



What you will learn in Pro Cooking

Designed for adventurous cooks and home chefs, these cooking experiences are a higher challenge. These experiences are created for individuals looking for some new advanced cooking ideas and techniques for home cooking.

- 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
- Pro Cooking experiences are extended time and take between 3 to 3 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.

204-01 Pressure Cooker Cog Au Vin, \$100 per person/6 people \$600

This Cooking Experience Includes:

- Cog Au Vin
- Fresh Cheese Spaetzle
- Sautéed Haricot Vert

Our Fresh Chefs will teach you how to use a pressure cooker to make French Coq Au Vin – chicken braised with wine, lardons, and mushrooms. You will also learn to make a traditional cheese Spaetzle and sauté French green beans.

204-02 Pressure Cooker Braised Short Ribs, \$95 per person/6 people \$570

This Cooking Experience Includes:

- Red Wine Braised Short Ribs
- Creamy Corn Polenta
- Bitter Greens Salad with House Dressing

During this Cooking Experience, you will learn from our Fresh Chef how to use a pressure cooker to make delicious short ribs braised in red wine. You will also learn a creamy corn polenta with a freshly dressed bitter green salad.

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204-03 Soufflé, \$90 per person/6 people \$540

This Cooking Experience Includes:

- Blue Cheese Soufflé with French Salad
- Chambord Soufflé with Fresh Raspberry Sauce
- Chocolate Soufflé with Grand Marnier Crème Anglaise

Our Fresh Chefs will teach you how to make three different types of soufflé. You'll start by making two savory dinner soufflés - Blue Cheese & Chambord. And for dessert, a delicious chocolate soufflé.

204-04 Roast Quail, \$100 per person/ 6 people \$600

This Cooking Experience Includes:

- Quail with Orange-Lemon Reduction
- Watercress with Citrus Vinaigrette
- Root Vegetable Purée

Our Fresh Chef will teach you how to prepare delicate Quail and make a delicious reduction. Additionally, you will make a watercress salad, salad dressing, and a root vegetable purée.

204-05 Pressure Cooker Braised Rabbit, \$100 per person/ 6 people \$600

This Cooking Experience Includes:

- Braised Rabbit Legs in Madeira
- Homemade Pappardelle in Cream Sauce
- Sautéed Asparagus and Green Tomatoes with Asiago Cheese

Learn from our Fresh Chefs how to braise rabbit legs in a pressure cooker. Also in this Fresh Chef Experience, you will make a homemade Pappardelle pasta and sauté asparagus with green tomatoes topped with Asiago.

204-06 Oil Poached Black Bass, \$95 per person/ 6 people \$570

This Cooking Experience Includes:

- Oil Poached Black Bass with Fresh Peas and Cherry tomatoes
- Lemon Risotto with fresh Asparagus
- Crisp Salad with Spouts and Champaign Vinaigrette

Our chefs teach the art of oil poaching fish with this Italian Classic. Served with a refreshing Lemon Risotto and Crisp Salad and homemade Champaign Vinaigrette.

204-07 Cold Smoked Seafood Appetizers, \$95 per person/ 6 people \$570

This Cooking Experience Includes:

- Cold Smoked Oyster on Half Shell
- Cold Smoked Scallops with Smoked Sauce
- Cold Smoked Trout with Fresh Lemon Aioli

Our Fresh Chefs will teach you how to use a smoker gun to cold smoke seafood for an appetizer platter.

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204-08 Cold Smoking for the Kitchen, \$90 per person/ 6 people \$510

This Cooking Experience Includes:

- Cold Smoking Cheeses & Butters
- Cold Smoking Vegetables, Lettuces, & Meats
- Cold Smoking Salts and Cocktails

In this Fresh Chef Experience, our Chefs will teach you how to use different smoking chips in a smoker gun to cold smoke culinary kitchen essential and cocktails.

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.