



## 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 8 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
- Depending on the location, some Fresh Chef Experiences may have an extra gas surcharge added

**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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### **204-01 Pressure Cooker Cog Au Vin, \$125 per person/8 people \$1000**

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, \$115 per person/8 people \$920**

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, \$110 per person/8 people \$880**

This Cooking Experience Includes:

- Blue Cheese Soufflé with French Salad
- Chambord Soufflé with Fresh Raspberry Sauce
- Chocolate Soufflé with Grand Marnier Crémé 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, \$125 per person/ 8 people \$1000**

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, \$125 per person/ 8 people \$1000**

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, \$115 per person/ 8 people \$920**

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, \$115 per person/ 8 people \$920**

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, \$110 per person/ 8 people \$880**

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](mailto:kathy@freshchefexperience.com)  
or 502-386-5241.*