



## What you will learn in Cooking Sous Vide

**Sous vide means “under vacuum” in French and is the hottest new method for preparing home cuisine. In these cooking classes and parties, you will learn the basics of temperature controlled cooking along with the health benefits. Whether you want to experience sous vide cooking, or you are an expert who is looking for new ideas, we have classes for everyone interested in giving this new technique a try.**

- All our experiences are priced at a **minimum attendance of 6 people**
- Fresh Chef Experiences are conducted in the privacy of our customers’ homes
- All experiences teach fundamental cooking skills for a lifetime of great cooking
- Our experiences are between 2 to 2 1/2 hours unless otherwise noted
- We supply all the equipment and food for prep and cooking
- All experiences are hands-on and instructed by a professionally trained chef
- You will be standing, prepping and cooking for most of the class so please wear comfortable shoes and an apron
- All recipes will be prepared from raw ingredients
- Each menu has generous servings

**What To Expect:** Great cooking isn't just implementing recipes—it's all about the techniques. So in our classes, you'll work together with our Professionally-trained Chef Instructors in a fun, hands-on environment. All our classes start at six people or more.

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### **03-01 Sous vide Shrimp, \$80 per person/6 people \$480**

This Cooking Experience Includes:

- Perfect Sous Vide Shrimp with Fresh Cocktail Sauce
- Fresh Herb Risotto
- Pears in Wine and Ginger Sauce with Marscapone

Learn from our professional Chefs how to make perfect shrimp then served with a delicious fresh cocktail sauce. Sous vide risotto and pears in wine sauce are also taught in this class.

### **03-02 Sous vide Lobster Tails, Market Price, call for pricing**

This Cooking Experience Includes:

- Butter Poached Lobster Tails
- Pappardelle Pasta in Truffle and Tarragon Cream Sauce
- Pea Puree

Our Fresh Chefs teach how to use the immersion circulator to poach perfect lobster tails in butter. Learn how to create a delicious truffle and tarragon cream sauce for Pappardelle pasta and tasty pea puree.

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### **03-03 Sous vide Pork Chops, \$85 per person/6 people \$510**

This Cooking Experience Includes:

- Seared Pork Chops with Two Sauces: Tomato Gastrique & Mushroom Cream Sauce
- Potato and Apple Mash with Crème Fraîche
- Baby Lettuce and Fresh Herb Salad with House Croutons, Lemon Vinaigrette

Our Chefs will teach how precision cooking creates perfect results for meat when you learn to cook these amazing juicy pork chops. Add two delicious traditional French Sauces - Tomato Gastrique & Mushroom Cream Sauce. In this experience, you will also learn to prepare sous vide apple and potato mash plus a delicious homemade salad.

### **03-04 Sous vide Lamb, \$95 per person/ 6 people \$570**

This Cooking Experience Includes:

- Lamb Chops with Mint Coulis & Toasted Pistachios
- Saffron Risotto
- Carrots in Honey Lemon Sauce

Perfect lamb is so easy with sous vide. Learn from our professional Chefs how to sear lamb to perfection, make a mint coulis, saffron risotto and sous vide carrots in a honey lemon sauce.

### **03-05 Sous vide Salmon & Hollandaise, \$85 per person/ 6 people \$510**

This Cooking Experience Includes:

- Salmon with Hollandaise
- Hickory Smoked Oven Potatoes
- Watercress Salad with Orange Vinaigrette

Fish can achieve amazing taste and texture through sous vide. Learn from our Chefs how to coax out delicious fish flavor along with creating some amazing sides and Hollandaise Sauce.

### **03-06 Spicy Sous vide Chicken, \$80 per person/ 6 people \$480**

This Cooking Experience Includes:

- Chicken with Spicy Honey Sauce
- Creamy Polenta with Corn, Rosemary, and Parmesan Cheese
- Tossed Garden Greens with Pancetta and Caramelized Pecans

Controlled temperature chicken is juicy with an amazing texture. In this Experience, you will learn from our Chefs how to make chicken topped with a sweet-spicy sauce, creamy corn polenta and creamy-dressed salad.

### **03-07 Sous vide Side Dishes, \$80 per person/ 6 people \$480**

This Cooking Experience Includes:

- Fresh Mushroom Risotto
- Leeks with Goat Cheese
- Glazed Root Vegetables

Learn the secrets from our Chefs how to achieve amazing sides created through temperature controlled cooking. Explore how to coax extra flavor into your vegetables with sous vide techniques.

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**03-08 Sous vide Duck Breast, \$85 per person/ 6 people \$510**

This Cooking Experience Includes:

- Duck Breast with Thyme Citrus Purée
- Wild Rice with Almonds
- Sautéed Escarole with Thyme Citrus Jus

Cook duck to perfection using a temperature controlled water bath. Our chefs show you how to properly slice and serve your perfect duck over Wild Rice with Almonds and Sautéed Escarole and serve it with a Thyme Citrus Jus.

**03-09 Sous vide Lamb Loin Steaks, \$90 per person/6 people \$540**

This Cooking Experience Includes:

- Sous vide Grilled Lamb Loin Steak with Pomegranate Molasses
- Grilled Eggplant with Coconut Rice
- Sous vide Chocolate Pots de Creme

Learn to cook Sous Vide then finish on the grill with this classic Lamb dish served with Pomegranate Molasses. Grill eggplant and make delicious coconut rice. Sous vide Pots De Crème for a tasty dessert.

***Want to create your own Cooking Class or Party menu? Call us for details and pricing.***

***All Fresh Chef Experience Cooking Classes and Parties start at a minimum of 6 people.***

*Recipes can be interchangeable, call us for details and pricing.*

*Additional recipes or people may be added to any Fresh Chef Experience  
Cooking Class or Party.*

*Please contact Fresh Food Ideas for final pricing [kathy@freshchefexperience.com](mailto:kathy@freshchefexperience.com)  
or 502-386-5241.*