggs and make a savory soufflé, light, fluffy and full of flavor. We'll also begin to cover seafood cookery including seafood stock and cooking shellfish. Last but not least we'll cover properly searing steaks and serve them with a derivative of our four mother sauce, hollandaise. *Crab and Wild Mushroom Souffles; Velvety Shrimp Bisque; Spaghetti with Clams in a White Wine and Butter Sauce; Pan Seared Steaks with Sauce Bernaise.*

Fish and other Foods

Monday, November 8th

Our series wraps up with the art of cooking properly delicate fish and matching it with a sauce that compliments the flavor and texture of it. We'll start with a rich fume (fish stock) and make the fifth mother sauce of the series, tomato. *Fish and Corn Chowder with Bacon and Tomatoes; Spicy Penne in Tomato Sauce with Olives and Two Cheeses; Sauteed Fish with Lemon, White Wine and Caper Sauce; Sauteed Pork with Brandied Cream Sauce.*

**We offer
Knife Sharpening**



Bus Trip

New York City Gourmet Markets Tour

Sunday, September 26th

Eli's and Butterfield Markets, the Upper East Side and Arthur Avenue. (8am, \$65)

Join us a great new trip to Manhattan's Upper East Side and Arthur Avenue, two must-see spots for foodies. Our day begins with coffee and danish at the store. We board a comfortable coach at 8 a.m. and head to the Upper East Side and Eli's Market, a huge market inspired by the food halls of Europe. Under one roof you'll find everything you need to for a delicious meal - from butchered meats to pristine seafood to house made bread and wine. The group will be met by a representative of the store who will help guide us through this wonderland. While there you can stroll over to Butterfield Market, a small, select market that offers fruits, vegetables, bread, pastries and a variety of prepared products. Last but not least, you'll explore a section of the city that is full of delicatessens, fine chocolate shops, bread stores and more. From there, we're off to Arthur Avenue, an area that while not as well-known as it's Manhattan counterpart, could be considered New York's real Little Italy. It has been the commercial center for one of



the largest Italian communities in the country and is as vibrant as ever, home to authentic delis, bakeries, specialty market and fish stores. There's also a seemingly endless number of neat cafes and restaurants on the avenue that use these great ingredients in incredible dishes. We'll board the bus around 4 p.m. and return to the store for snacks and beverages. Coolers welcome.

Wusthof Trident Classic Forged Knives

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the best.*



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For reservations, call 215-489-2677 or go to www.carlowcooking.com

Hands-on and Demonstration Classes

The Spirit of Mexico

A menu that celebrates Mexico's national drink.
(7pm, \$45)

According to the wife of a famous tequila producer, 'Tequila is Mexico - it's the only product that identifies us as a culture'. It's one person's opinion but it is fair to say that this distinctive liquor can add great flavor to foods and is the backbone of many great drinks. Come and explore the taste and history of tequila with a menu that has south of the border flair. *Coconut Shrimp with Tequila, Chipotle and Mexican Crema; Halibut with Roasted Poblano and Tequila Sauce; Cornbread Stuffed Chicken Breasts with Jalapeno and Tequila Mustard Sauce; Cinnamon Panna Cotta with Apple Caramel.*

The Wine Bar

Chic, seasonal foods paired with great wines.
(Bill Mickel, 7pm, \$55)

Join us for a night of noshing and drinking! We'll show you how fun it can be to entertain with small plates of food complimented by different wines. The menu is a mix of starters and appetizers featuring great ingredients and global flavors and each will be paired with a different type of wine. Drinking wine and eating great snacks - a great way to start the weekend! *Roasted Hummus with Warm Naan; Pear and Gorgonzola Tarts with Honey and Rosemary Drizzle; Penne with Roasted Tomatoes, Capers, Olives and Fresh Mozzarella; Garlic Shrimp with White Wine Sauce; Trio of Cheeses; Chocolate Truffles.*

The Great Pumpkin and other Squashes

Satisfy your savory side with these bountiful Autumn vegetables.
(7pm, \$45)

Pumpkins and many other squashes have a slightly sweet, distinctive flavor that makes them a great addition to savory preparations. Roasted, pureed or sauteed, they're great for soups, stews, pastas and a whole lot more. We'll show you how to expand your use of these great ingredients by making five tasty, seasonal recipes. *Squash Chowder with Corn and Chorizo; Homemade Pumpkin Ravioli with Herbed Walnut Sauce; Cheesy Tomato and Squash Gratin with Crispy Topping; Short Rib Tagine with Glazed Butternut Squash; Pumpkin and Apple Streusel Cake.*



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

Wednesday, October 6th

Friday, October 8th

Thursday, October 14th

Contemporary Cupcakes

Express yourself with individual sized treats.
(Katie Smith, 7pm, \$45)

No longer just a simple treat, cupcakes are now a sophisticated, decadent dessert that evoke a sense of nostalgia but are made with modern flair. Cupcake shops are springing up everywhere but there is no reason you can't make the same quality at home. We'll show you how to make the cupcakes and decorate them with style. *Chocolate Cupcakes with White Chocolate Cream Cheese Frosting; Coconut Cupcakes with Buttercream Frosting; Vanilla Cupcakes with Lemon Frosting; Boston Cream Cupcakes; Strawberry Cupcakes with Strawberry Frosting.*

Fall Soups (Hands-on)

Mastering flavorful soups and rich broths.
(Denis Chiappa, 7pm, \$65)

Nothing warms the body and soul like a good bowl of soup. Plus, they are complete one-pot meals that can be made ahead - a perfect combination for your busy schedule. Using great harvest ingredients, you'll learn the building blocks of flavor, the cuts of meats that work best and the vegetables to use to make your soups great. We'll also teach you how to make flavorful stock, an essential component that can turn a soup from satisfactory to sublime. *Cream of Wild Mushroom Soup; Spicy Sweet Potato and Smoked Sausage Soup; White Bean and Garden Vegetable Soup with Roasted Tomato Broth.*

Pairing Beer with Food

Using the components of beer and ale to enhance the flavor of food.
(, 7pm, \$45)

Like most global cuisines, American fare continues to evolve and develop. Access to a wider variety of ingredients, international influences and changing tastes all factor into the dishes chefs are preparing. Add to this an ever increasing interest in pairing these foods with beer, and you set the stage for a great class. We'll look at some of the foods available in gastropubs and serve them with beers that complement their flavor. *Traditional Gruyere Fondue with Crostini; Kung Pao Glazed Hot Wings; Sesame Shrimp Spring Roll with Thai Dipping Sauce; Pan Seared Scallops with Gnocchi in a Rich Seafood Sauce; Oven Roasted Pork Bellies with a Stout Glaze.*

Monday, October 18th

Wednesday, October 20th

Wednesday, October 27th

CoffeeTEAM GS

The first coffee maker/grinder combination unit with a conical burr grinder.

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