



**WELCOME TO THE CULINARY CLASSROOM**  
**\*A PRIVATE LOS ANGELES COOKING SCHOOL\***  
**WE TEACH COOKING CLASSES TO THE MASSES**

Bring your creativity and questions as you explore Cooking and Pastry/Baking to start a new career or impress your friends with your SKILLS as a Master Chef or Pastry Chef

- **Master Chef Program – Certification Program**
- **Master Baking/Pastry Program – Certification Program**
- **Recreational Cooking AND Baking Classes**
- **Couples Romantic Date Night Dinner Classes**
- **4-Week Culinary Basics Cooking Series/ Cooking Basics**
- **4-Week Healthy Cooking Series**
- **Team Building Events for Corporations/Private Cooking Parties for Adults**
- ***Sizzle and Smooth Savory Seasonings Spice Blends***
- **KIDS SUMMER COOKING / BAKING CAMPS**

**Gift Certificates Available Via Email – The Perfect Gift for ANY Occasion**

Register On-Line 24 Hours a Day @ <http://culinaryclassroom.com/store>

Sign up for our Newsletter – we'll send you Class Listings and Seasonal Recipes!

**Cook Well, Eat Well and BE Well! With Chef Eric Crowley**

**Convenient Parking/Freeway Close-405/10**  
**1 Block East of Overland, Just North of Pico - Parking Just North of Pico on Overland**  
**2366 PELHAM AVENUE - LOS ANGELES, CA 90064 -- PHONE: 310-470-2640 - FAX: 310-470-2642**

[WWW.CULINARYCLASSROOM.COM](http://WWW.CULINARYCLASSROOM.COM)  
[WWW.FACEBOOK.COM/CHEFERICSCULINARYCLASSROOM](http://WWW.FACEBOOK.COM/CHEFERICSCULINARYCLASSROOM)  
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*"After having CHEF ERIC as an instructor, I went on to excel at the Cordon Bleu school and Patina Restaurant."*  
**Mark Dao, Owner of Un Deux Trois Catering**

*"When looking for a culinary school, how I learned was just as important as what I learned. Chef Eric's love of teaching helps everyone get the most out of the class. After taking the Pro Course I, I have gained the confidence and curiosity to take on more tasks in the kitchen."*  
**Steve Cuevas, Graphic/Web Designer, Master Chef Student**

### **CHEF ERIC JACQUES CROWLEY**

Chef Eric's mother was a Gourmet Cook and he grew up eating gourmet meals. During college, he started to learn to cook and fell in love with it. CHEF ERIC graduated with honors from the **Culinary Institute of America in Hyde Park, New York**. He has been a **Professional Chef and Professional Chef Instructor for 20 years and has owned and operated the Culinary Classroom for 13 wonderful years**. European-trained with **Chef José Munisa at Via Veneto, Barcelona's longest-running 5 Star Restaurant**, and **Chef Joseph Russwurm at Munich's Hotel Kempinski, a 5 Star establishment**. His training in Europe rounded out his culinary education and enabled him to take his cooking and palate to a higher level of sophistication.

In the United States, he worked with **Patina Catering-of the Patina Restaurant Group**-supervising corporate and personal events from an intimate 4-person lunch or dinner to a boisterous crowd of 2,000 for lunch, dinner or appetizers. **He has cooked meals for presidential candidates, vice presidents, show business executives, celebrities and numerous personal clients**. He has also prepared elaborate private dinners and specialty meals for country club and consulate guests.

Chef Eric's Cooking Demonstrations include Vacation Fest in Santa Monica with Chef Mario Martinoli, The Taste of Santa Monica, The Great Tastes of Brentwood, Bloomingdales Department Store in Century City, and Surf as Restaurant Supply in Culver City. He has appeared on KCRW with Evan Kleiman of Good Food Live and on KFI with Mario Martinoli of The Mario Martinoli Show. **He has participated in Corporate Health Fairs and given Demonstrations on-site for numerous Companies and Corporations**.

Chef Eric hosted television shows at the Culinary Classroom including **NBC's Channel 4 Reporters** for a Cooking Class Session, **Good Day LA, Channel 11's Morning Show**, as they joined him live to see the Children's Summer Cooking Camps in action, **KCAL 9 News** for a Holiday Entertaining cooking segment, **KTLA 5 News** for a Super Bowl cooking segment, Mother's Day Brunch segment, and Tailgating Grilling segment featuring Chef Eric's NEW Savoring Seasonings Sizzle and Smooth Spice Blends, **E! Entertainment** and **Your LA on Channel 4** as they showcased his Couples Romantic/Date Night Cooking Classes, and the **Associated Press** as they highlighted our **Children's Summer Culinary Camps**. He has been a Guest Chef on **CitiCable 3's Community Cooking Television in Torrance**. He and the Classroom have been featured on **SoCal.com** and **LA's The Place – Los Angeles Magazine at lasttheplace.com**. He has been written up in the **Los Angeles Business Journal, The Orange County Register, the Beverly Press News, Valley Scene Magazine** and lots of Cooking Blogs.

Chef Eric is a **C-Cap Program Judge** and **Scholarship Sponsor** for the Los Angeles Unified School District (Career Through the Culinary Arts). He is also a **Mentor** for the **Culinary Institute of America (CIA)**, supporting interns with their requirements to attend the CIA and hosting open houses for potential CIA students. Interns may apply to work with Chef Eric via email.

CHEF ERIC has taught professional and recreational cooking classes to thousands of students since 1999. Many of his students are successful Restaurant Owners, Chefs, Caterers, Personal Chefs and Home Chefs. His culinary, catering, and teaching career is studded with accolades from students, clients, and employers. His love of gourmet food, cooking, and teaching is apparent. **Come take a class with him!**

*"Chef Eric and his staff are incredibly knowledgeable; the class layout was well-organized, the ingredients top notch and the recipes delicious!"*  
**Jacquelyn Richey – Master Chef Graduate, Home Chef**

*"Thank you very much for your hospitality - we will definitely be recommending your Culinary Classroom to friends and colleagues. We look forward to working with you again."*

**Joshua Goepfner, Marumoto & Associates/American Express Financial Advisors Inc.  
(6-Year Return Team Building Client)**

### **Team Building Events – Corporate Events - Private Cooking Parties**

**The Culinary Classroom offers an excellent option for Team Building Events. Hands-on Cooking Classes give participants the opportunity to Improve Communications, Decision-Making Skills and Boost Morale, while learning a new skill to share with friends and family.**

Many Law Firms and Professional Offices come to the Culinary Classroom as a place for new Employees/Associates to meet and work together with co-workers. Book a date and bring your employees; it's that simple. We help you design the Menu, shop and, most importantly, clean up!

We provide the service, ingredients and equipment to create your special occasion. Be a guest at your own event and give everyone a time to remember. The fruits of three hours of labor are enjoyed by all at the end of the Class for a Formal Sit-Down Meal with Tablecloths and Candles, or a more casual Hors d'oeuvres Event. We will clear your plates and bring you dessert. See our website for testimonials and pictures and call us to discuss this fabulous idea for your next special occasion.

### **Private Cooking Celebrations – Private Cooking Parties**

**Families and Groups can celebrate any occasion by coming to the Culinary Classroom instead of a Restaurant or Banquet facility.** Celebrate a Birthday, Graduation, Engagement, Anniversary, Wedding Shower or other Social Event with a Private Cooking Celebration at Chef Eric's Culinary Classroom. Your friends and family will leave with pleasant memories.

**The Private Cooking Celebration allows participants to be as active in the kitchen as they wish.** Book a date and bring your friends and family; it's that simple. We help you design the Menu, shop and, most importantly, clean up! We provide the service, ingredients and equipment to create your special occasion. Be a guest at your own event and give everyone a time to remember. The fruits of three hours of labor are enjoyed by all at the end of Class for a Formal Sit-Down Meal with Tablecloths and Candles, or a more casual Hors d'oeuvres Event. We will clear your plates and bring you dessert. See our website for testimonials and pictures and call us to discuss this fabulous idea for your next special occasion. **These parties are for adults only.**

<b>Silver Level</b>	<b>\$100 Per Person</b>
<b>Gold Level</b>	<b>\$125 Per Person</b>
<b>Platinum Level</b>	<b>\$150 Per person</b>
<b>Specialty Parties</b>	<b>\$150 Per Person</b>

Please call Chef Eric Crowley at (310) 470-2640 to discuss this fabulous and economical idea for your next Team Building Event, Holiday Party, Corporate Event, Client Appreciation Dinner, Private Cooking Party, Appreciation Dinner, **Brunch, Lunch, Cocktail Party, Dinner, Iron Chef Event, or any Special Event.** Our Menus include everything from **Appetizers, Soups, Salads, Side Dishes, Entrees and Fantastic Desserts.** There is a 10 Person Minimum and a 16 Person Maximum.

