

# WINTER 2012 - COOKING CLASSES - FIND YOUR FLAVOURS!

## **Feb 6 - 6:00 - 9:00 - Sweet Valentine** — ensure success with a deliciously decadent evening of divine temptation - **\$70.00**

An aphrodisiac of delicious flavours will tingle your taste buds and allow the imagination to run wild! Executive Chef **Aaron Rail** of *Avenue Bistro* serves up a sensuous combination of tastes and textures in tonight's Valentine celebration. His zest for chocolate spices up a menu that includes: Cocoa Rubbed Albacore Tuna with Caponata, Cocoa Butter Seared Sockeye with White Chocolate Potato Puree, Fennel and Ruby Grapefruit and Spiced Chocolate Fondant with Cinnamon Ice Cream. These foods of love, stirred with intense flavours and passionate presentation, are guaranteed to heat things up in the kitchen! Think outside the box of chocolates and melt the heart of your valentine with tonight's truly sensuous meal.

## **Feb. 16 - 6:00 - 9:00 - Meandering Morocco** - catch the culinary caravan of enticing and exotic flavours - **\$70.00**

Explore the culinary shores of Morocco and meander the food stalls of Marrakech in tonight's dining adventure with the *Gourmet Girls*, **Kita Navo** and **Linda Shaben**. This tantalizing, palate-pleasing journey is full of warm flavours and delicate spices. Discover the secrets of this diverse cuisine as it's stirred with Berber, Moorish, Mediterranean and Arab influences. No need to pack a bag - just bring your adventurous spirit and indulge in a wonderful array of culinary pleasures scented with lemon, saffron, ginger, nutmeg, and cinnamon. No passport required for this culinary journey!

## **Feb. 23 - 6:00 - 9:00 - A Bollywood Bash** - red-carpet appetizers with sizzling star power! - **\$65.00**

You can't cheer for your favourite movies and actors without blockbuster appetizers! **Chef James Street** creates an Oscar-winning, movie-marathon menu full of small bites that are elegant enough for the red carpet, but easy enough for a low key party. The Bollywood night of star-worthy Indian tapas include: Potato Patties Stuffed with Dried Apricots; Peppers and Ginger; Seared Tuna with Spiced Raita; Pakoras; Bahjis; Panner and Chicken Tikka. Enjoy the show while sipping on fresh hot chai. The winner is ... you!

## **Feb. 28 - 6:00 - 9:00 - Thai One On!** - savour the favourite dishes of the "kingdom of smiles" - Thailand - **\$70.00**

As you *Like It* chef/owner **Laura Agnew** shows how simple and fun it is to prepare classic Thai dishes at home. Tonight Laura demystifies this exotic cuisine! You'll learn the culinary secrets of Thai Crab Cakes with Green Papaya Salad, Tom Yum Goong (spicy, sweet, sour prawn soup), Pad Thai, Thai Duck Curry, Yellow Rice, Thai-Style Snake Beans and the sweet classic Khoa Niew (black sticky rice pudding with thin crisp fried bananas). Enjoy an exquisite exploration into the full spectrum of flavour as Chef Agnew balances, sweet, sour, hot and salty into a selection of her favourite Thai dishes. Harmony at its delicious best!

## **Mar. 8 - 6:00 - 9:00 - Glories of Greece** - a Mediterranean medley of bold flavours - **\$65.00**

Plunge into the kitchens of the Mediterranean with **Chef Jim Lalic**. Indulge in the glorious cooking inspired by the breeze of a clear azure sky. Savour the passion for pure, ingredients like olive oil, fresh herbs, garlic and tomato. Discover Jim's rich culinary heritage, the traditional enjoyment of Greek feasting and honest food that highlights bold flavours grown under the Mediterranean sun. From hilltop and valley to sandy shores, you'll savour a journey into a modern cuisine flavoured with the history of its ancient roots. Go for the Gusto tonight!

