

# CARLOW COOKERY

## Upcoming Events

**Carlow Cookery's cooking classes are a great place to eat, drink, and learn...** Carlow Cookery offers an extensive selection of cooking classes taught by professional instructors in our demonstration kitchen. We have both hands-on and demonstration classes with topics ranging from regional and ethnic cuisine, basic and advanced techniques and much more. All of our classes include recipes, a sampling of the foods prepared and complimentary wine.

### Hands-on and Demonstration Classes

#### Pasta and Gnocchi

Mastering traditional pasta dishes from Italy  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

Italian cooking is varied and rich in all its aspects but pasta and gnocchi have a special place in its history and traditions. This hands-on class will focus on kneading, rolling, cutting and forming fresh pasta, tortellini and gnocchi. Each will be paired with sauces complement their flavor. **Menu:** *Fresh Pasta with Shrimp and Clam Sauce; Sweet Potato Gnocchi with Butter and Parmesan Sauce; Spinach and Cheese Tortellini with Tomato Cream Sauce.*

#### Sauces Made Easy

Great sauces for all occasions  
(Demonstration, Denis Chiappa, 7pm, \$50)

Proper sauce making is an essential part of a cook's repertoire. Fortunately, once the fundamentals are mastered, the variations are endless. This class covers the classic techniques used to produce base sauces and then turns those sauces into flavorful versions that pair well with meat, vegetables and fish. **Menu:** *Sauteed Shrimp with Saffron Veloute with Rice Pilaf; Angel Hair with Oven Roasted Tomato Sauce, Garlic and Basil Sauce; Creamy Polenta with Sausage and Porcini Ragout and Demi-glace Sauce; Sauteed Salmon with Ginger Buerre Blanc*

#### Healthy and Delicious Summer Fare

Fresh and bold flavors for the season  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

The more we can cook and eat according to the season the better off we are. This takes on special meaning during the summer when we have an abundance of locally grown fresh vegetables and greens available to us that are picked at their peak. A diet rich in these ingredients makes for delicious meals. **Menu:** *Barbecue Spiced Shrimp with Tomato Basil Relish; Summer Chopped Salad with Quick Pickled Vegetables; Spinach Fettuccine with Tangy Sauteed Summer Squash*

#### The Food of Provence

A four course meal featuring foods from heart of France  
(Demonstration, Denis Chiappa, 7pm, \$50)

Provence is a land where good food is a way of life. By using readily available ingredients like fresh herbs, olives and olive oil, fresh vegetables, tasty cheeses and great meats, cooks in the region whip up unforgettable meals. We'll make a meal that celebrates this great region. **Menu:** *Potato and Goat Cheese Gratin with Olives and Fresh Tomato Sauce; Mixed Seafood Bouillabaisse with Aioli; Grilled Chicken with Shallots, Lemon and Thyme; Grilled Summer Vegetables with Herb Pistou; Apricot, Honey and Almond Tarts.*

### Cooking with Kids

#### Parent/Child Cooking Class

Hands-on, parent/child cooking class featuring family-friendly summer recipes  
(Hands-on, Denis Chiappa, 10am, \$100/pair)

Enjoy cooking family-friendly recipes for healthy, delicious meals. In this fun and informative session parent and child will work side-by-side to prep and cook each of the items on the menu with the guidance of the instructor. The recipes are designed to teach basic techniques (knife skills, sauteing, sauce-making, etc.) that are beneficial to all ages. Each of the dishes prepared will be enjoyed by the participants throughout the class. All equipment, recipes and ingredients are provided. Class runs approximately 2 hours and is geared for children over 10 years old. **Price is for both parent and child.** Unfortunately, due to space restrictions we can not have multiple children attend per adult. **Menu:** *Creamy Shrimp Rolls; Seared Salmon with Avocado Salsa Verde; Penne with Italian Sausage and Basil Pomodoro Sauce*

Thursday, May 4<sup>th</sup>

Wednesday, May 10<sup>th</sup>

Thursday, May 11<sup>th</sup>

Monday, May 15<sup>th</sup>

Saturday, June 3<sup>rd</sup>

#### Flavors of France

(Hands-on, Dan Gallo, 6:30pm, \$65)

France is considered by most the birthplace of modern cooking and the food combines exceptional ingredients and classic techniques to produce exceptional dishes. We'll focus on some great recipes that feature fruity olive oil, fresh seafood, great bread and other tasty ingredients. **Menu:** *Mixed Green Salad with Roquefort Cheese, Toasted Walnuts, Apple and Red Wine Vinaigrette; Normandy Style Stewed Mussels with Bacon Lardons, Apple-Brandy, Cider, Cream and Baguette; Sauteed Chicken a la Provençal with Roasted Garlic, Tomato, Olives and Capers.*

