



What you will learn in Farm to Fork Cooking

These Fresh Chef Cooking Classes are all about Farm Fresh and local foods. With a focus on wholesome options, these Classes and Parties are perfect for social conscience and healthy-minded fun.

- 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 classes 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.

05-01 Power Bowls, \$80 per person/6 people \$480

This Cooking Experience Includes:

- Southwest Beef or Chicken Power Bowl with Corn, Avocado, Black Beans
- Vietnamese Shrimp Noodle Power Bowl
- Quinoa Power Bowl with Almonds and Ginger

Power bowls are all the rage! Our Chefs will teach you how to create these healthy and delicious bowls from a spicy southwest bowl to a Vietnamese shrimp noodle bowl and then a vegetarian quinoa bowl.

05-02 Grilled Tuna Nicoise Platter, \$85 per person/ 6 People \$510

This Cooking Experience Includes:

- French Grilled Tuna Nicoise
- Oven Roasted Baby Potatoes
- French-style Green Beans

In this Experience, our Chefs will instruct how to grill tuna steaks to create the perfect Nicoise Platter including: Oven roasted potatoes, French-style green beans, fresh lettuces, watercress, eggs, olives and more. Also, learn the art of beautifully arranged platters.

Continued on Page 2

05-03 Grilled Hanger Steak, \$80 per person/6 people \$480

This Cooking Experience Includes:

- Grilled Hanger Steak with Seasonal Herb Sauce
- Potato Puree with Roasted Eggplant and Garlic
- Greens with Vegetable Vinaigrette

In this Experience, learn from our Chefs how to grill perfect flank steak then make a delicious seasonal herb sauce. You will also learn an oven-roasted vegetable salad and potato puree with roasted eggplant.

05-04 Pork Medallions, \$85 per person/ 6 people \$510

This Cooking Experience Includes:

- Sautéed Pork Medallions
- Warm Cabbage Salad with Bacon and Caraway
- Sweet Potato Cakes

This Fresh Chef Experience, our Chefs will instruct how to prepare Sautéed Pork Medallions with a delicious pan sauce with a warm cabbage salad and sweet potato cakes.

05-05 Vegetable Pies, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Layered Vegetable Pie with Gruyere Cheese
- Summer Squash Tartines
- Grilled Eggplant in Tahini Sauce

Learn from our Chefs how to make a delicious fresh-layered roasted vegetable pie. Also, they will instruct how to prepare summer squash tartines and grilled eggplant in a tasty roasted sesame seed sauce.

05-06 Grains & Legumes, \$80 per person/ 6 people \$480

- Black Bean Cakes with Salsa
- Farro with Vegetable Ragout
- Quinoa Pilaf with Vegetables

During this Fresh Chef Experience, you will learn about grains and legumes. Our Chefs will instruct how to make black bean cakes with fresh salsa. You'll also learn how to make a vegetable ragout with farro and quinoa in pilaf-style with fresh vegetables.

05-07 Salmon Cakes, \$85 per person/ 6 people \$510

This Cooking Experience Includes:

- Salmon Cakes with Fresh Green Goddess Dressing
- Barley Salad with Cucumber and Mint
- Lemon Dill Rice

In this Fresh Chef Experience, our Chefs will instruct how to make delicious salmon cakes with freshly made Green Goddess dressing to go with a barley salad and lemon dill rice.

05-08 Fresh Pesto Pasta, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Pesto & Whole Wheat Pasta with Pan-seared Portobello Mushrooms
- Oven Roasted Cauliflower Steaks with Lemon Sauce
- Kale Salad with Walnut Dressing

In this Experience, you'll learn from our Chefs how to use garden fresh greens to make a pesto served over whole-wheat pasta. Also, they will teach how to make cauliflower steaks with a lemon sauce and hearty kale salad with walnut dressing.

05-09 Kale & Vegetable Lasagna, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Layered Kale & Vegetable Lasagna
- Smoked Mozzarella with Spicy Tomato Sauce
- Charred Eggplant Salad

Learn from our Chefs how to prepare a vegetable lasagna featuring kale. Additionally, they'll teach how to make a charred eggplant salad and cold smoke mozzarella to serve layered with a spicy tomato sauce.

05-10 Tres Veggie Tacos – Taco Bar, \$80 per person/ 6 people \$480

- Pan Roasted Veggie Tacos
- Spicy Portobello Mushroom Tacos
- Grilled Onion and Sweet Potato Tacos with Avocado Cream

Our Chefs will show you how to prepare a delicious vegetarian taco bar with lots of toppings and feature three different vegetables.

05-11 Chicken or Pork Kabobs, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Sorghum Balsamic Chicken or Pork Kabobs with Green Tomatoes and Plums
- Israeli Couscous with Toasted Summer Squash and Red Peppers in Sauce
- Chilled Carrot Soup with Fresh Herb Topping

Select either pork or chicken and learn from our Chefs how to sear then baste them with a delicious Kentucky sorghum sauce. Also, they will teach a warm Israeli Couscous salad and a chilled fresh carrot soup.

05-12 Pan Roasted Chicken with Purée, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Pan-Roasted Chicken with Turnip and Apple Purée
- Hickory Cold-Smoked Kale Chips
- Hearty Vegetable Salad with Toasted Goat Cheese Medallions

Learn from our Chefs how to make a perfect pan roasted chicken with a turnip and apple purée. Next, they will teach you how to use a smoker gun to make cold smoke kale chips and a seasonal vegetable salad with toasted goat cheese medallions.

05-13 Fried Halloumi Cheese with Pasta, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Pan-fried Halloumi Cheese with Pasta
- Oven Roasted Seasonal Vegetables
- Pesto Dip with Fresh Bread Croutons

Learn from our Chefs how fry Halloumi Cheese and serve it with Pasta and Oven-roasted seasonal vegetables. Also make a pesto dip to serve with house made fresh bread croutons.

05-14 Tomato Pie, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Seasonal Tomato Pie
- Stuffed Acorn Squash
- Butternut Squash and Apple Soup

This Trio of fall favorites make the perfect Farm to Fork Dinner. Learn to make Tomato Cheese Pie, a delicious Acorn Squash stuffed with rice and a tasty Butternut Squash and Apple Soup.

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
or 502-386-5241.*

