



FOODS BY DEBRA PONZEK

Adult Spring/Summer 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 (Imanheim@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.

April 28- Korean Barbecue

Attention Foodies, Korean BBQ is the hottest trend (spicy too!) and this class will bring the special blend of hot, salty, sweet and sour flavors to your dinner table.

Menu:

- Korean Fried Chicken
- BBQ Beef (Bulgogi) and Kimchi Fried Rice
- Blackbean Noodles (Jjajangmyon)

May 5 – Summer Soups and Salads

Soups and salads can be the perfect light dinner, luncheon fare or additions to any meal.

Menu:

- Spring Vegetable Garbure Soup
- Creamy Split Pea and Fresh Pea Soup
- Mediterranean Salad of Melons, Feta, Mint and Pine Nuts
- Broccoli and Burrata Cheese Salad
- Iceberg Lettuce with Creamy Blue Cheese Dressing, Croutons and Bacon

May 12– Summer Fish, Fish, Fish- Hands On- \$125 - 7 to 9:30

As spring turns to summer, there's nothing better than fresh fish and shellfish, so learn how to buy fish and become familiar with new techniques, herbs and spices that enhance the flavors.

Menu:

- Shellfish Salad with Mussels and Bay Scallops
- Roasted Monkfish with Romesco Sauce
- Grilled Tuna Burger with Spicy Aioli
- Babbo's Sicilian Lifeguard Calamari

May 19- Easy Entertaining with Small Plates

Mediterranean food lends itself so beautifully to small plates and sharing plates is a fun and casual way to entertain.

Menu:

- Mezze Platter Including Baba Ghanoush, Marinated Feta with Olives, Quinoa Salad, Lamb Meatballs, Sweet Onion Chutney and Garlic Toasts

May 26- Hands on Basics for Newlyweds, Newly Graduated or Newly-Cooking! \$125 – 7 to 9:30

This class will teach how to stock, organize and equip your kitchen, whether big or small in space or budget!

You will also learn basic cooking techniques beginning with time organization, recipe reading and choosing, and some "go to" recipes. Of course, there will be plenty of food and wine!

June 2 – Meals in Heels!

How to plan and prep ahead for easy entertaining and still have time to slip on your heels before the guests arrive!

Menu:

- Rhubarb Cosmos

- Corn, Shrimp and Crab Cakes
- Loin Lamb Chops with Tomato-Basil Marmalade
- Summer Vegetable Gratin
- Lemon Bars with Toasted Meringue

June 23- Good 'Ole Southern Cooking for 4th of July- Hands On- \$125- 7 to 9:30

Hot weather food conjures up memories of family gatherings, picnics and "cook outs", with buttery hands and berry juice running down chins!

Menu:

- Corn Bread with Honey and Bacon
- Barbecue Chicken
- Grit Cakes
- Cole Slaw
- Fresh Blueberry Cobbler

July 7--Breakfast, Brunch and Great Sides

Learning how to poach an egg, blanch asparagus, and make a perfect biscuit are invaluable techniques for any meal.

Menu:

- Asparagus with Prosciutto, Croutons and Poached Egg
- Crispy Potato Hash
- Light Buttermilk Biscuits
- Gravlax and Baked Egg Omelet
- Corn and Cheddar Pancakes

July 14-Dinner From the Grill and Farmer's Markets

Our very talented head chef, Justin Sullivan will teach the basics of grilling, using local produce and summer classics.

Menu:

- Grilled Hanger Steak
- Local Vegetables and Fruit from the market

July 21-Sweet and Savory with Pastry Chef Cyril Chaminade

As always, Chef Cyril will entertain, charm and teach what comes so easily to him.

Menu:

- Sangria
- Spanish Ciabatta with Manchego, Almond and Prosciutto
- Sweet Gazpacho
- Tropical Parfait (Semi-Fredo)
- Nougat Glace with Candied Citrus

July 28-Summer Comfort Food

At this point in the summer I think we are all craving corn and peaches! Here's a dinner I love.

Menu:

- Baked Figs
- Spicy Gazpacho
- Honey Glazed Baby Back Ribs
- Corn on the Cob with Lime Butter
- Fresh Peaches and Caramel Sauce over Ice Cream