#### Fresh and Healthy Mediterranean

A menu of great foods from Italy, Spain and Greece  
(Demonstration, Denis Chiappa, 7pm, \$50)

The food of the Mediterranean is robust, intensely flavored food. It is based on great ingredients, not elaborate preparations. Ingredients like olives, goat cheese, artichokes, and fresh fish cooked with the ubiquitous garlic and olive oils from Greece and Italy are sure to please friends and family. We'll take a fresh look at the traditional foods of the regions while keeping the preparations lighter in calories and fat. **Menu:** *Homemade Goat Cheese Breadsticks with Sundried Tomato Hummus and Green Olive Tapenade; Pork Belly Gyros with Tomatoes, Preserved Lemon and Cucumber Sauce; Orzo with Feta, Olives and Artichokes; Yogurt Marinated Chicken with Creamy Greek Sauce*

### NYC Tour

A great day of shopping and eating with stops at Dean & DeLuca, Eataly, Big Apple Barbecue and More  
(Markets Tour, 8am, \$69)

Join us for a great day of shopping and eating in the heart of New York City. In addition to two our traditionally popular stops we're incorporated and an exciting and delicious new one. The trip is packed with great places to explore including:

**Dean and DeLuca:** An institution in SoHo that is a feast for the senses. You can shop in an environment where expert customer service and culinary excellence reign. Convenience doesn't equal compromise there - whether you take home a dinner that satisfies your cravings for artfully prepared foods or one of the condiments or sauces to se in your own creation, you will not be disappointed.

**Flat Iron District:** Explore Eataly, a massive Italian market and restaurant complex. A spin-off of an operation by the same name just outside of Turin, Italy, the store is a local mecca for foodies. In addition to six full-service restaurants it offers a dizzying array of Italian specialty products, fresh fish and meats, impeccable produce and a full wine store.

**Madison Square Park:** Stroll over to Danny Meyer's annual Big Apple Big Apple Barbecue Block Party, an homage to all things smoked. Pit masters from NYC, Alabama, Texas, Tennessee, North Carolina and other locations near and far descend on the Madison Square Park for a lip-smacking food festival. Want to work off the barbecue? It's an easy walk down Broadway to Union Square Park, home to the city's largest greenmarket.

**Upper West Side:** A great section of Broadway that is home to Zabars, Citarella and Fairway Markets. Each is chock full of the best seafood and beef, cheese from around the world, prepared foods, and a myriad of tasty condiments.

The day starts at 7:30am in Carlow Cookery with coffee and Danish. We'll board a comfortable coach and head for the city at 8am. We'll leave the city around 4pm to return to the store. Please feel free to bring coolers for the goodies you collect along the way. Book now, seats are limited.

**For reservations, call 215-489-2677 or go to [www.carlowcookery.com](http://www.carlowcookery.com)**

## Hands-on and Demonstration Classes

### Grilling and Sauces

Mastering essential skills for home cooks  
(Hands-on, Denis Chiappa, 6:30, \$65)

The last part of our culinary skills series focuses on the essential techniques for grilling, with a special focus on grill sauces. We'll cover what types of meat and seafood work best on the grill, how to use marinades and spice rubs to enhance flavor. From there you'll grill a variety of proteins and make sauces that pair perfectly. **Menu:** *BBQ Rubbed Shrimp with Grilled Romesco Sauce; Marinated and Seared Chicken with Fragrant Salsa Chimichurri; Challah Pain Perdue with Pan Roasted Apples and Salted Toffee Sauce*

### Food of Italy

Techniques of International Cooking  
(Hands-on, Dan Gallo, 6:30pm, \$65)

There is no question that Italians have a passion for good cooking. When you start with incredible ingredients - aged cheeses, cured meats, balsamic vinegar - it's much easier to make simple dishes taste sublime. The ingredients and techniques vary by region but they share common elements. We'll make dishes that are representative of the country as a whole using authentic ingredients and tried-and-true preparations. **Menu:** *Cherry Tomato and Mint Bruschetta with Balsamic and Whipped Fresh Ricotta Cheese; Tomato Braised Sweet Italian Sausage with Red Peppers, Onions and Baked Polenta Cake; Spaghetti alla Gricia (Spaghetti with Garlic, Onions, Guanciale and Pecorino)*

### Dim Sum

Small dumplings and rolls that pop with flavor  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

Dim Sum is Cantonese for "touch your heart", an apt description of these delicious little dishes that delight both the heart and the palate. Steamed and pan-fried dumplings are the most popular dim sum, but there are many other dishes from which to choose. You'll learn to make a variety of traditional dim sum, including dumplings, spring rolls and buns. **Menu:** *Sweet and Savory Roast Pork Buns; Shanghai Spring Rolls; Ginger Scented Steamed Shrimp Dumplings*

