



What you will learn in Knife Skills & Sauces Everyone Should Know

Professional Chefs know classic cooking is based on the techniques of knife cuts and the sauces. Sauces complete the deliciousness in every dish and knife cuts are what make their dishes beautiful. Explore excellence in knife cuts and professional chef style sauces in these classes.

- 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.

206-01 Knife Skills I, \$65 per person/6 people \$390

This Cooking Experience Includes:

- Chopping, Mincing
- Onion Dicing, Rondelles, & Diagonals
- Prepare Salsas, Simple Sauces & Purees

In this technique only Experience, our Chefs will teach knife cuts and basic sauces.

206-02 Knife Skills II, \$65 per person/ 6 people \$390

This Cooking Experience Includes:

- Chiffonade, Brunoise
- Small, Medium & Large Dice
- Julienne
- Prepare Relishes, Chutneys, and Garnishes

In this technique only Experience, our Chefs will teach knife cuts and basic relishes, chutneys and garnishes.

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206-03 Knife Skills III, \$65 per person/6 people \$390

This Cooking Experience Includes:

- Batonnet, Lozenges, Parisiennes, using a Mandoline
- Prepare Vegetables & Shallow Frying

In this technique only Experience, our Chefs will teach knife cuts and shallow frying.

206-04 Sauces I, \$65 per person/ 6 people \$390

This Cooking Experience Includes:

- Tomato Coulis, Raw Tomato Sauce, Marinara, Creole
- Flavored Oils, Hot Tomato Vinaigrette, Creamy Vinaigrette,
- Prepare with Pasta and Baby Green Salad

In this Experience, our Chefs will teach how to make basic sauces, oils & vinaigrettes to be used on pasta and salad greens.

206-05 Sauces II, \$70 per person/ 6 people \$420

This Cooking Experience Includes:

- Roux, Béchamel Sauce, Cheese Sauce, Cream Sauce, Veloute,
- Supreme Sauce, Poulette, Horseradish Cream
- Prepare Pasta and Pan seared Chicken Breasts

In this Experience, our Chefs will teach how to make advanced sauces to be used on pasta and chicken breasts.

206-06 Sauce III, \$75 per person/ 6 people \$450

This Cooking Experience Includes:

- Hollandaise, Beurre Blanc, Bearnaise, Sabayon,
- Mayonnaise, Aioli
- Prepare Pan-Seared Steaks, Braised White Fish & Asparagus

In this Experience, our Chefs will teach how to make advanced sauces to be used on beef, white fish, and asparagus.

206-07 Sauces IV, \$80 per person/ 6 people \$480

This Cooking Experience Includes:

- Espagnole, Bordelaise, Duxelles,
- Sauce Bigarade, Gastrique, Au Jus, & Pan Sauce,
- Prepare Pan Seared Duck Breast, Lamb Steaks, and Sirloin

In this Experience, our Chefs will teach how to make advanced preparations for duck, lamb, and beef.

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.*