

# CARLOW COOKERY

## 2012 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. We have both hands-on and demonstration classes with topics ranging from regional and ethnic cuisine, basic and advanced techniques and much more. All of our classes include recipes, a sampling of the foods prepared and complimentary wine.

### Hands-on and Demonstration Classes

**Spanish Tapas and Paella** **Wednesday, February 1<sup>st</sup>**  
Foods showcasing the rich culinary tradition of Spain.  
(Demonstration, Denis Chiappa, 7pm, \$45)

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. 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. *Deep Fried Olives Stuffed with Blue Cheese; Grilled Bread with Roasted Piquillo Peppers, Capers and Herbs; Basque Crab Casserole; Traditional Shrimp and Chicken Paella; Hojiblanca Cakes with Orange Syrup and Fresh Whipped Cream.*

**Savoring Italian Wines** **Friday, February 3<sup>rd</sup>**  
Robust reds and bright whites from a region with a rich wine tradition.  
(Wine Tasting, Mike Conti, 7pm, \$55)

With 20 regions and 200 sub-regions, Italy boasts both the largest and most confusing wine production in the world. But the range and quality of the wines now available makes it worth figuring out. The North is home to big, beefy reds, the south offers wines made from old vine grapes in some of the country's most beautiful vineyards. We'll taste wines from both, discuss producers and grape types, and give recommendations on foods to serve with them.

**The Food of France: Brittany** **Monday, February 6<sup>th</sup>**  
Classic French recipes from a city by the sea.  
(Demonstration, 7pm, \$45)

The cuisine of Brittany is well suited to the home cook because the quality of the seafood and vegetables is best showcased when prepared simply. It is a region dominated by the sea which when you can't see it, you can smell the salt air. It's should be no surprise that a specialty of Brittany is bouillabaisse, a mixed fish stew with a light and fragrant broth. Poultry, raised in the nearby city of Rennes is also a prominent ingredient. *Savory Baked Crepes Stuffed with Roasted Vegetables and Aged Cheese; Bouillabaisse (Seafood Stew with Potatoes, Vegetables and Herbs); Roasted Chicken with a Cider Cream Pan Sauce; Rustic French Apple Tarts with Chantilly Cream.*

**Mardi Gras Food and Wine** **Wednesday, February 8<sup>th</sup>**  
Pairing wines with robust Cajun and Creole Flavors  
(Mike Conti, 7pm, \$55)

Get ready for Mardi Gras with a wine and food class dedicated to Louisiana and the Cajun and Creole cooking in the area. The styles are often lumped together because they are both so closely tied to the region, but they are distinctly different. Cajun is a rustic cuisine, Creole a more refined blend of French, Spanish and Caribbean influences - both are delicious. Our wine expert will focus on wines that complement the vibrant mix of flavors in these traditional recipes. *Andouille and Sweet Potato Tarts; Creole Catfish Stew; Jerked Chicken and Smoked Sausage Gumbo; Sauteed Chicken with Spicy Crab Sauce; Cornbread Stuffing with Shrimp.*

### Culinary Skills (Hands-on)

A variation of our popular Techniques of Cooking Program, this series of hands-on classes is intended to teach proper technique and showcase basic principles of cooking. Each of the segments focuses on a specific category of food and highlights different cooking methods. The goal of our entire program is to give participants the confidence to create dishes rather than just follow recipes. Classes begin at 6:30pm and will last approximately 2 to 2-1/2 hours. Instructor: Denis Chiappa.

**Classes Available Individually/Series Cost: \$280**

**Knife Skills** **Tuesday, March 27<sup>th</sup>**

Part one of our series of hands-on classes on culinary techniques for home cooks, we focus 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.

**Stocks, Soups and Vinaigrettes** **Tuesday, April 10<sup>th</sup>**

In the second part of our series of hands-on classes on culinary techniques for home cooks, we cover stocks and soups. While not difficult to prepare they do require proper technique to achieve full flavor and richness. This class starts with basic stocks and then teaches you how to turn them into rich vegetable and meat soups. We will also cover how to make a classic vinaigrette and how to turn it in to countless variations. *Chicken Stock, Vegetable Stock, Shrimp Stock; Velvety Chicken and Corn Chowder; Italian Vegetable Soup; Mixed Greens with Pomogranate Vinaigrette.*

