

2009 Cooking Classes at Chateau Chantal

Saturday, 10 January 2009

12:30 to 5:30PM

Super Soups and Stews

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

Soups and stews just may be the secret to a good life; they are most certainly our secret kitchen treasures. Not only are soups and stews economical time-savers, they are deeply satisfying on the cold, damp days of winter. Learn how to make your own stock and soups like the pros. You'll learn the basic techniques to make soup and stew without recipes, time-honored favorites and some jazzy new ones for your repertoire like chicken and dumpling soup, Tuscan wild mushroom soup, Greek egg, lemon and rice soup, Classic onion soup, Apple cheddar soup, Thai coconut soup, Provençale fish stew and many more.

Saturday, 24 January 2009

12.30PM to 5.30PM

Handmade Pastas and Sauces

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

You probably know that homemade pasta is tasty, healthy and impressive food, but you probably don't think of it as fast food. In this class you'll learn that you can get fresh pasta on the table in an hour—instead of taking all day. You'll learn the traditional and modern techniques for making a variety of northern Italian fresh pastas like Chestnut paparadelle with mushroom sauce, Tagliatelle with Bolognese sauce, Classic potato gnocchi with sage butter, Ricotta gnocchi, Meat and herb stuffed agnolotti, Chickpea fettuccini with Tuscan pommarola sauce, Fresh herb pasta and much more. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 7 February 2009

12:30 to 5:30PM

Pan Sauté, Pan Sauce

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

Sauce just makes everything taste better. It will add vibrant spark to your old favorite chicken and fish dishes and wow your friends. Don't settle for carryout when you're hurried and hungry. In this class you'll learn how to handle a sauté pan. You'll discover that in this one vessel you can prepare restaurant style meals that will surprise you and the secrets and technique for producing quick meals in a sauté pan without recipes. Break the mystery of tasty pan sauces with dishes like Chicken Marsala, Chicken in green peppercorn pan sauce, Chicken Saltimbocca in wine sauce, Poached salmon with beurre blanc and Shrimp in Thai coconut curry. They are guaranteed to add elegance and style to your cooking repertoire. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 21 February 2009

12:30 to 5:30PM

I Like Meat

Chef Lynne Brach

Chock full of information, technique and tasting, this is our most popular class. The star of this day is our local meat cutter who will teach you about meats, their cuts and appropriate uses. You'll have an opportunity to grill the meat cutter and find out why it's better to shop at a butcher for your meat. We'll prepare classic and bistro style dishes like Lamb shanks with polenta, Tuscan herbed roast pork loin with roasted vegetable sauce, Tenderloin filet with mushroom sauce, Veal saltimbocca, Chinese glazed spare ribs and lots more. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 7 March 2009

12:30 to 5:30PM

I Like Fish

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

Fish and seafood are some of the healthiest protein you can eat. Properly chosen and handled, they can also be the tastiest. In this class you'll master purchasing, storing and preparing seafood with an abundance of techniques and flavors. You'll grace the table with and dine on dishes like Spicy Thai calamari salad, Grilled stuffed trout, Thai coconut fish curry, Italian tuna with roasted red bell pepper sauce, Tea-smoked salmon, Wasabi fish dumplings and more. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 21 March 2009

12:30 to 5:30PM

What We Do For Flavor

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

Anyone can learn the basics of chop, sauté and simmer—the true art of cooking lies in creating memorable flavor. Bring your seasoning techniques forward from their past days of salt and pepper into the 21st century. Discover *umami*—the Japanese term for a fifth taste—the “tastiness factor” and the ten secrets to developing big flavor. Both are guaranteed to improve your kitchen success. You’ll master several seasoning devices like caramelized onions as well as big-flavored dishes like Italian roasted tomato and porcini soup, Marinated flank steak, Smoky rice pilaf, Spice-roasted shrimp, Bacon-miso chips and Macerated fruit. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 4 April 2009

12:30 to 5:30PM

Dishes From All Around France

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

France is the mother-lode of techniques and fine cooking. Each bounteous region has its renowned specialties—the North with its crepes and galettes, many kinds of seafood; Burgundy with gougéré, game and honey cake; Rhone-Alpes with fine fowl, chocolate and sausage; the South with its tomatoes, garlic, olives, wild mushrooms, lamb, green lentils and cassoulet. After this class you’ll surprise your family with deeply satisfying, time-tested techniques and dishes from all around France like Soufflé, Tartare de saumon aux lentilles vertes du Puy, Soupe de poissons de roche, Quiche Lorraine, Navets glaces, Chou farcis, Lapereau a la moutarde, Oeufs meurette and so much more. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 18 April

12:30 to 5:30PM

Tuscan Spring Dishes

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

Spring is surely Tuscany’s most beguiling season. The landscape fills your eyes with so many shades of green that words fail. Cypress trees, like columns of arrows pointing

the way to heaven, line Tuscany's famed rolling hills. Medieval towns overlook a checkerboard fairyland of blossoming cherry, peach, apple and olive groves, wildflower carpets and row upon row of vineyards. Everywhere you look is a celebration of food. In Italy, food fills the soul and renews it. Learn the luscious and lively cuisine of Italy and techniques of Tuscany where Chef Allen taught and learned many of these dishes. You'll prepare dishes like Wild forest leek and cabbage soup, Pasta e ceci, Stuffed artichokes with lemon caper sauce, Asparagus three ways, Braised tuna "in zimino" (spring vegetable sauce), Grilled chicken with arugula sauce, New potatoes baked with fennel, Lemon biscotti and Zabaglione with strawberries. The cost is \$125 per person. Reservations are required and spots are limited.

Saturday, 2 May 2009

12:30 to 5:30PM

Tuscan Spring Dishes

Chef-educator Nancy Krcek Allen

Chef Lynne Brach

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Next year maybe the food of Spain.

