

Foodies Essential Series 2010

The Essential Series is a 10 week program designed for students interested in developing a solid foundation of cooking knowledge and classical techniques. Our next cycle of classes will meet on **Tuesday evenings from 6:00 pm – 9:00 pm, September 14th through November 23rd**. The cost for the Essential Series will be \$450.00 for the complete 10 week course if paid in full. Individual sessions are \$45.00 each and may have limited availability. Individual sessions will open for registrations after the informational session held on September 7th.

Session 1: Essential Beginnings

We will introduce skills and concepts that will serve as building blocks throughout the entire course. We will be focusing on organization, tools, equipment, sanitation and reading recipes. We will also be learning how to measure liquid and dry ingredients, seasoning, separating eggs, tempering, folding, making roux, clarifying butter and more.

Session 2: Essential Knife Skills

Few things will improve your confidence in the kitchen more than mastering the art of slicing and dicing. By learning just a few simple techniques you will be able to become much more efficient in your preparation. We will start by selecting the proper grip, cutting techniques, the different cuts (brunoise or julienne anyone?), and then cutting up and deboning a chicken. We will also talk about the different types of knives, how to shop for a knife and proper care for them like sharpening and conditioning.

Session 3: Dry Heat Cooking Methods In this session we will talk about how to select the proper cooking technique for the situation. We will also introduce the different types of dry cooking methods and developing hands on skills for each type: grilling, broiling, sautéing, roasting and baking.

Session 4: Moist Heat Cooking Methods

When do you use a moist heat cooking method instead of a dry heat cooking method? We will discuss this and the different type of moist heat cooking methods: Boiling, poaching, steaming, braising and stewing.

Session 5: The Mother Sauces

All classic sauces come from 5 basic French sauces known as the mother sauces. These sauces are Béchamel, Volute, Tomato, Espagnole, and Hollandaise. With knowledge of these mother sauces you can create just about any classic sauce with the addition of just a few ingredients.

Session 6: Modern Sauces

Outside the family of the mother sauces are a variety of simple hot and cold preparations that include vinaigrettes, chutneys, coulis, aioli, pan sauces and gravies. We will have a hands-on approach to developing the techniques needed to create the perfect sauce or dressing for the situation.

Session 7: Stocks & Soups

Homemade stocks are the foundation of good cooking. We will learn 4 basic stocks: beef, chicken, vegetable and seafood. These are the foundations for a wide variety of soups and sauces. Then we will cover the techniques for taking these stocks and making soups from them. We will make some specialty soups, chowders, bisques and other clear broth and cream based soups.

Session 8: Breakfast

Breakfast foods are in a class by themselves. How often do you find yourself with overnight guests that you want to impress with a good breakfast experience or prepare the perfect Eggs Benedict? You do not have to go to out to eat anymore to get good pancakes or a biscuit. We will teach you not only how to do breakfast but do it great.

Session 9: Pasta

You have been there before. You know that place that makes fresh homemade pasta cooked perfectly and has a perfect sauce to go with it. Well go no farther. In this session you will learn to make homemade fettuccine, stuffed ravioli, lasagna, pesto and how to select the perfect sauce for your pasta.

Session 10: The Pastry Chef

In this last session we will explore desserts. We will learn some basic techniques in dessert preparations. Some of the classics we will cover are ice cream, crème brulee, chocolate mousse, peach melba and tres leches cake.

Call us at 540.776.3693 or log on to www.cookingmadefun.com to sign up. Specific class dates will be available on our website. We have a limited number of spaces so reserve yours today.