**Braising, Steaming and Poaching** **Tuesday, April 14<sup>th</sup>**

In part three of our culinary series we work with three similar techniques that are used in different recipes and to cook different ingredients. First, we'll show you the proper way to use braising to make tough cuts of meat tender. We'll then poach fish to perfection. Last but not least, we'll steam fish for a healthy main course. *Braised Beef with Red Wine, Demi-glace and Rosemary; Poached Salmon with Horseradish Cream Sauce; Steamed Fish with Ginger and Shallot Dressing.*

**Sauteing and Pan Sauces** **Tuesday, May 8<sup>th</sup>**

Part four of our culinary series focuses on one of the most important techniques in the cook's repertoire, sauteing. Sauteing is a classic technique of cooking tender cuts of meat and poultry quickly and at high heat to intensify the flavor. We'll then show you how to use that same pan to build flavorful sauces by adding aromatic ingredients, wine and stock. You'll be cooking like a chef in no time. *Sauteed Fish with Tomatoes, Olives and Capers; Sauteed Pork with a Dijon and Cream Sauce; Sauteed Chicken with Shallots, Mushrooms and Brown Stock.*

**Grilling, Rubs and Marinades** **Tuesday, May 22<sup>nd</sup>**

The last part of our culinary skills series focuses on the essential techniques for grilling meat chicken and fish. We'll cover what types of meat and seafood work best on the grill, how to use marinades and spice rubs to enhance flavor, and basic smoking techniques. From there you'll grill pork, chicken and fish for main course dishes and vegetables for a side dish. *Asian Marinated Chicken with Spicy Fruit Relish; Spice Rubbed Pork Skewers with Grill Sauce; Grilled Shrimp with Roasted Tomato Chutney.*



#### 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.

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

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

## Bus Trip

**New York City Gourmet Markets** **Saturday, March 10<sup>th</sup>**  
Union Square Greenmarket, Eli's Vinegar Factory and Arthur Avenue  
(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, whole-grain baked goods, fresh cheeses, and many other specialty foods from Upstate New York and Pennsylvania's Amish farms.

From there we're off to the Upper East Side and Eli Zabar's Vinegar Factory. In developing the Vinegar Factory, Eli wanted to get as close as he could to the source of his ingredients. From buying vegetables from upstate New York farms to aging his own beef, he created a unique market where the majority of the products are produced or sourced locally.

Last but not least, we're off to what could be considered New York's real Little Italy, Arthur Avenue. 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 you'll be treated to a fantastic array of fresh pasta, aged cheeses, cured olives and crispy cannolis. 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. Act fast, spaces are limited.

## Hands-on and Demonstration Classes

**Soups and Sauces Made Easy** **Monday, February 13<sup>th</sup>**  
Techniques of Cooking - Part 2  
(Demonstration, David Kiser, 7pm, \$45)

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 to making several classic sauces that are a perfect with pork, chicken or beef. *Spiced Beef Pho with Sesame Chile Oil; Beer and Cheddar Soup; Beet and Tomato Soup with Toasted Cumin; Sautéed Fish with a Citrus Buerre Blanc; Seared Pork with a Herbed Demi-Glace.*

**Romantic Dinner For Two** **Tuesday, February 14<sup>th</sup>**  
Spend a little time cooking with your mate.  
(Hands-on, Denis Chiappa, 6:30pm, \$130 per couple)

Instead of spending this Valentine's Day in a crowded restaurant, why not enjoy an evening together cooking a romantic meal. One of our most popular sessions of the year, this couples cooking class features a menu with recipes that you and your significant other can enjoy making together. You'll work side by side in this great hands-on class. **Price is per couple.** *Sautéed Crab Cakes with Horseradish Sauce; Apple, Fennel and Walnut Salad with Aged Cheese; Chicken Francaise with Lemon Caper Sauce; Pear Crisp with Vanilla Brown Butter.*

**Fish in a Flash** **Thursday, February 16<sup>th</sup>**  
Fish and seafood dishes that are sure to please.  
(Demonstration, David Kiser, 7pm, \$45)

Learn quick and creative fish and seafood recipes using five different kinds of finfish and shellfish, each used in a recipe that will have dinner on the table in a flash. We'll grill, saute, stir-fry and bake shrimp, salmon, snapper, tilapia and flounder and along the way give you tips on what to look for when buying your fish. *Seared Salmon with Lemon, Caper and Butter Sauce; Pancetta and Fresh Bread Crumb Crusted Flounder with a Horseradish Cream Sauce; Stir Fried Shrimp with Carrots and Snow Peas in a Ginger and Garlic Sauce; Proveal Tilapia baked with Tomatoes, Olives and Garlic; Snapper with Angel Hair and Citrus Cream Sauce.*