**A Non-Refundable Deposit of \$750 is required to secure the date of your event. There is a 15% Gratuity added to your final bill. We look forward to serving you.  
Chef Eric and the Culinary Classroom Team**

## **CULINARY MASTER CHEF PROGRAM**

**Please call our office if you would like to audit a Program Class free of charge!**

Passionate about Cooking? Exploring the world of Culinary Arts? Thinking about a career as a Chef? Whatever your goal, we have a program or class for you. Many of *CHEF ERIC*'s students are cooking professionally in restaurants, and as caterers and personal chefs. Many others are simply more confident in their private kitchens cooking for their families, hosting dinner parties and creating wonderful meals. We assist in career guidance.

### **CULINARY MASTER CHEF PROGRAM – 16 Weeks - \$2,700\***

#### **Payment Plans Available!**

**Includes the Culinary Textbook, Chef Jacket, Chef Apron**

This information-packed series is what *CHEF ERIC* spent years learning at the CIA

**Sundays, 9/10/17-1/14/18                      9:30am-1:00pm**

**Tuesdays, 10/3/17-1/30/18                    6:30pm-10:00pm**

**Sundays, 1/21/18-5/6/18                      9:30am-1:00pm**

**Tuesdays, 2/6/18-5/22/18                    6:30pm-10:00pm**

**Saturdays, 3/3/18-6/23/18                    10:00am-1:30pm**

- Hands-on techniques for immediate application
- Ingredients fresh and unprocessed
- Students learn to prepare meals without recipes
- Certificates awarded upon completion of classes
- Pass the County Food Handlers Exam

This program is for individuals who want to cook like a professional and feel confident enough to take that knowledge into the workplace and their homes. The program meets weekly, 3 ½ hours a day, for sixteen weeks.

**Plating, presentation, costing, and recipe development are key components of this program.**

- **Class #1 – Introduction to the Kitchen / Knife Skills** – Here we start with a strong foundation for your culinary education – the fundamental concepts, skills and techniques of basic cooking with emphasis on ingredients, cooking theories and techniques. Sanitation Instruction and Kitchen Equipment usage are emphasized. And don't forget that essential of any kitchen – knives. We'll cover the selection, use, sharpening and care of knives as well as how to masterfully Julienne, Batonette, Paysanne, Oblique, Tourne and Dice.
- **Class #2 – All About Stocks** – Learn the secrets of flavorful stocks and further strengthen your foundation as a Master Chef. Starting with the standard mise en place, sharpen those knife skills by slicing, chopping and mincing mirepoix for all types of white and brown stocks. We make traditional Vegetable, Fish and Beef stocks and roast bones for the stocks as well. Next you'll get up close and personal by familiarizing yourself with seasonings and aromatics used in stocks, soups and sauces.
- **Class #3 – Grand Sauces** – This class will open your eyes to the elegant power of clarified butter and roux and how they are used to elevate Hollandaise, Béchamel, Veloute and Espagnol sauces to luscious new levels. Sauces are the primary foundation of many dishes and this building-block class is an important part of a Chef's education. Learn to make vegetarian versions of these Grand Sauces and to repair broken sauces easily.
- **Class #4 – Soups** – Soups have been a staple around the world as far back as 6,000 BC. In this class you'll learn time-tested traditions of soup preparation, all about thick soups vs clear soups, insider kitchen secrets of Consommé and how to turn sauce Béchamel into a soup. Using the stocks we made in Week #2, you will learn to make everything from Vegetarian Vegetable Soup and Manhattan Clam Chowder to Classic French Onion Soup and more.
- **Class #5 – Contemporary Sauces** – Moving on to the modern world, in this class Chef Eric will share how more contemporary sauces are prepared without the use of roux as a thickener. Some will be naturally thick and chunky, such as a salsa or chutney. Others use butter as a thickener, while still others use a refined starch, such as arrowroot or cornstarch. We'll also show how sauces can add spice to life as we make Roasted Tomatillo Salsa, Horseradish Reduction Sauce, Tomato Basil Coulis, and Homemade Mayonnaise, to name a few.
- **Class #6 – Breakfast and Eggs** – Traditionally hailed as the most important meal of the day, breakfast is also a very important part of the foodservice industry. This class covers many different ways to prepare eggs, ranging from omelets and poached eggs with Hollandaise Sauce to savory soufflés. Batters and pastry dough skills will also be taught, a traditional staple skill that every professional chef must have.

- **Class #7 – Vegetables** – In a world that is increasingly aware of nutrition and healthful choices, knowing your vegetables is a must in any chef's education. Vegetables and the unique cooking techniques that serve them best will be discussed in this class, as well as product quality, freshness, shelf life and storage. Vegetarian main dishes and Vegetable side dishes are prepared in this important class, with emphasis on a wide variety of produce and best methods for shopping at Farmer's Markets. Recipes include classics ranging from Haricot Vert Amandine to Roasted Spaghetti Squash with a Tomato Leek Fondue and everything in between.
- **Class #8 – Potatoes** – A versatile and important product, potatoes take their place in the spotlight in this class. In this culinary cooking class, several different cooking techniques will be discussed and practiced, including Appariel Duchesse, Sautéed potatoes, Pan-fried potatoes, traditional French Fries, Potatoes baked in casserole, and the classic Potato Chip. Most restaurants utilize a variety of potato side dishes for every menu they offer and you will learn a wide selection in this class.
- **Class #9 – Dry Heat Cooking Methods** – Now it's time to start putting all the culinary knowledge you've gained in the previous classes together. This class covers dry heat cooking methods such as Sautéing, Broiling, Grilling and Roasting. All students will prepare, cook and serve a complete meal consisting of protein, starch and vegetable, utilizing the knowledge and skills they have acquired in the previous cooking classes. Important techniques of Fish, Poultry, Pork and Beef butchery are introduced in this class. Meal plating and presentation are key components, as students individually prepare, plate and garnish meals worthy of the finest restaurants.
- **Class #10 – Moist Heat Cooking Methods** – Moist heat techniques, including Poaching, Steaming, Searing, Braising and using a Court bouillon and Cuisson, are the primary focus for this class. Moist heat cooking is used to produce flavorful dishes by gently cooking the item in varied amounts of liquid, which students use to create a sauce for the finished dish. In this cooking class, all students will again have the opportunity to prepare, cook and serve a complete meal consisting of protein, starch and vegetable, using this newly-acquired skill. Meal plating, garnishing and presentation will continue to be emphasized.
- **Class #11 – Pasta, Rice and Dumplings** – Today's class will make you a maestro of this versatile kitchen staple – starch! Pasta, rice and dumplings are generally made with ingredients that are inexpensive and easily stored in the kitchen. During this class, students get to dig in with Chef Eric to learn the basics of dough and dumpling mixing and create dishes such as pasta, Spaetzle, gnocchi and polenta. We'll also learn how additional ingredients such as seasonings, herbs and more can be used to change the color, shape, texture or taste of the final product. We also make Sauces – Pesto, Alfredo, Beurre Noisette (Brown Butter) and Tomato. Gluten-free options are explored in this class.
- **Class #12 – Appetizers and Hors d'oeuvres** – A classic that is continually reinvented, appetizers and hors d'oeuvres are an essential part of any chef's culinary education. This class focuses on dishes that can function as first courses in a multi-course meal, as well as small items that can be served at a cocktail party or small catered affair. A range of cooking techniques are employed and the only limits are your imagination. Marinades, Sauces, Chutneys and Vinaigrettes are all given their due. Canapés, Satés, Pate a choux and a wide range of other hot and cold hors d'oeuvres will also be covered.
- **Class #13 – Garde Manger and Charcuterie** – The section of the kitchen that prepares Sausages, Terrines, Pates and smoked items is called Garde Manger, or cold kitchen. In today's class, students will take on the role of a Garde Manger chef, learning about Sausage making and more. We make Country-style Sausages, Breakfast-style Sausages, Italian-style Sausages, and Tex-Mex Sausages in casings and patties. We also create sumptuous seafood timbales and tasty Vegetarian tortas and terrines to complete the Garde Manger section of this class; a consistent student favorite.
- **Class #14 – Wine and Food Pairing** – A very popular class, Chef Eric constructs a menu with seasonal ingredients and pairs wines that complement the meal throughout. Walk away from this class understanding how flavors and ingredients interact and the best techniques for creating elegant pairings to create culinary bliss. Learn traditional and comprehensive pairings for each course – including sauces, vegetables, starches, meats, poultry and fish. Dinner party planning is also emphasized.
- **Class #15 – Chef's Menu** – In this class students get to take the spotlight and demonstrate their newfound culinary skills. Chef Eric selects recipes for the students to make without substantial assistance and critiques plating, presentation, timing and taste of the menus. Butchery, sauce making, advanced meal preparation, garnishing and plating techniques are emphasized. Students apply all of their knowledge and skill in this penultimate class.
- **Class #16 – Final Class** – Students prepare an intricate menu including an entrée, vegetable and side dish without the use of recipes. A final food tasting, critique and student discussion will wind up the class, followed with a strong finish as Culinary Master Chef Program Certificates are presented to graduates. Timing, plating, garnishing and presentation are essential components to the success of the students' final menu.

