



FOODS BY DEBRA PONZEK

Adult Fall/Winter 2009 Cooking Class Schedule

Wednesdays 7pm-9pm Tuition \$90, except as noted

Classes are held at 23 Acosta Street Stamford, Ct. 06902

Please register with Chef Lynn Manheim, Director (Lynn.manheim@auxdelicesfoods.com)
203 326-4540 ext. 108

We offer private classes, small groups, private parties and corporate events.

We can build special menus for your group and provide hands on or demonstration classes, as well as team building.

Please note: There is a 48-hour cancellation policy, therefore no credits or refunds are issued after 48 hours prior to class.

All About Honey – September 9

We welcome Marina Marchese from Red Bee honey, who will talk about her bees and local honey. Her recently released book, Honeybee, Lessons From an Accidental Beekeeper has been received with praise. One quote says it all, "C. Marina Marchese's deeply felt love and appreciation for the honey bee, the ancient craft of beekeeping, and the exquisite delicacy known as honey leaps from these pages." We will prepare foods flavored with honey, such as a sweet and spicy watermelon sauce over tuna, summer corn soup, a honey apple skillet cake, and of course simple crostini with cheese, honey and nuts.

Breads, Pasta and Sweets with Pastry Chef Cyril Chaminade – September 16- Hands On- \$125 7pm to 9:30pm

Not only is chef Cyril our talented pastry chef, but he is also a genius with bread and savory food. A born and bred Parisian who grew up in his father's patisserie, he brings expertise, style, passion and charm to our kitchen. Come to class and see if you don't agree!

Catch the Burger Craze! September 23

We will tackle them all- beef, turkey, lamb, tuna, veggie and, of course, sliders! Plus what's a burger without award winning sides and condiments?!

Soups, Salads and Quiche – September 30

The Aux Delices quiche is famously delicious, so why not learn how it's done. For a change of pace dinner, learn some delicious soup recipes, like Porcini Miso soup with roasted root vegetables, vegetable soup with butternut squash gnocchi, and Turkish yogurt soup with chickpeas and basmati rice. For salad, try our green apple, ginger and coconut salad, or red lentil salad with feta and curry vinaigrette. The choices are endless!

Learn to Cook with Passion – Technique Hands On – October 14 - \$125 7pm to 9:30pm

Just like Julie and Julia (Childs), it's all about French technique. So learn the basics like roux, reduction sauces, clarification, mise en place, beurre monte, and then let's put it all together in an amazing beef bourguignon.

An Autumn Dinner w/Friends-October 28

A dinner party should be fun and stress free, but that is often not the case. This class will teach how to organize and plan the menu and your time. Then the cooking can be as fun as the party! We often begin with the entrée, in this case, a roasted veal loin with rosemary lemon polenta, caramelized fennel and brown butter applesauce. Working backwards, serve a salad full of crunch like just picked apples combined with toasted walnuts, cucumber, avocado and tangy salty Roquefort cheese. The rest is easy!

Fish, Fish, Fish – November 4

Fish is the most fun! It's so versatile in it's flavors and textures like a rice cracker crusted tuna, slow cooked wild salmon, (if it's in season) coated with finely grated lemon zest, a fabulous olive oil and sea salt; and arctic char with prosciutto and sage. Just think of flavors that work together and you can accomplish an extraordinary melding of sweet and salty as well as tangy, sour and spicy!

Thanksgiving with a Flair – November 11

Thanksgiving is a wonderful time to gather with family and friends, but you may need to brush up on your cooking skills! This class will help. Learn to cook the perfect roast turkey with sausage and mushroom stuffing and a velvety turkey gravy, plus candied yams and a light delicious pumpkin pie. It's my favorite holiday!

Family Meal/ Italian Style – November 18

It's always a challenge to think of new dinners to make for your family and have them love it, not resort to PB and J's! Here are a few enticing suggestions. Chicken Marengo, so full of flavors of garlic and tomatoes, veal and ricotta meatballs over your favorite pasta, and an earthy mushroom risotto.

Healthy Food, Healthy You – December 2

Sometimes there's nothing better in life than a home made chocolate chip cookie! Well, you can have it, *sometimes*! Our friend and wellness therapist, Donna Pace, will talk about the delicious whole food we will prepare this evening. She has such passion and commitment to food choices that taste great and make us feel and look healthy and beautiful!

Holiday Sweets with Chef Brenda- Hands On December 9- \$125 7pm to 9:30 pm

We probably all have childhood memories of our grandmother's special sugar cookies or old- fashioned shortbread baked specially for all us kids on the holidays! Well, time to bake your holiday cookies and create everlasting memories for your kids! Join us to bake, decorate and package a variety of unforgettable sweets!

Good Old American Cooking! December 16

We have such a rich food culture and this class will celebrate it. We will begin with a salad of winter greens and on to a slow braised pot roast chock full of parsnips, carrots and potatoes with seasonings of allspice and bay leaves. Light freshly baked crescent rolls and a warm pecan cake with lemon glaze will put an end to this scrumptious meal!