



FOODS BY DEBRA PONZEK

Adult Winter/Spring Cooking Class Schedule

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

Please register with Chef Lynn Manheim, Director (lmanheim@auxdelicesfoods.com)

203 326-4540 ext. 108

Private Classes- Private Cooking Parties -Corporate Classes

January 4 –New Year’s Resolution – Demo \$90 7pm to 9pm Wednesday

Start the New Year with a healthy diet of home cooking!
Chicken Tikka Masala- Learn the essential spices of Indian cooking, full of healing properties and wonderful flavors.

Plus other easy dinners like Asian Beef and Vegetables; and Whole Grain, Herb and Root Vegetable Stew.

January 11 – Fish, Fish, Fish – Demo \$90 7pm to 9pm Wednesday

Learn about different kinds of fish- their flavors and textures and what cooking techniques work well with them. The menu :

One-dish Baked Black bass with potatoes, garlic and rosemary; Roasted Cod with Leeks and Bacon; Gingered Salmon Burgers.

January 18 – Quick Family Dinners – Hands On \$125 7pm to 9:30pm Wednesday

Make delicious food that you want to eat again and again!

The Menu:

Spaghetti All’Amatriciana, rich with caramelized onions and crisp pancetta; Chicken Paillards with a variety of sauces and toppings; the juiciest Hamburger ever with oven crisp potatoes.

February 1 – A Casual Fireside Supper- Demo \$90 7pm to 9pm Wednesday

A great meal to warm your souls...

Lamb Empanadas, Vegetable Dumplings, Coconut Curry Fish Soup, Creamy Lemon Bars.

February 8 – Vegetarian Soups, Main Courses and Sides – Hands On \$125 7pm to 9:30pm Wednesday

The challenge is to develop flavor and body in vegetable based dishes- learn to meet the challenge!

Menu: Incredibly hearty Vegetable Barley Soup; Lentil and Mushroom Burgers with Chipotle Aioli; Winter Vegetable Crostata.

February 29 – A 3-Star Restaurant Meal at Home – Demo \$90 7pm to 9pm Wednesday

It’s not really that difficult to cook an amazing meal!

Menu: Avocado and Grapefruit Salad; Braised Short Ribs over Slow Cooked Red Cabbage, Apple and Bacon; Chocolate Clafoutis with Caramelized Oranges.

March 7 – Technique – Hands On \$125 7pm to 9:30pm Wednesday

Learn the foundation for preparing all meals, focusing on knife skills, sauces and stocks. We will make Shepherd’s Pie with Braised Duck and Root Vegetables, and a warm winter salad and vinaigrette.

March 21 –Italian for Family and Friends – Demo \$90 7pm to 9pm Wednesday

Great ingredients make a great meal!

Menu: the perfect Bolognese Sauce; Classic Lasagne; Spinach and Ricotta Canelloni; Ricotta Pie for dessert.

March 28 – A Holiday Brunch – Demo \$90 7pm to 9pm Wednesday

Plan your menu for taste, convenience, and your own enjoyment. You will want to prep and even make some of the recipes the day before.

Menu:

Lemon Ricotta Pancakes, Aux Delices Quiche; A Savory Strata; Best Ever Coffee Cake.

April 11 – A Hungry Man’s Dinner! Hands On \$125 7pm to 9:30pm Wednesday

These recipes are fun to make and even more fun to eat!

Menu:

Pulled Pork Sandwich with all the Fixin’s; New England Clam and Bacon Chowder; Pizza, from Dough to Toppings.

April 18 – Old Favorites – Demo \$90 7pm to 9pm Wednesday

These recipes are kid friendly, great for entertaining, budget conscious and just plain delicious!

Menu:

No Fail Creamy Mac’ and Cheese; Shrimp Creole with Sausage and Grits; Cowboy Chili.

April 25 – A French Spring Dinner – Demo \$90 7pm to 9pm Wednesday

It’s elegant but uncomplicated, and full of spring flavors.

Menu:

Vietnamese Spring Rolls; Turbot with Asparagus and Morels; Warm Lentil Salad; Caramelized Crème Brulee.

We reserve the right to cancel class by the Monday (10am) prior to class, if it is not filled.

Please note: There is a 48 hour cancellation policy. No credits or refunds are issued after Monday(10am)prior to class.