## **MASTER BAKING/PASTRY PROGRAM**

**Please call our office if you would like to audit a Program Class free of charge!** Passionate about Baking? Thinking about a career as a Baker/Pastry Chef? Whatever your goal, we have a program or class for you. Many of *CHEF ERIC*'s students are baking professionally in restaurants and bakeries, and starting their own businesses. Many others are simply more confident in their private kitchens baking for their families, making desserts for dinner parties and creating wonderful cakes and baked items.

**MASTER BAKING/PASTRY PROGRAM - \$1,500**  
**Registration includes the CIA's Baking/Pastry Textbook,  
an Embroidered Chef Jacket and Apron**

### **Payment Plans available!**

**Sundays, 9/10/17-11/12/17 2:30pm-6:00pm**

**Sundays, 1/7/18-3/11/18 2:30pm-6:00pm**

**Sundays, 3/18/18-5/20/18 2:30pm-6:00pm**

- *Learn fundamental Baking Skills in a Comprehensive Program*
- Hands-on Techniques
- Ingredients are fresh and unprocessed
- Plating and Presentation Key components
- Certificates awarded upon Completion

The program is for individuals who want to bake breads and desserts like a professional every time and feel confident enough to take that knowledge into the workplace and their homes. The program meets weekly, 3 ½ hours a day, for ten weeks. **Plating, presentation, costing, and recipe development are key components of this program.**

- **Class #1 – The Basics of Baking** – Let's get started! Students will learn different mixing and measuring techniques, including proper scaling and weighing of wet and dry ingredients. Then we dive into baking classic and contemporary items that do not require yeast. Recipes include Irish Soda Bread, Ginger Scones with Orange Butter, Cornbread Biscuits, Gluten-Free Muffins, Quick Breads, French-Style Breakfast Muffins and Toasted Pecan Butter Cookies.
- **Class #2 – Yeast Breads** – In this class, students learn the importance of yeast, flour and water in the composition of breads. Proofing and fermentation of yeasts are introduced as well as recipe conversion techniques. Chef Eric shares his culinary secrets for Pain de Ménage (Country Bread), French Baguettes, Brioche, Focaccia Bread, Hamburger Buns, Whole Wheat Bread, Pizza Dough and more.
- **Class #3 – Pie and Tart Doughs** – Students will develop their baking skills as they learn to make Flaky or Crispy Pie Shells for Pies and Tarts. Blind baking, dough docking and the use of pie weights are introduced. We will also be creating sumptuous sauces, such as Peanut Caramel Sauce and Chocolate Sauce that can be drizzled to elevate baking creations to a tasty new level. Recipes include: my Mom's Pie Dough, Rice Flour Pie Crust for the Gluten-Intolerant, Apple Tarte Tatin, Lemon Tart, Chocolate Ganache Tart, Lemon Meringue Pie and White Chocolate Banana Cream Tart.

## MASTER BAKING/PASTRY PROGRAM Continued

- **Class #4 – Cakes and Tortes** – Let them eat – and learn to make – cake! In today's class, students learn a selection of batter mixing techniques and apply these to the art of making cakes and tortes as well as a bevy of beautiful and tempting frostings. We also make a special Rice Flour Cake for the Gluten-Intolerant. Recipes include: Torte Caprese, Carrot Ring Cake, Whipped Cream Pound Cake, Ancho Chile Devil's Food Cake with Chocolate Ganache Frosting, Orange Buttercream Frosting, Chocolate Buttercream Frosting, Ginger Lime Curd Coconut Cake with Marshmallow Frosting, Chocolate Madeleines and White Chocolate Cake.
- **Class #5 – Dessert Soufflés** – The importance of the egg is the focus of this class as students master the art of sweet Soufflés. Students learn what types of eggs work best for soufflés. Chef Eric also covers advanced preparation for soufflés, the use of Cream of Tartar and much more. Soufflé recipes include Dark Chocolate, Citrus, Sweet Potato, White Chocolate, Caramel and Pear and decadent Chocolate versions. We will also cover how to confidently create sauces that will pair wonderful with the soufflés, including Crème Anglaise and Strawberry Sauce.
- **Class #6 – Puff Pastry Desserts** – Today, students will explore the world of puff pastry as they learn to make desserts utilizing this cleverly adaptable staple of a Master Baker's kitchen. We will discuss Classic Puff Pastry versus Quick Puff Pastry and create Napoleons, Turnovers, Sacrostains and Palmiers. Each student makes their own Puff Pastry to use in this class. Chef Eric teaches what types of flours work best and how this dough can be stored for future use. We make additional Pastry Creams and Sauces to use with our Puff Pastry Desserts.
- **Class #7 – Sauces and Desserts** – Often the secret of a successful dessert is in the sauce. Students will learn to make delicious toppings and sauces such as Chocolate Ganache Sauce, Cranberry Sauce, Caramel Sauce, Chocolate Sauce, Vanilla Sauce and more. We also create desserts that pair perfectly with these sauces such as: Chocolate Soufflé, Lemon Meringue Tart, Pastry Cream and Pate a Choux for Cream Puffs and Crème Chantilly Swans. Chef Eric will discuss proper sauce consistency for each of these desserts and sauces.
- **Class #8 – Custards, Crème Brûlées, Puddings** – Any pastry chef will tell you that the simple mixture of eggs and cream will yield almost magical and infinite variations. We explore many of them here, including Custards, Crème Brûlées, Clafoutis, Pot de Crème and Bread Pudding with Whiskey Cream. Chef Eric will discuss the benefits of baking dishes in a Bain Marie versus baking in a dry oven. Emphasis is placed on ramekin preparation, accurate baking time, and the ability to visually determine the doneness of the finished product. Students learn how to torch the sugar topping on the Crème Brûlées to finish this dessert.
- **Class #9 – Ice Creams, Yogurt and Sorbet** – Mouth-watering frozen desserts have become popular year-round. Students will learn to make their own crowd-pleasing desserts perfect for any situation and palate starting with basics such as Vanilla, Chocolate, Caramel and Coffee Ice Cream. We move on to more exotic recipes such as White Chocolate-Ginger Ice Cream, Crème Fraiche Ice Cream, Honey-Vanilla Frozen Yogurt, Lime Gelato and Avocado Ice Cream. Chef Eric will discuss proper ice cream consistency and length of storage for optimum quality, as well as common mistakes in Ice Cream preparation and how to avoid them.
- **Class #10 – Plated Desserts** – In this final class, students will prepare desserts and sauces, with emphasis on learning how to present restaurant-quality desserts. We cover Baked Alaska, Fruit-Stuffed Beignets, Waffles with Cardamom, Profiteroles, Pastry Cream, Chocolate Sauce, Vanilla Sauce, Espresso Cream Frosting, Classic Crepes, Banana-Rum Crepes and Cinnamon-dusted Churros. Chef Eric guides students in organizing the separate dessert components, how to time those components and quickly assemble them for optimum eye-appeal, quality and freshness. Chef Eric encourages students to be creative in their personal dessert creation as they utilize all of the skills gained in the series. Certificates will be presented at this final class session.

# ARE YOU ARE A BEGINNER? YOU CAN COOK! Let Chef Eric show you how.

**\*\*\*Great for Newlyweds, Couples, Students, Young Adults\*\*\***

*"A great intro class with no stress and a ton of new recipes to try for the first time.  
I cooked for 14 people and they loved it. Great new friends, too!" Jonathan Lee, Culinary Basics' Graduate*

## **CULINARY BASICS COOKING SERIES - \$395 – 4 Weeks**

**Monday, 9/11/17-10/2/17 7:00pm-9:30pm**

**Monday, 10/9/17-10/30/17 7:00pm-9:30pm**

**Monday, 1/8/18-1/29/18 7:00pm-9:30pm**

**Monday, 2/5/18-2/26/18 7:00pm-9:30pm**

- Classes designed for the novice cook with little or no culinary experience
- Meets once weekly – 2 ½ hours - 4 weeks
- **Easy-to-prepare Meals and Basic Cooking Techniques**  
- Roasting, Sautéing, Grilling, Baking
- Preparation is key as steps are done in advance to save time
- Many ingredients can be purchased ready-to-cook for ease in the kitchen
- Knife Skills Instruction and Practice
- 

**Class #1 - Basic Knife Skills and Meal Preparation.** Learn how to Chop, Slice, Julienne and Dice vegetables quickly and efficiently. Explore the more complicated Brunoise, Paysanne, Batonnet and Tourne knife cuts to get more confident and create variety for your dishes. Learn many cooking techniques for easily-prepared meals with chicken and beef: **Risotto-Style Orzo Pasta with Parmesan Cheese, Latin-Style Strip Loin Steak with Chayote Squash flavored with Oregano and Lime, flavorful Ajieco Stew (Chicken, Potato and Corn Stew), and Spiced Peruvian Chickpea Cakes** ease us into cooking with these delicious recipes.

