

## Aux Délices Cooking School

Aux Delices offers classes for adults and children at the Aux Délices kitchens or in the privacy of your home. Classes are generally held on Wednesday evenings for adults and Sunday afternoons for children. Classes are hands-on for children and both hands-on and demonstration for adults.

We teach easy, interesting and seasonal food preparation, using a variety of cooking techniques. The chef instructors are from Aux Délices, as well as from well-known restaurants in Fairfield County and New York City.

## Private Parties

Having a special occasion? We also offer cooking classes as private parties in our kitchen or in the privacy of your home. We will also individually-tailor a lesson for a smaller group. Children's birthday parties, bridal showers and adult birthday parties are all welcome and very popular!



For more information,  
please contact:

Lynn Manheim

Cooking School Director

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p. 203.326.4540 ext 108

23 Acosta Street

Stamford, CT 06902

## Adult Classes

### Technique - Braising and Stewing

#### Menu:

- Slow Braised Beef Short Ribs
- Tunisian Lamb Stew
- Chicken Bouillabaisse with Saffron Rouille

Wednesday, January 11 – 7pm to 9:30pm

Hands On \$125

### Technique- Healthy Soups and Hearty Salads

#### Menu:

- Vietnamese Soup with Sashimi Tuna
- Wild and Brown Rice with Winter Greens, Asian Pear, Almonds and a Maple Mustard Vinaigrette
- Vegetable Pad Thai with Raw Cashew and Tahini Dressing
- Organic Carrot, Beet and Tomato Soup

Wednesday, January 18 – 7pm to 9:30pm

Hands On \$125

### Technique- Fish

#### Menu:

- Almond-Crusted Lemon Sole
- Pan-Fried Hake with Lime and Tomatilla Sauce
- Seared Spicy Tuna with Ginger Aioli

Wednesday, February 8 – 7pm to 9:30pm

Hands On \$125

### Technique- Family Dinners

#### Menu:

- Super Crisp Fried Eggplant Parmesan
- Shrimp Scampi over Basmati Rice
- Dry-Rubbed Whole Roasted Chicken with Creamy Mashed Potatoes
- Caesar Salad with Garlic Croutons
- Warm Molten Chocolate Cakes

Wednesday, February 15 - 7pm to 9:30pm

Hands On \$125

### Technique- Northern Italian

#### Menu:

- Ricotta Gnocchi with Rosemary Brown Butter
- Pasta Bolognese
- Chicken Lasagna with Béchamel Sauce

Wednesday, March 1 - 7pm to 9:30pm

Hands On \$125

## Kids Classes

### Winter Brunch (ages 8-13)

#### Menu:

- Fruit Smoothies
- Homemade Jam-Filled Pop Tarts
- Individual Frittatas
- New York Crumb Cake

Sunday, January 8 – 4pm to 6pm

Hands On \$65

### The French Table (ages 8-13)

#### Menu:

- Melon Balls in Lavender Syrup
- Winter Vegetables wrapped in Phyllo Dough
- Crepes with Chocolate Sauce
- Chocolate Chip Clafoutis

Sunday, January 22 - 4pm to 6pm

Hands On \$65

### Little Chefs and an Adult Sous Chef (ages 3-7)

#### Menu:

- Assorted Tea Sandwiches
- Zucchini Bread
- Butter Cookies
- Fruit Parfait

Sunday, January 29 - 4pm to 6pm

Hands On \$65

### A Special Valentines Dinner- Bring Your Mom or Dad (ages 8-13)

#### Menu:

- Artichoke and Parmesan Dip
- Ritz Cracker-Crusted Chicken
- Lemon, Mint and Vegetable Couscous
- Heart Shaped Linzer Cookies

Sunday, February 5 - 4pm to 6pm

Hands On \$65

### Cake Champions (ages 8-13)

#### Menu:

Learn Skills of Baking, Frosting and Decorating Cakes with plenty to take home!

Sunday, February 26 – 4pm to 6pm

Hands On \$65

### Mostly Mexican (ages 8-13)

#### Menu:

- Chicken Tortilla Soup
- Beef Tacos
- Corny Corn Bread
- Cinnamon Churros

Sunday, March 5 - 4pm to 6pm

Hands On \$65

### Celebrate St. Patricks Day (ages 8-13)

#### Menu:

- Fish and Chips
- Irish Soda Bread
- Roasted Root Veggies with Crispy Bacon
- Assorted Shamrock Cupcakes

Sunday, March 12 - 4pm to 6pm

Hands On \$65



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more on back

## Adult Classes cont.

### Technique- Winter Barbecue

#### Menu:

- Barbecued Pizza with Caramelized Onions and Sausage
- Slow Cooked Brisket, basted with spicy maple bbq sauce
- Warm Sweet Potato Salad
- Cole Slaw with Toasted Pecans, Apples and Chipotle Dressing

Wednesday, March 29 - 7pm to 9:30pm

Hands On \$125

### Technique- Spring Ragus

#### Menu:

- Cider Braised Pulled Pork over Polenta
- Beef Stew with Spring Garlic, Young Carrots, Peas, Turnips, Leeks and Potatoes
- Wild Mushroom Ragu over Black Barley

Wednesday, April 19 - 7pm to 9:30pm

Hands On \$125

### Technique: Make Ahead Dinner Party

#### Menu:

- Moscow Mule Cocktails
- Coconut-Crusted Shrimp with Thai Dipping Sauce
- Empanadas
- Manchego and Chorizo Bread
- Coffee and Spice Dry-Rubbed Skirt Steak with Salsa Verde
- Chickpea and Kale Salad with Tahini Dressing
- Madlon Salt Chocolate Chunk Cookies

Wednesday, April 26 - 7pm to 9:30pm

Hands On \$125

## Kids Classes cont.

### After School Snacks (ages 8-12)

#### Menu:

- Homemade Pretzels
- Cereal Balls
- Cinnamon Apple Maple Cakes
- Toffee Chip Brownies

Sunday, March 19 - 4pm to 6pm

Hands On \$65

### Italian Food Lovers (ages 8-13)

#### Menu:

- Baked Spinach and Cheese Cannelloni
- Chicken Parmesan
- Chopped Salad with Italian Vinaigrette
- Lemon Cookies with Lemon Icing

Sunday, April 2 - 4pm to 6pm

Hands On \$65

### Cake Champions (ages 8-13)

#### Menu:

Learn Skills of Baking, Frosting and Decorating Cakes with plenty to take home!

Sunday, April 23 - 4pm to 6pm

Hands On \$65

### Easy Asian (ages 8-13)

#### Menu:

- Sesame Noodles
- Chicken in Lettuce Cups
- Vegetable Fried Rice
- Mango and Coconut Pound Cake

Sunday, April 30 - 4pm to 6pm

Hands On \$65

### Little Chefs and Adult Sous Chef

### Mothers Day Brunch (ages 8-13)

#### Menu:

- Mini Scones and Muffins
- Deviled Eggs
- Baked French Pancake
- Fruit Salad

Sunday, May 7 - 4pm to 6pm

Hands On \$65

### Spring BBQ (ages 8-13)

#### Menu:

- Oven-Barbequed Chicken, Shrimp and Veggie Skewers
- Watermelon and Cucumber Salad
- Garlic Bread
- Devli Dogs

Sunday, May 21 - 4pm to 6pm

Hands On \$65

# Cooking Class Winter/Spring 2017

AUX DÉLICES

FOODS BY DEBRA PONZEK

*children, adults & parties*

### Cooking Class Location

23 Acosta Street  
Stamford, CT 06902  
P. 203.326.4540 x108