



FOODS BY DEBRA PONZEK

## Adult Winter/Spring 2010 Cooking Class Schedule

Wednesdays 7pm-9pm Tuition \$90 for Demo Classes, \$125 for "Hands On"

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

Please register with Chef Lynn Manheim, Director ([Lynn.manheim@auxdelicesfoods.com](mailto: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.*

### January 6- Comfort Food

We all love cozy dinners on cold winter nights!

Menu:

- Winter Salad of Wild Mushrooms and Imported Parmesan
- Beer Braised Short Ribs
- Crisp Potato Latkes with Apple Horseradish Sauce
- Caramel Apple Cake

### January 13- Favorite Food for a Ski Weekend

Make these ahead of time and pack them "to go" or just bring the ingredients and skip the slopes!

Menu:

- Dips that Travel
- Prosciutto and Barley Soup
- White Chicken Chili and Guacamole
- Bars and Cookies

### January 20- Starters and Small Dishes with an Asian Flair

This class will be taught by Chef Deborah Aronoff who worked with our owner Debra Ponzek at Montrachet and when Aux Delices first opened in 1995. Deborah is currently a private chef working in New York City.

Menu TBA

### January 27- International Takes on "the Sandwich"

This class can get you through many dinners and the food is kid-friendly!

Menu:

- Philly Cheesesteak
- Lobster Rolled in Brioche and Pan-Fried
- Crisp Tortilla Chicken and Goat Cheese Napoleans

### February 3- Julie and Julia Part 2- Hands On- \$125 7-9:30

Most chefs will say it all begins with French Technique.

Bring a knife, an apron and begin...

Menu:

- Mediterranean Seafood Stew with Rouille
- Steak au Poivre
- Pommes de Terre

### February 10- A Special Dinner for Your Valentine

Whether you have a valentine or not, this is a good excuse to make a delicious dinner with lots of love!

Menu:

- Tiny Shrimp Falafels with Thai Spices and Dipping Sauce
- Creamy Cauliflower Soup
- Tender Pork Loin with Winter Squash and Fig Sauce
- Flourless Chocolate Cake

### February 17-Fish, Fish, Fish- Hands On- \$125 7-9:30

There are so many fish in the sea! Let's cook some.

Menu:

- Roasted Herb Trout
- Roasted Cod with White Bean Ragout
- Sea Scallop Cru with Sherry Honey Vinaigrette

### February 24- Vegetarian for Meat Lovers!

The food in this class is flavorful, hearty and satisfying.

Menu:

- Pizzettes with Taleggio Cheese
- Lentil Stew
- Chickpea Pancakes
- Asparagus with Miso Butter

### March 3-A Classic Italian Dinner

Enjoy this robust meal full of flavor and texture.

Menu:

- Fritto Misto-an array of vegetables including artichokes
- Ossobuco- braised veal shanks
- Saffron risotto

### March 10- Healthy Food, Healthy You Part 2

We love learning about healthy food choices that are also delicious. We will learn about the nutritional value of the foods prepared in this class from our friend and wellness therapist, Donna Pace.

Menu

- Roasted Beet Salad
- Chickpea and Greek Yogurt Soup
- Seasonal Fish over Farro and Winter Vegetables
- Exceptional and Fairly Healthy Chocolate Chip Cookie

### April 7-Fish, Fish, Fish

The variety of technique and tastes are wonderfully endless!

- Fideos- a Spanish noodle dish of Capellini with Cockles and Chorizo and Garlic Aioli
- Blackfish with Spaghetti Squash, Walnuts and Apples
- Pan-Fried Red Snapper with Orange-Chipotle Sauce

### April 14-An Early Spring Dinner

This time of year is an exciting beginning of spring vegetables like peas, onions and asparagus and such a fun time to cook!

- Menu: Asparagus Salad, Lamb Stew with Peas and Dill
- Roasted Baby Potatoes