**Class #2** – This class shows students how quickly and easily **International Meals** can be prepared from start to finish using organizational techniques, knife skills, and cooking techniques learned during the previous class. **Pan-Seared Chicken with Fresh Tomato-Herb Sauce, Lemon Orzo Pasta with Kalamata Olives, Asian Five-Spice Chicken Skewers with Spicy Peanut Sauce and Thai-Style Rice Noodles, Grilled and Spiced Carne Asada with homemade Guacamole Sauce, Sour Cream, Olives and Tortillas, Mom's Mouthwatering Meatloaf with Mashed Carrots and Potatoes, and Flavorful Chicken and Chile Stew with Pilaf-Style Rice** – these recipes will quickly become favorites and will impress your friends with your cooking style.

**Class #3** – **Hearty Potatoes and Light Home Made Pastas and Sauces** are added to the menu with delicious accompanying Sauces: **Fresh Home Made Pasta with House-Dried Herbs and Bolognese-Style Spaghetti Sauce, Traditional Herb and Cheese Spaetzle with Cream Sauce, Roasted Potatoes with Olive Oil, Garlic and Rosemary, Home Made Tagliatelle with Bolognese Meat Sauce, mouth-watering Fettuccine Alfredo, and the creamiest Potatoes au Gratin with Roasted Red Bell Pepper Puree** - lighter versions of these hearty dishes are discussed.

**Class #4** – Final class covers basic sanitation, safety and cooking techniques with Fish and Shellfish recipes: **Seared and Spice-Crusted Ahi Tuna drizzled with Sesame Dressing on Julienned Lettuce, Brown Rice and Edamame Beans with Soy Sauce, Salmon Steamed in Wine and Spices on Mixed Greens with Balsamic Vinaigrette, Grilled Chipotle-Spiced Shrimp and Grilled Portobello Mushrooms with Brown Derby French Dressing, Succulent Bass and Mixed Vegetable Packets with Mint and Basil Pesto, and Sole Vin Blanc with Ginger-Lime-Scallion Butter with Shiitake Mushroom and Asparagus Sauté.** Lots of great food and conversation as we dine to our hearts delight on our last class together with our newfound foodie friends. Feel free to bring some wine for the end of the last class.

*"The Classroom is a warm environment to learn the basics of cooking.  
The staff is friendly and supportive and took away my fears of cooking." Alia Ascha, Culinary Basics' Graduate*



# **HEALTHY COOKING SERIES – 4 Weeks - \$395**

**Monday, 3/5/18-3/26/17**

**7:00pm-9:30pm**

***Emphasis is placed on Low-Glycemic Index Recipes***

- Meets once weekly – 2 ½ hours - 4 weeks
- Healthy Menus
- Vegetarian Recipes / One Dish Recipes
- Whole Grains / Healthy Oils

After a weekend Seminar with Harvard Medical School and the Culinary Institute of America, Chef Eric knew he had to create a Healthy Cooking Series to share what he learned about cooking based on Low-Glycemic Index Menus. Chef Eric has spent years working on healthier recipes that are tasty and use unique ingredients for extra FLAVOR. Come join us for this exciting Series that will have you loving to cook and eat healthier AT HOME. Let's face it - everyone has been told to eat healthier and it should taste good, right?

**Class #1 - Dry Heat Cooking and Sauces; Roasting/Grilling** - Students learn Grilling and Roasting of Meats and Fish. Procuring, storing, marinating and serving are also covered.

- Herb-Coated Pan-Roasted Chicken with Champagne Swiss Chard and Scallion-Cilantro Barley Pilaf
- Whole Roasted Fish, Bombay Style with Stir-Fried Cauliflower with Green Peas and Ginger
- Roasted Tomatoes with Garlic and Basil Oil
- Oaxacan-Style Grilled Chicken Breasts with Rice Pilaf with Pico De Gallo
- Roasted Corn with Jalapenos, Garlic, Lime and Cilantro

**Class #2 - Vegetables, Whole Grains and Vegetable Entrees** - Here students will focus solely on vegetables and grains and how to prepare satisfying meals from them.

- Grilled Portobello Mushrooms stuffed with Black Beans, Tomatoes, Roasted Corn and Chilies
- Wheat Crepes with Wild Mushrooms and Chile Cream Sauce
- Roasted Eggplant with Beluga Lentils, Garlic, Ginger, Curry Leaves, and Turmeric Root
- Home Made Whole Wheat Fettuccine with Roasted Corn, Chiles and Cilantro

**Class #3 - Moist Heat Techniques and Combinations; Steaming, Poaching, Braising, Stewing** - The benefits of poaching and steaming are practiced. Stews and other braised dishes are also covered in this session.

- Tagine of Fish with Preserved Lemons, Olives and Chermoula
- Quinoa Pilaf
- Citrus-Braised Flank Steak with Vegetables
- Wheat Polenta
- Hot and Spicy Vegetables with Ginger, Garlic, Chili Sauce and Sesame Oil
- Stir-Fried Barley Pilaf with Red Bell Pepper, Shallot, Carrot, Celery, and Olive Oil

**Class #4 - Frying Techniques; Stir Frying, Pan-Frying, Deep Frying** - In this session, students will prepare recipes using a Wok. Practical application of healthier fried foods and healthier cooking oils will also be taught.

- Thai-Style Stir-Fried Chicken with Basil and Chiles
- Sugar Snap Peas with Mixed Wild Mushrooms
- Brown Rice Pilaf with Oyster Mushrooms
- Whole Fish - Deep Fried (Trout, Rock Cod or Catfish) with Ginger, Sake, Soy Sauce and Lemon Juice
- Roasted Asparagus with Lime Ponzu Sauce
- Phyllo Dough Spring Rolls with Mushrooms and Chile-Peanut Coconut Sauce

## **COUPLES ROMANTIC COOKING PARTIES \*\*\* \$200 PER COUPLE \*\*\***

BRING SOME **WINE AND A DATE** AND HAVE FUN LEARNING AND COOKING TOGETHER  
PERFECT FOR YOUR SPECIAL OCCASION - A GREAT GIFT IDEA FOR YOUR FRIENDS AND FAMILY  
THE TABLE IS SET WITH TABLECLOTH AND CANDLES FOR YOUR ROMANTIC DINING

**This is a Party Class ONLY –Instruction is in the kitchen and you are NOT lectured on all of the recipes**  
**ALL PARTIES INCLUDE A GOURMET CHEESE TRAY TO START**

Want to make a special dinner with your friend or spouse? Celebrating a special occasion? We've created a Cooking Party Atmosphere – there is a brief lecture and more instruction is in the kitchen as you prepare your shared meals. Bring a nice bottle of wine to enjoy at the end of class to make this a true romantic night out as an alternative to the predictable dinner and a movie.

**Couples Romantic Cooking 1** Sat, 10/7/17 7-9:30pm OR Sat, 11/18/17 7-9:30pm  
**OR Sat, 1/6/18 7-9:30pm OR Fri, 2/9/18 7-9:30pm OR Sat, 2/24/18 7-9:30pm**

Ah, Romance! The hottest date is at Chef Eric's Culinary Classroom as you dine on:

- **Rosemary and Oregano-Spiced Lamb Loin Chops**
- **Herb-Roasted Cherry Tomatoes**
- **Homemade Fettuccine Pasta**
- **Striped Bass poached in Wine with Tomatoes, Fennel Bulb and Mirepoix Vegetables**
- **Roasted Garlic Shallot Mashed Potatoes with Thyme**
- **Individual Chocolate Rum Mousse with Homemade Whipped Cream**

**Couples Romantic Cooking 2** Fri, 10/20/17 7-9:30pm OR Sat, 12/2/17 7-9:30pm  
**OR Fri, 1/19/18 7-9:30pm OR Wed, 2/14/18 7-9:30pm OR Fri, 3/23/18 7-9:30pm**

Join us for some more sensual recipes starting with:

- **Baked Salmon and Vegetable Packages in Soy Sake Sauce**
- **Creamy Gnocchi di Semolina Gratinati with Parmesan Cheese**
- **Crunchy Sliced Citrus Strip Loin Steak with Garlic, Soy Sauce and Sake**
- **Rice Pilaf with Onions and Leeks**
- **Stir-Fried Broccoli with Ginger, Garlic and Shallots**
- **Individual Chocolate Crème Brûlée**

**Couples Date Night Dinner 1** Fri, 9/29/17 7-9:30pm OR Sat, 11/4/17 7-9:30pm  
**OR Sat, 12/23/17 7-9:30pm OR Fri, 1/5/18 7-9:30pm OR Fri, 2/16/18 7-9:30pm**

Enjoy the meal and socializing at a table romantically set with candles. Recipes include:

- **Beef Tenderloin Filets with Red Wine and Mushroom Ragout**
- **Grilled Polenta with Parmesan Cheese**
- **Sautéed Chicken Breast Stuffed with Prosciutto, Spinach and Boursin Cheese**
- **Pilaf-Style Long Grain Rice with Garlic and Thyme**
- **Fallen Chocolate Soufflé Cake with Homemade Whipped Cream**

**Couples Date Night Dinner 2** Sat, 9/9/17 7-9:30pm OR Sat, 10/28/17 7-9:30pm  
**OR Fri, 12/15/17 7-9:30pm OR Sat, 2/10/18 7-9:30pm OR Fri, 3/9/18 7-9:30pm**

