

FRESH Chef Experience

Fresh. Food. Fun.



**More Food and More Fun!
Look for Fresh Chef Experience at
Williams-Sonoma Mall St. Matthews
next month on August 15 at 1:00!**

Have you thought about hosting a cooking party, or do you and a group of friends want to get together and step up your culinary skills? Do you have the desire to become more confident in cooking or maybe desire to learn some new techniques?

Fresh Chef Experience is all about fresh, fun ideas created to bring out the culinary best in everyone and it all happens in your home kitchen.

Our professionally trained chefs arrive at your home with everything needed to have a great Fresh Chef Cooking Experience. We bring the food for the event and any equipment. Fresh Chef Experience sets up, entertains, and cleans up the kitchen. Everyone just learns and has fun! The fun continues long after we're finished, Fresh Chef Experience supplies all recipes and tips on how to cook and plate your dishes so everyone can recreate their Fresh Chef Experience recipes.

Fresh Chef Experience teaches a huge variety of culinary methods. With our 150+ Fresh Chef Cooking Experiences, programs range from learning basic skills through mastering techniques.

For further information on our experiences go to: www.freshchefexperience.com/ourcookingexperiences



**Chef Kathy Douglas
Owner & Chef Instructor**

Fresh Chef Experience Chefs are college-level culinary school graduates and working professionals. We teach mastering the latest techniques from the basics through advanced skills. So whether you are an advanced foodie who loves to cook, to a beginner desiring to learn some new skills, our Fresh Chefs are ready to instruct you on how to combine fresh ideas, food and a lot of fun!

Fresh Chef Experience does it all — from private lessons to large groups. It's all about fresh ideas, food and fun. So choose a Cooking Experience from our website, call us at 502-386-5241 to reserve your event, and have a great time. It's that easy!

Fresh Chef Experience participates with Dare to Care in support of Share Our Strength's Cooking Matters/ No Kid Hungry Program. We donate our Chef's instruction time plus 5% of all our profits to support this much needed program. Help us in the fight to end childhood hunger in our community! See how you can help – contact Kimberly@daretocare.org



**Learn more about Fresh Chef Experience and our Experiences:
www.freshchefexperience.com or follow us on Facebook
 facebook.com/freshchefexperience**



June 2015 Recipes

Mustard Brined Pork Chops

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| 4 - 1" thick pork loin chops | 1 tablespoon black peppercorns |
| 2 cups cider vinegar, heated | 1 tablespoon mustard powder |
| 1 cup salt | 1 pound ice cubes |
| 1 cup brown sugar | |

Heat the vinegar to a simmer then add the salt and sugar. Stir until the salt and sugar are completely dissolved. Pour in a large bowl and add the peppercorns and mustard powder, stirring to combine. Cool the mixture slightly for 10 minutes then add the ice cubes and stir to melt most of the ice. Pour into a large doubled plastic bag, plastic or glass container. Add the chops making sure they are completely covered with brine. Refrigerate for a minimum of 2 hours turning the chops halfway through the brining period.

Heat a grill to smoking hot, grill the chops for 4-5 minutes per side or until they reach 145 degrees. Rest 10 minutes loosely covered with foil before serving.

Spicy Summer Garden Slaw

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| 3 tablespoons rice vinegar | 1/4 teaspoon crushed red pepper |
| 3 tablespoons grapeseed oil | 2 cups shredded cabbage |
| 3 tablespoons sugar | 1 cup coarsely shredded carrot |
| 1 tablespoon toasted sesame seeds | 3/4 cup red pepper, sliced thin |
| 2 teaspoons grated fresh ginger | 1/2 cup thinly sliced radish |
| 1/2 teaspoon dijon mustard | 1/4 cup cilantro leaves |
| 1/4 teaspoon salt | 1/4 cup thinly sliced green onion |

Whisk together the vinegar, grapeseed oil, sugar, toasted sesame seeds, ginger, mustard, salt and crushed red pepper. In a large bowl, combine cabbage, carrot, pepper, radish, cilantro and green onion. Pour dressing over vegetables and toss to coat.

Cold Smoked Guacamole

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| 4 avocados, seeded, peeled and sliced | 5 green onions sliced thin |
| 1 lime juiced | 2 tomatoes, seeded and chopped |
| 1/2 teaspoon kosher salt | 1 tablespoon of cilantro |
| 1/2 teaspoon of cumin | |
| 1/4 teaspoon cayenne | |

Slice the avocados thin and place on a rack in a container with deep sides. Cover tightly with plastic wrap except for one corner. Cold smoke using a smoking gun with mesquite chips. Cover tightly, let rest until the smoke is dissipated.

Place the avocados in a bowl and lightly mash. Add the remaining ingredients and stir gently to combine.