

Multi Session Classes

Salads and Salad Dressings

Four (4) sessions 2 hours each

Session 1 - Discuss the five different salad types, and select appropriate recipes for use as an appetizer, accompaniment, main course, separate course, or dessert salad. Discuss popular salad greens and learn to judge the quality of fruits and complete the pre-preparation procedures for fruit. We will also identify the four basic parts of a salad.

Session 2 – We will learn the preparation of green and vegetable salads and the preparation of oil and vinegar dressings, mayonnaise and mayonnaise-based dressings, cooked dressings, and specialty dressings.

Session 3 – Preparation of bound salads, the incorporation of various proteins to salads, and the preparation of oil and vinegar dressings, mayonnaise and mayonnaise-based dressings, cooked dressings, and specialty dressings.

Session 4 – Discussion and preparations of combination and dessert salads.

Curing, Sausage Making, and Smoking

Four (4) sessions 2 hours each

Session 1 – Discuss the origin of meat curing, sausage making, and smoking. There will be an instructor demonstration followed by student participation.

Session 2 – Immersion in fish applications: Cure, Brine, Gravlax.

Session 3 – Different types of sausage preparations.

Session 4 – Sausage applications and recipes from around the world.

Single Session Classes

Discover “La Madre Patria” Spain

1 Session - 2 Hours

Food and culture of Spain will be at display. Traditional ingredients and recipes will be discussed, from Tortilla Espanola to Dried Fruit Bread Pudding

Rhythms of the Caribbean

1 Session - 2 Hours

We will provide our guests the closest experience possible to the Caribbean islands, from Cuba to Trinidad and Tobago. The food will show the similarities and differences of all these beautiful locations. This cuisine will embrace those that have not had the chance to experience Puerto Rico’s Carnival, Cuba’s beautiful beaches and Barbados cultural heritage, while having the real thing for islands natives.

Around Mexico in One Night

1 Session - 2 Hours

Discover the authentic flavors of Mexico in one night. Forget the notion that Mexican food is only beef, beans, sour cream and bright fluorescent cheese. We will experience deep traditions and flavors one bite at a time.

Italian Delight

1 Session - 2 Hours

Simple unpretentious and extremely delicious food is what we are all about. Few but fresh ingredients will be the difference between you will be able to taste. Great sauces, meats, vegetables and oils...

The Greatest Cocktail Party

1 Session - 2 Hours

Don't fuss; it doesn't have to be complicated. I will show you how to easily entertain your guests without having to spend hour in the kitchen. We will prepare a variety of hors d'oeuvres that will make you the star of the night.

Healthy Appetite

1 Session - 2 Hours

Healthy cooking does not mean boring or unflavorful. I will show you a few tricks like, fire roasting and proper techniques that will have you and yours eating healthy without feeling that you are sacrificing flavor.

World Street Foods

1 Session - 2 Hours

Enjoy a trip around the world without ever leaving your kitchen. We will sample the foods the local people have enjoyed for years. Fasten your seatbelts because we will travel all the continents looking for the best street food.

Nuevo Latino Cooking

1 Session - 2 Hours

Inspired by global cuisine and a fresher style of cooking, the blending of European and Asian elements in adventurous combinations of flavors and ingredients gave birth to the lighter, healthier style called Nuevo Latino Cuisine. It is fusion as its best.

Seafood and Fish Demystified

1 Session - 2 Hours

Intimidated by fish and seafood, please don't be. Try proven recipes that are both easy to prepare and delicious, from ceviche to seafood stew, you won't regret it.

Breakfast of Champions

1 Session - 2 Hours

Tired of the same boring eggs and bacon for breakfast? Come to learn new and exciting ways to prepare the most important meal of the day.

Impress your Date

1 Session - 2 Hours

Learn new and creative ways to create a menu that will impress your date. It is guaranteed they will ask for more, and who knows...? You may get a second date out of this...