We had to create a new class for Date Night Dinner class because it is so popular! Recipes include:

- **Grilled Rib Eye Steak with Red Wine Sauce and Kalamata Olive Tapenade**
- **Sautéed Swiss Chard with Champagne Vinegar**
- **Sautéed Chicken Breasts with Lemon Caper Sauce**
- **Roasted Garlic Shallot Mashed Potatoes with Thyme**
- **Individual Molten Chocolate Cake with Crème Anglaise**

*"Thank you so much for the wonderful cooking class, Manny and I had so much fun-and we even got Manny to eat (AND enjoy fish!)  
He's still raving about the Ahi Tuna! And I plan on making the Molten Chocolate Cake!" Samira Mahjoub, Couples Class*

TRY ONE OF OUR INDIVIDUAL CLASSES – *Feel Free to Bring some Wine/Beer*

**INTERNATIONAL CUISINES COOKING CLASSES**

**Asian Cuisine            \$95 Per Person**

**Fri, 10/6/17    7-9:30pm            OR    Fri, 1/12/18    7-9:30pm**

Come to the Classroom and learn the fundamentals of Asian Cooking. We practice Stir-Frying Techniques and Sauce Making as we introduce you to Asian Ingredients. Our favorite recipes include:

- **Orange Peel Chicken**
- **Thai-Style Chicken with Spicy Curry Paste**
- **Vietnamese-Style Spring Rolls with Dipping Sauces**
- **Stir-Fried Shrimp with Peas and Ham**
- **Hot and Sour Soup with Tofu and Egg**
- **Traditional Steamed Rice**

**French Cooking With Julia Child            \$95 Per Person**

**Fri, 11/3/17    7-9:30pm            OR    Fri, 3/2/18    7-9:30pm**

Join us on a mouth-watering exploration of authentic and traditional **French Cuisine with French Classics:**

- ***Beef Bourguignon (Beef simmered in Red Wine Sauce)***
- ***Sautéed Mushrooms with Butter and Shallots, Braised Brown Baby Onions***
- ***Fish Soufflé Baked on a Platter with Sauce Mouseline Sabayon***
- ***Chicken Breasts with Paprika, Onions and Cream Sauce***
- ***Green Beans Provençal with Tomatoes, Garlic and Fresh Herbs***
- ***Braised Celery Root with Bacon, Onions and White Wine***
- ***Apples Braised in Butter with Cognac Orange Sauce***

**Indian Cuisine            \$95 Per Person**

**Fri, 9/8/17    7-9:30pm            OR    Sat, 1/27/18    7-9:30pm**

In the culinary world, food from India has many Asian influences; find out what they are in this exciting class. We show you the cooking techniques and spices that make Indian food so special and flavorful. Main and side dishes include:

- **Chicken Murgh Tikka (Yogurt-Marinated Chicken Satay)**
- **Deep Fried Samosas filled with Quick Keema (Curried Beef, Lamb or Chicken in Sauce)**
- **Aloo Gohbi Masala (Cauliflower with Potatoes)**
- **Home Made Naan Bread**
- **Traditional Basmati Rice**
- **Coriander-Mint Sauce**
- **Cilantro-Chile Chutney**
- **Kalan (Spicy and Sweet Cooked Bananas)**

TRY ONE OF OUR INDIVIDUAL CLASSES – *Feel Free to Bring some Wine/Beer*

### INTERNATIONAL CUISINES COOKING CLASSES

#### **Italian Cuisine      \$95 Per Person**

**Sat, 11/11/17 7-9:30pm      OR      Sat, 2/17/18 7-9:30pm**

Food from the Mediterranean has long been enjoyed in Southern California and now you can make your own dishes with a *CULINARY CLASSROOM* twist! Come join us in making:

- **Torta Salata (Mixed Vegetable Torta Baked in Pastry)**
- **Pasta all'Amatriciana (Spicy Tomato Sauce with Pancetta and Crushed Red Chile)**
- **Fettuccine Pasta with Carbonara Sauce**
- **Hunter-Style Chicken Cacciatore**
- **Breaded Pork Chops Stuffed with Fontina Cheese, Herbs and Prosciutto**
- **Tiramisu - delicious and light**

#### **Mexican Fiesta      \$95 Per Person      Fri, 10/27/17 7-9:30pm**

Come celebrate with a Feast! These flavorful dishes are very traditional Mexican with an eye toward your elegant dinner table. Your guests will be wowed by your beautiful and tasty presentation as we make:

- **Latin-Style Strip Loin Steak**
- **Spicy Carne Asada**
- **Chiles Rellenos wTomato Sauce- stuffed wCheese and Grilled Corn**
- **Arroz a la Mexicana - Mexican-style Rice**
- **Chayote Squash spiced with Oregano and Lime**
- **Homemade Corn AND Flour Tortillas**
- **Homemade Guacamole, Sour Cream and Olives**
- **Natillas –Creamy-style Custard**

#### **Spanish Cuisine      \$95 Per Person**

**Fri, 9/22/17 7-9:30pm      OR      Fri, 12/8/17 7-9:30pm      OR      Fri, 2/2/18 7-9:30pm**

Students discover the flavors of Spanish cooking that *CHEF ERIC* experienced working with Chef José Munisa at Via Veneto, Barcelona's longest-running 5 Star Restaurant. The menu includes:

- **Chorizo Sausage in Puff Pastry**
- **Chicken with Almonds, Sherry, Garlic and Onions**
- **Mixed Vegetable, Chicken, or Pork Paella**
- **Red Wine, Rosemary and Garlic-Marinaded Grilled Beef on Skewers**
- **Mixed Greens Sautéed with Garlic, Ham and Pine Nuts**
- **Spanish-Style Custard**

#### **Thai Cuisine      \$95 Per Person**

**Sat, 10/14/17 7-9:30pm      OR      Fri, 3/30/17 7-9:30pm**

The cuisines of Asia are many and varied and Thai Food is one of the most popular. Come and taste the flavor with us! Chef Eric will tell you what exotic ingredients to get and where to shop. ***In this class we make our own Sauces, too – Thai-Style Garlic Lime Dipping Sauce and Thai-Style Green Curry Paste*** – come join us for a delicious repast:

- **Thai-Style Shrimp Rice Paper Spring Rolls with Homemade Thai-Style Garlic Lime Dipping Sauce**
- **Marinated Flank Steak with Chiles over Long Grain White Rice**
- **Stir-Fried Chicken and Vegetables with Homemade Thai-Style Green Curry Paste and Coconut Milk**
- **Authentic Chicken Pad Thai Noodles**
- **Grilled Thai Eggplant and Long Beans with Fish Sauce and Garlic**

## SPECIALTY COOKING CLASSES

### **Beer and Food Cooking Class      \$100 Per Person**

**Sat, 9/30/17    7-9:30pm      OR    Fri, 12/1/17    7-9:30pm      OR    Sat, 2/3/18    7-9:30pm**

Many students want to learn how to cook great food with one of the oldest beverages known to mankind: Beer! **Gourmet and Specialty Beers are all the rage and the abundance of varieties can be confusing to the consumer.** In this class we will make an incredible meal and offer tastings of special beers from Chef Eric's favorite purveyor to go with the food. **Come enjoy the refreshing taste of beer with this delicious repast. Students will be making:**

- **Garlic Grilled Shrimp Skewers with Vanilla-Saffron Sauce**
- **Pan-Seared Chicken Cutlets with Jalapeno Garlic Sauce**
- **Scallion-Cilantro Barley Pilaf with Chervil**
- **Beer Braised Pork Loin with Shallots, Garlic, Onions, Sage and Thyme**
- **White Cheddar Cheese Mashed Fingerling Potatoes**
- **Oven-Roasted Broccoli with Olive Oil, Sundried Tomatoes and Garlic**
- **Ancho Chile Devil's Food Cupcakes with Chocolate Ganache Frosting**

### **Wine and Food Cooking Class      \$100 Per Person**

**Sat, 9/16/17    7-9:30pm      OR    Sat, 12/16/17    7-9:30pm      OR    Fri, 2/23/18    7-9:30pm**

When we enjoy a meal, we often want an adult beverage to accompany the fruits of our labors. Chef Eric shows you how to make great food with great wine in this dynamic, information-packed class. **Students will make the food and Chef Eric will have tastings of selected wines from his favorite purveyor to go with the menu.** Learn where and how to shop for wines to pair with a variety of food as we make our way through our tasty menu. **We will be making:**

- **Eggplant Fritters and Zucchini Fritters**
- **Fennel-Dusted Pan-Seared Scallops, Grilled Wild Mushrooms with Balsamic Vinegar Reduction**
- **Homemade Pasta with Tomato and Kalamata Olive Tapenade Sauce**
- **Sautéed Chicken Breasts with Sunchoke, Garlic, Capers, Sundried Tomatoes, White Wine**
- **Braised Lamb Stew with Wild Mushrooms, Garlic, Thyme, Parsley and Red Wine Vinegar**
- **Homemade Traditional Tiramisu for our Sweet Tooth**

### **Designer Appetizers    \$95 Per Person      Fri, 9/15/17    7-9:30pm      OR    Sat, 12/9/17    7-9:30pm**

Take your Party to a cosmopolitan level of style and presentation. Lots of intriguing morsels your guests will rave about.