**Essentials of Baking** **Monday, February 20<sup>th</sup>**  
Fundamental techniques for cakes, pies, cookies and sauces.  
(Demonstration, Denis Chiappa, 7pm, \$45)

Because baking is more precise and less flexible, some cooks tend to shy away from making dessert. We'll show there's no need to be intimidated by demonstrating the basic building blocks of baking including pies, cakes, and cookies. In addition, we'll touch on working with chocolate and prepare some classic dessert sauces. *Yellow Butter Cake with Chocolate Buttercream; French Apple Pie with Cinnamon Whipped Cream; German Chocolate Cake with Caramel Frosting; Applesauce Oatmeal Cookies with Icing; Black and White Cookies.*

## Wine Events

**Savoring Italian Wines** **Friday, February 3<sup>rd</sup>**  
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(Wine Tasting, Mike Conti, 7pm, \$55)

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**Mardi Gras Food and Wine** **Wednesday, February 8<sup>th</sup>**  
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**The Tasting Room - Argentina** **Wednesday, March 7<sup>th</sup>**  
Pairing the great wines with the rich foods of Argentina.  
(Food and Wine, Mike Conti, 7pm, \$55)

Grilling goes beyond a passion and more to a way of life in Argentina. From small gatherings to all day celebrations, open fire grilling is a popular way to cook everything from vegetables to meat, from appetizers to dessert. They incorporate bold flavors that pair well with smoky, charred flavors the grill yields. Come learn more about authentic foods and how to pair with some of the great wines the country has to offer. *Grilled Flatbreads with Chorizo, Blue Cheese and Spinach; Beef Empanadas with Spicy Rojo Sauce; Grilled Tenderloin of Pork with Fruit Sauce; Tomato, Mozzarella and Ham Tart; Fruit Filled Shortbread Tart with Dulce De Leche.*

## Hands-on and Demonstration Classes

**Fish and Seafood Cookery** **Monday, February 27<sup>th</sup>**  
Techniques of Cooking - Part 3  
(Demonstration, David Kiser, 7pm, \$45)

In the third 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. As always, David will demonstrate how using good quality ingredients and applying proper technique makes all the difference. *Salmon with White Wine Sauce over Orzo and Fennel; Crispy Fish with an Herb Remoulade; Penne with Spicy Braised Swordfish; Pecan Crusted Catfish with Hominy Stew; Steamed Snapper with Mushrooms.*

**The Essentials of Thai Cuisine** **Wednesday, February 29<sup>th</sup>**  
De-mystifying Thai cookery  
(Demonstration, Denis Chiappa, 7pm, \$45)

Delve into the world of Thai food, one of the world's most highly regarded cuisines. It is mysterious to many in the west because the ingredients are unfamiliar. You'll learn the fundamentals of Thai food from the ingredients that make up the exquisite contrast in taste and texture to the preparation and cooking techniques used in some of our favorite Thai recipes. *Deep Fried Shrimp in Egg Roll Wrapper with Thai Dipping Sauce; Chicken, Noodles, Vegetable in Red Curry Coconut Broth; Shrimp Fried Rice with Egg; Stir-fried Beef with Onions, Bell Peppers and Hot Chili Paste; Red Snapper with Hot and Spicy Chili Sauce.*

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## Hands-on and Demonstration Classes

### The Tasting Room - Argentina

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### Pan to Plate Sauces

The secret to rich, delicious sauces.  
(Demonstration, David Kiser, 7pm, \$45)

The great chefs all know that the secret is in the sauce. Many sauces take hours of preparation, but there are also sauces used by master chefs that require only a few minutes to achieve full flavor and that go directly from pan to plate. You'll learn to create fish, chicken, beef and pork dishes with a variety of complementary pan sauces that are velvety in texture and rich in flavor. *Sauteed Fish with Crab in a Citrus Buerre Blanc; Roasted Beef with Tomato Infused Bernaise Sauce; Pan-seared Chicken with Mushroom, Tomato and Demi-glace Sauce; Pork Chops with Sauce Poivrade (Brown Sauce with Bacon and Peppercorns) in a Baked Pasta with a Lobster Mornay Sauce.*

### Grilling, Roasting, Searing Meats

Techniques of Cooking - Part 4  
(Demonstration, David Kiser, 7pm, \$45)

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 beef, which cut works best for the different cooking methods and how to properly use marinades and rubs. Lastly, show you how to cook pork to moist and tender perfection. *Pot Roasted Chicken with Yukon Gold Potatoes and Herbed Jus; BBQ Pork Burritos with Roasted Tomatillo and Chile Sauce; Pan Seared Chicken with Tarragon Cream Sauce; Pepper Crusted Roasted Beef with Mushroom and Armagnac Sauce.*