## **Mar. 15 - 6:00 - 9:00 - Winter's Full-Flavoured Comforts** - fabulous flavours of the flexitarian lifestyle - **\$65.00**

**France Morissette** brings us the Whole Foods Revelation - the combination of flavours and fragrances simmered into dishes that are as exciting to the palate as they are nutritious, healthy and wholesome. France takes the nature of whole foods and brings to the table dishes that layer the richness of goodness while nourishing the body and soul. A class for all food-lovers! Flexitarians will indulge in a menu that shows how healthy eating doesn't have to sacrifice flavour or enjoyment. You'll get great tips for saving time - shop once for Monday to Friday meals. Full of healthy surprises The Whole Foods Revelation is fresh living made fun!

## **Mar. 22 - 6:00 - 9:00 - Spanish Tapas** - small plates to savour and share from Spain's Mediterranean table - **\$70.00**

The *Gourmet Girls* **Linda Shaben**, **Kita Navo** and **Marianna Laviolette**, deliver a vibrant menu of succulent "little plates" with big bold tastes. Savour a tantalizing array of Spanish tapas full of rustic flavours and enticing ingredients that work as appetizers, sides or a full meal. Explore the depth and diversity of tapas in a fun and memorable evening of great grazing. These terrific bites, wrapped with a fresh and local spin, are perfect for flavour-packed platters and cozy winter-time entertaining.

## **Mar. 27 - 6:00 - 9:00 - A Taste of India - A Journey to Remember** - a fusion of travel tales and culinary styles - **\$70.00**


Join **Chef Kathy Jerritt**, owner of *TriA: Fine Catering and Gourmet Eats*, as she unveils the delicious dishes she learned while living and working in India. Discover the warm, intense, yet subtle flavours of this country's aromatic cuisine. Begin the journey sipping fresh chai and learning how to make paneer, palak paneer and pakoras. Tender goat curry will simmer to succulent goodness until a cooling bowl of kulfi rounds out the evening's menu. Reap the benefits of practical tips, learn shortcuts and expand your palate with Kathy's culinary travel journal ... Your senses will tingle!

**Book 3 classes and get \$10.00 off Registration Fee**

Please note: 12% HST is added to the class fees



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Customer  
Favorites

An Exciting Array of Cooking Classes

## HOW TO REGISTER FOR THE COOKING CLASSES

### DEMONSTRATION Style

Watch, listen, ask and learn as the chef/instructor demonstrates techniques and prepares recipes. Bring an appetite for great food as generous portions are served. Unless otherwise indicated all classes are three hours. Instructors reserve the right to alter menus based on availability of seasonally fresh ingredients.

### CANCELLATION Policy

We will refund payment, or give credit for a future session if cancellation is within 48 hours of the class. If you find you're unable to attend the day of the class you may send someone in your place. No refunds or transfers for missed classes. If **we** must cancel or change dates, you'll have the choice of a refund or transferring payment to another class.

### PAYMENT CONFIRMS YOUR REGISTRATION

We accept Cash, Cheque, Visa, MasterCard.  
*Gift Certificates* available for all classes.

### REGISTER FOR 3 CLASSES & SAVE

Buy 3 classes and save \$10.00. We highly recommend registering early as classes may be full or cancelled due to insufficient early registration. Most classes are limited to 10 hungry people. Payment is required to accept registration for each class.

### BENEFITS

- Exclusive opportunity to shop & browse during classes.
- A fun, relaxed & personal setting for learning the skills of cooking and baking.
- Highly skilled chef - instructors from a wide variety of culinary backgrounds.
- Generous tasting of dishes prepared in class.
- Recipes for all dishes prepared in class.

### HOW TO REGISTER

*In person:* Mon-Sat 9:30-5:30  
*By Phone:* 338-4404 with credit card number

'BEYOND' THE KITCHEN DOOR · DOWNTOWN COURTENAY · PHONE 250 338 - 4404