**Delicious Recipes perfect for Buffets, Stations or Passed:**

- **Artichoke Leaves Stuffed with Prosciutto and Parmesan Cheese**
- **Smoked Salmon and Crème Fraiche Puff Pastry Bites**
- **Caprese Salad in Martinis Glasses**
- **Minted Meatball Lettuce Wraps with Homemade Hummus**
- **Spicy Peanut Curry Chicken Salad in Baked Wonton Cups**
- **Wild Mushroom and Gruyere Cheese Tart**
- **Roasted Red Pepper and Gorgonzola Cheese Bruschetta**

### **Healthy Cooking      \$95 Per Person      Sat, 1/6/18      1:30-4pm**

Learn to please yourself with lighter menus and eat healthier with these fantastic recipes:

- **Sautéed Sole Filets with Wilted Lettuce and Cilantro, Parsley and Pepita Pesto**
- **Oven-Baked French Fries with Old Bay Seasoning (and Variations)**
- **Beef Tenderloin Steaks with Rosemary, Garlic, Shallots and Red Wine Sauce**
- **Portobello Mushroom "Pizzas" Pesto, Tomatoes, Thyme, Prosciutto, Parmesan Cheese**
- **Roasted Lamb Chops w/Sun-Dried Tomatoes, Red Wine, Thyme, Garlic, Juniper Berries**
- **Sautéed Mushrooms, Zucchini, Carrots, Celery and Onions**
- **Egg White Frittata w/Roasted Red Bell Peppers, Haricot Vert, Salt, Pepper, Turmeric**

**Knife Skills \$95 Per Person Sat, 9/23/17 1:30-4pm OR Sat, 10/28/17 1:30-4pm**  
**OR Sat, 1/20/18 1:30-4pm OR Sat, 3/10/18 3:30-6pm**

Learn how professionals **Chop, Dice, Slice and Julienne** items quickly and efficiently. *CHEF ERIC* shows you **knife holding grips, knife cuts and how to choose, sharpen, hone and care for your knives**. Learn to cut with ease advancing to more complicated and decorative **Brunoise, Paysanne, Batonnet and Tourne Cuts**. Everything looks and tastes better when ingredients are cut uniformly, cook evenly and are presented beautifully. **Work with Vegetables, cut Chicken Breasts off the Bone, and see demonstration of De-boning a Whole Chicken**. You make a delicious meal to be enjoyed at the end of class.

**Pizza Pizazz! Party \$95 Per Person**

**Sat, 11/18/17 1:30-4pm OR Sat, 12/23/17 1:30-4pm OR Fri, 3/16/18 7-9:30pm**

Everyone keeps asking for a Pizza Class to enjoy this treat at home. Come make some Dough with us and enjoy a fun evening of creativity with this versatile Dish with the pizzas below and more:

- **Traditional and Specialty Pizza Dough and Tomato Sauce**
- **Herb-Grilled Chicken Pizza with Alfredo Cream Sauce**
- **Prosciutto and Mozzarella Cheese Pizza with Pesto Sauce**
- **Grilled Vegetable Pizza with Crème Fraiche and Tomato Sauce**
- **Heirloom Tomatoes, Basil and Buffalo Mozzarella Cheese Pizza**
- **Grilled Shrimp and Roasted Eggplant Pizza with Bell Pepper Puree**

**Spectacular Sauces \$95 Per Person Sat, 10/21/17 7-9:30pm OR Sat, 3/31/18 3:30-6pm**

Many students ask, *'How do I Spice up my entrees, side dishes and appetizers?'* *CHEF ERIC* takes the fear out of Sauce Making and gives you confidence to explore your creativity. **We serve Macaroni and Cheese, Steamed Vegetables, and Chicken or Fish with the Sauces**. Recipes include:

- **Master Sauces - Sauce Béchamel, Sauce Veloute, Sauce Hollandaise (and Variations)**
- **Basil Pesto Sauce**
- **Green Olive and Caper Tapenade**
- **Moutabel Sauce (Roasted Eggplant and Garlic Sauce)**
- **Mediterranean Tamarind-Almond Sauce**
- **Indian-Style Tomato-Onion Sauce**
- **Asian-Style Sesame Sauce**

**Sushi Making Class \$100 Per Person**

**Sat, 9/23/17 7-9:30pm OR Sat, 10/7/17 1:30-4pm OR Fri, 11/17/17 7-9:30pm**  
**OR Fri, 12/22/17 7-9:30pm OR Sat, 1/20/18 7-9:30pm OR Sat, 3/17/18 3:30-6pm**

Learn the creative art of Sushi Making as we design an Asian meal for you and your friends. **Learn how to display and serve them decoratively with the Garnishes and Sauces that we make. We show you how to make:**

- **Traditional Sushi Rice**
- **Variety of Sushi Rolls (Nori)**
- **Varieties of Sushi on Rice (Nigiri)**
- **Vegetable Rolls and Spicy Sushi Rolls**
- **Pickled Cucumbers and Pickled Ginger**
- **Teriyaki Sauce and Sanbiauzu Sauce**
- **Dashi and Ginger Dipping Sauce**
- **Sushi Oranges**

## ENTRÉE ITEMS COOKING CLASSES

### **Chicken Connoisseur \$95 Per Person Sat, 1/27/18 1:30-4pm**

Learn new possibilities of enjoying all cuts of chicken in this class and add some exciting recipes to your repertoire for the meat that is most traditionally eaten in America. *CHEF ERIC* will show you how to shop for, safely clean and handle chicken. Recipes will have you saying, yes, we are having chicken again tonight and we are all going to love it:

- **Thai-Style Five Spice Chicken Skewers with Spicy Peanut Sauce**
- **Thai Noodle Salad with Lemon Grass, Chilies, Cucumber and Mint**
- **Pan-Seared Chicken with Fennel Bulb, White Wine and Parsley Cream Sauce**
- **Wasabi and Panko-Crusted Chicken with Teriyaki-Sake Glaze**
- **Pan-Roasted Chicken with Spanish Paprika, Sherry, Olives, Garlic and Parsley**
- **Bone-In Chicken Breasts Roasted Like El Pollo Loco**

### **Favorite Fish Recipes \$95 Per Person Sat, 9/16/17 1:30-4pm OR Fri, 1/26/18 7-9:30pm**

*CHEF ERIC* will teach you how to shop for, safely store and cook your fish for delicious results – **WHOLE FISH Butchery Demonstration**. **Butter Poaching, Stovetop Smoking, Steaming, Frying and more – all Sauces, Aioli's, Pesto's, Chutneys and Glazes are made in class.** Take your fish cooking abilities to a new level and expand your repertoire for this healthy menu item. Featured are:

- **Sesame-Crusted White Fish Filets with Lemon Cilantro Sauce**
- **Indian Pastry Tilapia Filets with Herbs and Tomato, and Turmeric, Clove, Ginger, Cardamom Chutney**
- **Rosemary, Dill and Thyme-Smoked Salmon Filets with Spicy Garlic Aioli**
- **Sautéed Teriyaki-Style Fish Filets with Homemade Teriyaki-Sake Glaze**
- **Panko-Crusted Cod Filets w/Lemon Zest, Oregano, Red Pepper Flakes, Old Bay Seasoning, Chile Powder**

### **Homemade Pastas and Sauces \$95 Per Person**

**Fri, 10/13/17 7-9:30pm OR Sat, 1/13/18 7-9:30pm**

Learn to make perfect **Pastas** every time and then accompany them with a **variety of Sauces, Meats and Vegetables**. We discuss and demo various pastas, as you learn how to easily make light and delicious varieties; you'll never buy dried pasta again! **We make dough, roll and cut it into various shapes and sizes** to use in a myriad of dishes:

- **Fresh Linguine Pasta with Sautéed Turkey Medallions with Herbs and Fried Garlic Sauce**
- **Wild Mushroom and Ricotta Cheese Raviolis with Creamy Garlic White Sauce**
- **Tagliatelle with Spicy Sausage and Red Wine Ragu Sauce**
- **Homemade Bowtie Pasta with Sautéed Garlic and Mushrooms**
- **Angel Hair Pasta with Homemade Marinara Sauce**

### **Thanksgiving Dinner Class \$100 Per Person Sat, 10/14/17 1-4pm OR Sat, 11/11/17 1-4pm**

Always wanted to host Thanksgiving Dinner but couldn't begin to think of cooking everyone's favorites? **These recipes will make your holiday a special one that you will be talking about for years!** Top this fantastic meal!