### Celebrating Ireland

Enjoying Irish fare for St. Patrick's Day  
(Demonstration, 7pm, \$45)

There's no question that St. Patrick's Day brings out the Irish in all of us and an important part of the Irish Tradition involves sharing a meal together. It's a time when people can enjoy each other's company while eating and imbibing on a rich ale or hearty stout. This class, an annual tradition and one close to our hearts, features updated versions of traditional foods and serve them with a true Irish stout. *Deep Fried Camembert with Apple and Chili Chutney; Goat Cheese and Roasted Beet Tarts with Parmesan and Walnut Crust; Shrimp Ravioli with Buttered Spinach and Lobster Bisque; Crispy Slow Cooked Pork with Pomme Puree and Truffled Jus.*

### Artisanal Foods

Foods made fresh for maximum flavor.  
(Demonstration, Denis Chiappa, 7pm, \$45)

In years past, artisan food was nothing more than crusty bread and stinky cheese. These days, they are foods created by people who are fully committed to the process, from developing the recipes, choosing the best ingredients, crafting the product and verifying the quality. They are also foodies, who know how and when to best use the delicious results. Come and discover some of the great new products available in the markets today. *Aged Cheese and Cured Meat Sampler with Mixed Green Salad and Truffle Vinaigrette; Handmade Pasta with Artichokes and Sun-dried Tomato Sauce; Mixed Grill (Homemade Seafood and Pork Sausages with Sauces); Chocolate Filled Cakes with Ganache Glaze.*

Wednesday, March 7<sup>th</sup>

Thursday, March 8<sup>th</sup>

Monday, March 12<sup>th</sup>

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

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

### French Classics: Pates and Terrines

Gourmet peasant food at it's best.  
(Demonstration, Denis Chiappa, 7pm, \$45)

While it is often said that a terrine is just a meatloaf with a French accent, there's much more to this classic dish. It's comfort food, a perfect presentation for Sunday suppers, weeknight meals or to start a dinner party. We'll look at the many variations, from meat to vegetable, some wrapped in pastry and others enriched with nuts and olives. Lastly, we'll show how to serve them and the traditional accompaniments. *Roasted Vegetable Terrine with Fresh Basil; Country Style Pate with Dijon and Cornichons; Duck and Chicken Pate Wrapped in Puff Pastry; Venison Terrine with Red Currant Sauce; Homemade Scapple with Vermont Maple Syrup.*

### Decadent Desserts

Techniques of Cooking - Part 5  
(Demonstration, David Kiser, 7pm, \$45)

This class is for home cooks who want to make good everyday desserts. By focusing on the essential building blocks of many dessert recipes we'll make you proficient in pastry even if you think of yourself as a savory cook. First, you'll learn how to make pastry dough and a variety of different cakes. We'll then go on to the classic fillings and finishing touches - chantilly cream, pastry cream, and fruit coulis. Last but certainly not least, we'll cover the basics of working with chocolate. *Fruit Tart with Almond Cream; Citrus Sponge Cake with Strawberries and Cream; Flourless Chocolate Espresso Cake with Raspberry Sauce; Vanilla Cheesecake with Chocolate Crumb Crust; and more.*

### Knife Skills

A complete primer on using and caring for the cook's most important tool.  
(Hands-on, Denis Chiappa, 6:30pm, \$45)

Part one of our series of hands-on classes on culinary techniques for home cooks, we focus 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.

### Kitchen Comforts

Foods that are nourishing and fun to make.  
(Demonstration, David Kiser, 7pm, \$45)

Most cultures have rich, nourishing dishes that are slow-cooked and this country is no different. These recipes are a delicious mix of flavors and ingredients that enhanced by the longer cooking times. The final dish is a combination of tender meats and caramelized vegetables that often can be eaten with just a spoon. Plus, as they cook the aromas that fill the kitchen bring back fond memories that satisfy the soul. *Smoky Shrimp over Herb and Cheddar Grits; Spaghetti and Tender Meatballs with Rich Ragù; Catfish Po'Boys with Pickle Remoulade; Braised Brisket with Caramelized Onion Gravy; Veal Goulash with Paprika and Caraway over Buttered Spaetzle.*

Thursday, March 22<sup>nd</sup>

Monday, March 26<sup>th</sup>

Tuesday, March 27<sup>th</sup>

Thursday, March 29<sup>th</sup>

## Wusthof Trident Classic Forged Knives

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