- **Brined-Roasted Turkey Breast with Rosemary and Lemon**
- **Home Made Gravy with Fresh Herbs and Garlic**
- **Portobello Mushroom Stuffing**
- **Haricot Vert in Thyme Cream with Crispy Onions**
- **Sweet Potatoes baked with Apples and Oranges in Maple Syrup**
- **Creamy Mashed Potatoes and Carrots**
- **Fresh Cranberry and Orange Compote**
- **Pumpkin Cheesecake with Ginger Snap Crumb Crust**

### **Vegetarian /Vegan Cuisine \$95 Per Person Sat, 3/3/18 3:30-6pm**

This class is basically Vegan and full of flavor. We have been told to eat more vegetables and these delicious recipes will have you eating them often and enjoying them more. These recipes are great for entrees or side dishes.

- **Mallorcan Vegetable Stew on Crusty French Bread**
- **Stir-Fried Tofu with Shiitake Mushrooms**
- **Grilled Vegetable Ratatouille with Seasonal Vegetables**
- **Spicy Black Bean Chili**
- **Peruvian Chickpea Cakes**
- **Lepuy Lentil Soup with Turmeric Root and Cumin**
- **Homemade Vegetable Stock**

## **BAKING and PASTRY CLASSES**

**Bread Fundamentals \$100 Sat, 9/9/17 1-4pm OR Sat, 12/16/17 1-4pm OR Sat, 2/3/18 1-4pm**

Learn how to make the oldest food known to mankind. We cover techniques to produce quick baked goods for everyday meals and special dinners. At the end of class, sample your breads right out of the oven, watch the steam rise and the butter slowly melt as we pair with jellies and jams.

The recipes include:

- Pain de Ménage (Country Bread)
- Traditional Baguettes
- Cheese and Garlic Flatbread
- Easy White/Wheat Bread
- \* Brioche-Style Bread
- \* Focaccia Bread
- \* Hamburger Buns

**Cake Decorating – Basic \$100 Sat, 9/30/17 1-4pm OR Sun, 12/3/17 3-6pm OR Sat, 2/24/18 1pm-4pm**  
**TAKE HOME YOUR CAKE-** Say goodbye to Bakery Cakes with Basic Decorating Skills and Techniques. **Learn to Frost Cakes, Write Script and Make Leaves, Flowers, Bows and Shells. Learn to use a Cake Decorating Kit with a Pastry Bag, Design Tips and Coupler. Each person gets their own Cake to work on and we make Frostings.**

- Classic Butter Cakes / Chocolate Butter Cakes
- Italian Meringue Buttercream / Swiss Meringue Buttercream
- Chocolate Ganache Filling / Chocolate Ganache Frosting

**HOLIDAY Candy Making \$100 Per Person Sat, 12/2/17 1pm-4pm OR Sat, 2/17/18 1pm-4pm**  
**TAKE HOME SOME CANDY -** Do you LOVE sweets like I love sweets? Learn about **cooking sugar** and the variety of candy you can make in your own kitchen-holiday staples for your family! Recipes include delicious treats for special occasions:

- Mom's Toffee Almond Brittle Dipped in Chocolate/Nuts
- Chocolate Truffles rolled in Cocoa Powder
- Home Made Marshmallows – great with Hot Cocoa
- \* Chocolate Feuilletine Pralines
- \* Old Fashioned Peanut Brittle
- \* Traditional Chocolate Nut Fudge

**HOLIDAY Cookies \$100 Per Person Sat, 12/9/17 1pm-4pm**

**TAKE HOME COOKIES -** Regardless of age, all of us love cookies and this class is perfect any time of the year! Join us as our team teaches you the art of creative cookie making. Come join us for the best cookie feast in town and spread the joy among your friends and family when you bake a dozen of their favorites! Cookie Recipes include:

- Toasted Pecan Cookies
- Sandwich Cookies
- Linzer Cookies with Jelly Center
- \* Chocolate Dipped "Pretzel" Cookies
- \* Florentines
- \* Gingerbread Cookies

**Decadent Desserts \$100 Per Person Sun, 12/10/17 3pm-6pm OR Sat, 2/10/18 1pm-4pm**

**Decadence is right –** come and create this decadence with us and create delicious entertainment!

- Ancho Chile Devil's Food Cake with Milk Chocolate Butter Cream Frosting
- Citrus Cheesecake with Cookie Crumb Crust
- Milk Chocolate and Cherry Soufflé with Crème Anglaise
- Chocolate Torte Caprese
- \* Traditional Tiramisu
- \* Banana and Rum Crepes

**Heavenly Cupcakes \$100 Sat, 10/21/17 1-4pm OR Sat, 1/13/18 1-4pm OR Sat, 3/24/18 3-6pm**

**TAKE HOME CUPCAKES -**Delicious Cupcakes are all the rage! Learn to **Bake, Frost and Fill Cupcakes** for parties, the holidays, and just everyday eating! We teach you easy ways to vary Flavors and Fillings. Receive Cupcake, Frosting and Filling recipes similar to today's popular bakeries. We make popular styles:

- Red Velvet with Cream Cheese Frosting
- Devil's Food with Chocolate Buttercream Frosting
- Coconut Cream with Coconut Frosting
- \* Chocolate with Mocha Buttercream Frosting
- \* Carrot Cake with Cream Cheese Frosting
- \* Various Frostings and Fillings

**Holiday Pies and Tarts \$100 Per Person Sat, 11/4/17 1pm-4pm**

Learn how to make some great Pies and Tarts for any season. A great pie or tart **starts with a great crust** and we have a fantastic recipe that guarantees great tasting pies every time. You will have everyone clamoring for more! We start with the **best flaky Pie Dough and Pâte Sucrée (Tart Dough)** recipes and make:

- Traditional Pumpkin Pie with Whipped Cream
- CHEF ERIC'S Mom's Famous Cherry Pie
- Traditional Apple Pie with Cheddar Cheese Crust
- Banana Cream Pie with Macadamia Nut/Chocolate Layered Crust
- \* Berry Pie with Graham Cracker Crust
- \* Mango Tart with tangy Ginger Cream



# Chef Eric's Savory Seasonings

## Sizzle and Smooth - Sold together

\$25 plus shipping - shipped Priority Mail for freshness

**Chef Eric's Savory Seasonings, Sizzle and Smooth**, add the perfect amount of heat and fabulous flavor to all types of dishes. **Sizzle** adds a bit of fire to dishes, while **Smooth** offers great flavor without that extra kick of heat.

Each jar is blended by hand to ensure optimal flavor, so why spend your precious time measuring out spices and chopping herbs for seasonings and marinades when you can use Chef Eric's handcrafted blends?

Together, this tasty duo of seasonings makes for a great addition to any spice cabinet and makes a nice host gift. For only \$20, kick up the flavor in your dishes and order your duo of **Chef Eric's Savory Seasonings, Sizzle and Smooth** today!

### **SIZZLE** (ONE OZ)

Created by Chef Eric Crowley, this is a savory seasoning for the times you want a little sizzle in your dish! This is his go-to blend to bring some heat and flavor to his meals. Features a hand-crafted blend of twelve spices and herbs dried by Chef Eric himself. Each jar is blended by hand to ensure optimal flavor. Try mixing one tablespoon into every pound of ground meat for a super burger. Rub generously over a filet or rib-eye and grill your perfect steak! Sprinkle on some vegetables and roast in the oven or grill. Put a drop or two of oil on a thick filet of salmon, then rub my sizzle blend over the fish. Roast or grill until done. Sprinkle some onto your next green salad for a little kick! Try it on chicken, beef, pork, shrimp, fish, vegetables; anything you want to be spicy and flavorful.

*Ingredients: Thai bird chile, paprika, garlic powder, granulated onions, salt, orange zest, shiitake mushrooms, sage, thyme, oregano, celery root, chile*



### **SMOOTH** (ONE OZ)

Features a hand-crafted blend of seven spices and herbs dried by Chef Eric himself. Each jar is blended by hand to ensure optimal flavor. Try some on boneless chicken breasts, then sauté or grill until done. Rub over a boneless pork loin and roast to your liking. Sprinkle some over your baked potato. Add some to your next rice or pasta dish. Add some to extra virgin olive oil and you have salad dressing. Try it on chicken, beef, pork, shrimp, fish, vegetables; anything you want to be flavorful. Created by Chef Eric Crowley, this is a savory seasoning for the times you want great flavor without a lot of heat.

*Ingredients: Oregano, garlic powder, thyme, paprika, granulated onions, Poblano chile powder, salt*



# RETAIL SALES/GIFT CERTIFICATES/

*Let us order Cookbooks, Kitchen Gadgets, Chef Jackets or Chef Aprons for your Team Building Event, Private Cooking Party, or Gift Certificate Package!!*

**GIFT BASKETS – Prices Vary – call our office to order yours today!**

**Store Gift Cards \$40, \$75, \$100 – ORDER ONLINE – add to your Gift Certificate**

## **Knives/Knife Sharpener/Knife Case/Knife Guards**

Professional Forged Knife 7”/8” w/Cover	\$55.00
Professional Chef Knife with Cover 8”	\$55.00
Forged Knife with Cover 5”	\$50.00
<b>Henkel’s Professional Knife Case</b>	<b>\$35.00</b>
Walnut Boning Knife 5”	\$25.00
Power Shears/Kitchen Scissors	\$25.00
Füri Professional Knife Sharpener	\$25.00
Rachael Ray Paring Knife with Cover	\$12.00

## **Microplane Gadgets/Equipment**

<b>Herb Mill</b>	\$25.00
Pro Grater	\$20.00
Pizza Cutter	\$15.00
Medium Ribbon Grater/Classic Zester	\$15.00
Peeler – Straight Blade	\$14.00
Ultimate Citrus Tool	\$13.00
Spice Grater	\$12.00

## **Kitchen TOOLS/GADGETS**

Pasta Machine – Stainless Steel	\$55.00
Kitchen Scale – Cuisinart Dual Pro	\$45.00
Mandoline Slicer – Benriner	\$35.00
Silicone Spatula Set	\$20.00 (3 Pieces +600 degrees)
Fish Spatula-6.5 Inch /Wood /Steel	\$15.00
Digital Thermometer	\$14.00
Kitchen Timer	\$12.00

<b>Cookie Press – Stainless Steel</b>	<b>\$30.00</b>
<b>Cake Decorating Stand – Revolving</b>	<b>\$25.00</b>
<b>Cake Decorating Kit AND Manual (Ateco)</b>	<b>\$15.00</b>
<b>Dough Blender</b>	<b>\$12.00</b>

## **Chef Jackets/Aprons**

Chef Jacket with Embroidered Logo	\$25 XS-S / \$30 M/L / \$35 XL/2-4X
Apron with Logo	\$25.00
4-Way Professional Aprons	\$10.00

## **Cookbooks – Culinary Institute of America**

Professional Chef	\$65.00
Professional Baking Book	\$65.00
Cooking at Home	\$45.00
Baking at Home	\$45.00

## **GIFT CERTIFICATES**

Celebrate a ***Birthday, Graduation, Engagement, Anniversary, Wedding, Valentine's Day, or other Special Event*** with a Gift Certificate from the Culinary Classroom. Your friends and family will have pleasant memories of this wonderful gift of cooking.

***We can add Cookbooks, Chef Jackets, Chef Aprons, Microplane Kitchen Gadgets, Graters, Zesters, Peelers, Pizza Cutters, Spice Grater, Herb Mill, Knives, Knife Cases, Knife Guards, Rachael Ray Knife Set, Digital Scales, Pasta Machines, Mandolins, Cake Decorating Kits/Manuals, Revolving Cake Decorating Stands, Digital Thermometers, and much more to your package.***

To order a Gift Certificate, call us at 310-470-2640 and we can take your information, or you may go online at <http://culinaryclassroom.com/gift-certificates> fill out the form with details:

***Gift Certificate (dollar amount, specific class, general class, etc.) – the full name of the guest, message, who it is to be emailed to, etc.***

When we receive your request, we will create a nice Gift Certificate package – and email it to you. **We can send one in the mail for an additional \$5 on Parchment Paper** in an elegant Red Envelope with our catalog so they may review our classes.

We will email the Gift Certificate package to the recipient or you, whatever your choice. When the person wishes to register, they must call us and tell us they have a Gift Certificate and give us the name of the individual who purchased the Gift Certificate and we will get them registered. They should call early as our classes tend to sell out.

Please call us to discuss this fabulous idea for your next special occasion.



**All Classes are Hands-On/Student Participation  
We provide EVERYTHING for your Classes**

The *CULINARY CLASSROOM* simulates a professional kitchen. Dress comfortably and wear good shoes.

An apron is provided free of charge for your class.

**Please have courtesy for your fellow students and be prompt to classes.**

All recipes are subject to change due to seasonal availability of items and the desire of the Chef.

**POLICIES**

1. **Refunds will ONLY be given if a class is canceled by Chef Eric.**
2. **Cancellation Policy:** If you cancel a class, we will give You credit toward another class **if you notify us by telephone at least 48 hours prior to class time or you may send a friend in your place** – just let us know the name. **Credit is valid for ONE YEAR.**
3. **To Register for Programs, you MUST pay 50% of the fee by check, money order, credit card or cash at the time of registration. Payments plans are available for a fee.**
4. **Registration for all other Classes, 100% of the fee must be paid at the time of registration.** If you pay by cash or check, provide a credit card to confirm your space. It will automatically be charged if you do not attend the confirmed class or do not give us 48 Hours Notice **by telephone.**
5. You may miss One Class in Culinary Chef Program to achieve a Certificate. You may make up one class free of charge – **After that, you must pay \$50 for the class in order to attend. It is your responsibility to schedule your make up classes with the office via email only.**
6. **There are no Make Ups in Culinary Baking; you may miss One Class in Culinary Chef Program to achieve a Certificate, Culinary Basics Series, Healthy Cooking Series, International Cuisine Series, Advanced Baking Series or Children's Culinary Academies (offered only in June-August every year).**

PLEASE POST YOUR PHOTOS/COMMENTS ON OUR FACEBOOK PAGE AT  
[WWW.FACEBOOK.COM/CHEFERICSCULINARYCLASSROOM](http://WWW.FACEBOOK.COM/CHEFERICSCULINARYCLASSROOM)

2366 PELHAM AVENUE - LOS ANGELES, CA 90064  
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[CHEFERIC@CULINARYCLASSROOM.COM](mailto:CHEFERIC@CULINARYCLASSROOM.COM)  
[WWW.CULINARYCLASSROOM.COM](http://WWW.CULINARYCLASSROOM.COM)



**REGISTRATION FORM**

(ALL INFORMATION WE RECEIVE IS KEPT STRICTLY CONFIDENTIAL)

How did you hear about us?

Internet (Website \_\_\_\_\_), Friend, or: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card #/Exp. Date: \_\_\_\_\_

Code: \_\_\_\_\_

**Classes/Names of Students:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Categories: **Mailing List, E-Mail**, Gifts, Student, Call in, Class Title, Newsletter

Other: \_\_\_\_\_

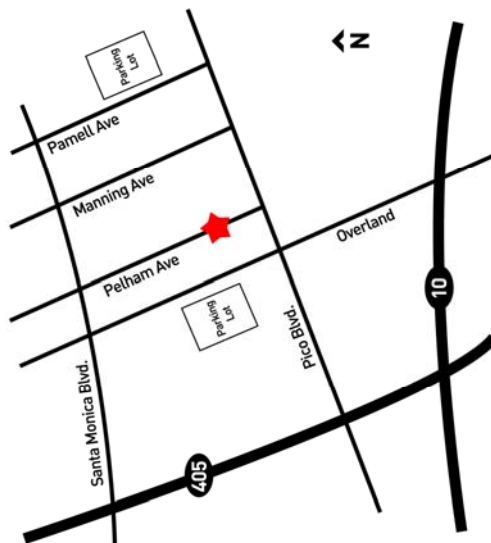
Discounts/PROMO Code:

Other: \_\_\_\_\_

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[CHEFERIC@CULINARYCLASSROOM.COM](mailto:CHEFERIC@CULINARYCLASSROOM.COM) - [WWW.CULINARYCLASSROOM.COM](http://WWW.CULINARYCLASSROOM.COM)



**Location, Location, Location!**  
**One Mile North of the 10 Freeway - One Mile East of the 405 Freeway**  
**Freeway close, yet tucked away in an Intimate Setting.**  
**One block East of Overland Boulevard, just North of Pico Boulevard**



**2366 Pelham Ave, Los Angeles, 90064**

**One Block East of Overland Ave / Just North of Pico Blvd**

(Across the street from F&S Fabrics and East of Westwood Blvd and the Westside Pavilion).

***DIRECTIONS: 10 Freeway East or West***, exit Overland Avenue, north to Pico Blvd –**Right** on Pico, left on Pelham Avenue (1<sup>st</sup> Street). **405 Freeway SOUTH**, exit Pico Blvd, east to Overland Blvd–**go 1 block past Overland, left on Pelham Avenue –on right-hand side. 405 Freeway NORTH**, to 10 Freeway East, 1<sup>st</sup> Exit, Overland Blvd –exit and go north to Pico Blvd – **RIGHT** on Pico and make an immediate left on Pelham Avenue. ***If you park at a METER, YOU MUST MOVE YOUR CAR after 2 hours – we suggest Parking at the LOT below.***

**PARKING: TWO PUBLIC PARKING LOTS-10 hour parking-\$3. PARK at 10 HOUR SPACE.** Credit cards AND quarters. 1. Prosser Ave, 4 blocks East of Overland, North of Pico-Lot on left hand-side past the alley. Walk to Pico, **RIGHT** 3 blocks to Pelham, **RIGHT–on the right-hand side.** 2) Overland Ave, North of Pico Blvd **next to Chase Bank lot.** Turn into the lot immediately after the last house before the Bank Lot. Park and walk south to Overland Boulevard; east one block to Pelham Ave, turn left – we are directly on the right-hand side.

**We look forward to seeing you here! Until then, Cook Well, Eat Well and BE Well! Chef Eric**