### Margaritas and Tacos

A mix of contemporary taco recipes with cool cocktails to match.  
(Demonstration, Denis Chiappa, 7pm, \$55)

The most festive of summer drinks, margaritas, paired with a Tex-Mex classic, tacos - what could be better? We'll make different margaritas using fresh fruit juices both on the rocks and blended. We'll pair them up with a different tasty tacos for this classic combo. You'll be able to party on the deck in style this summer with these delicious recipes. **Menu:** *Chile Rubbed Grilled Shrimp Tacos with Pineapple and Mango Salsa; Blended Peach Margaritas; Chicken, Roasted Poblano and Caramelized Onion Tacos with Red Chile Sauce; Anejo and Cherry Margaritas; Grilled Vegetable and Smoky Pork Tacos with Crema and Pico de Gallo; Margarita Paloma with Grapefruit and Silver Tequila; Seared Salmon Tacos with Sriracha Mayo and Spicy Slaw*

### Pasta and Gnocchi

Mastering traditional pasta dishes from Italy.  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

Italian cooking is varied and rich in all its aspects but pasta and gnocchi have a special place in its history and traditions. As Italians emigrated to different parts of the world these dishes became an integral part of many different cuisines. This hands-on class will focus on kneading, rolling, cutting and forming fresh pasta, tortellini and gnocchi. Each will be paired with sauces complement their flavor. **Menu:** *Fresh Pasta with Shrimp and Clam Sauce; Sweet Potato Gnocchi with Butter and Parmesan Sauce; Spinach and Cheese Tortellini with Tomato Cream Sauce.*



Wednesday, May 24<sup>th</sup>

Tuesday, May 30<sup>th</sup>

Wednesday, May 31<sup>st</sup>

Monday, June 5<sup>th</sup>

Tuesday, June 6<sup>th</sup>

## Techniques of International Cooking

These hands-on classes build on the techniques established in our popular Culinary Skills series by showcasing five unique styles of ethnic cooking. Each of the segments focuses on a different region of the world and highlights specific ingredients and cooking methods. The goal of our entire program is to give participants the confidence to create dishes rather than just follow recipes. Classes begin at 6:30pm and last approximately 2 to 2-1/2 hours.

Series Cost: \$299 (Individual Classes Available)

### Terrific Thai

Tuesday, June 20<sup>th</sup>

Thai food is one of the world's most highly regarded cuisines but is still intimidating to some in the West. We'll demystify it by showcasing the ingredients and techniques used in some of our favorite Thai recipes. You'll see the exquisite contrast in taste and texture that results from blending hot, sweet, sour and salty components. **Menu:** *Thai Lettuce Wraps with Spicy Beef, Sweet and Spicy Chili Dipping Sauce and Thai Cucumber Salad; Spicy Coconut Curry with Chickpeas and Rice; Traditional Shrimp Pad Thai*

### Flavors of the Mexican Kitchen

Tuesday, June 27<sup>th</sup>

Many of the dishes served in local Mexican restaurants do not accurately reflect the food of our neighbors to the south. True Mexican cooking uses a variety of meat, seafood, beans and vegetables flavored with rich moles and fresh sauces. With the variety of ingredients readily available today there's no reason why you can't put these dishes together at home. **Menu:** *Poached and Marinated Shrimp Ceviche with Tortilla Chips; Creamy Roasted Winter Squash and Apple Soup with Roasted Chilies and Cilantro; Homemade Chorizo Tacos with Queso, Pico de Gallo and Lime Crema*

### Food of Spain

Tuesday, July 18<sup>th</sup>

As a gateway between Europe and Africa, Spain has been fought over many times in history. This history has had a lasting impact on the country and nowhere is this more evident than in the food. At its best, Spanish food is a mix of local ingredients fused with recipes and techniques from other areas. The result is food that is vibrant, colorful and incredibly delicious. **Menu:** *Mixed Green Salad with Marcona Almonds, Manchego Cheese and Sherry Dressing; Shrimp a la Plancha with Garlic, Chilies, Fresh Herbs, Orange Aioli and Fried Bread; Seared Pork Tenderloin with Scallions, Apples, Potatoes and Cider Pan Sauce*

### Flavors of France

Tuesday, August 1<sup>st</sup>

France is considered by most the birthplace of modern cooking and the food combines exceptional ingredients and classic techniques to produce exceptional dishes. We'll focus on some great recipes that feature fruity olive oil, fresh seafood, great bread and other tasty ingredients. These are the kind of recipes that are great for all occasions, from casual to elegant. **Menu:** *Traditional Mixed Green Salad with Roquefort Cheese, Toasted Walnuts, Apple and Red Wine Vinaigrette; Normandy Style Stewed Mussels with Bacon Lardons, Apple-Brandy, Cider, Cream and Baguette; Sautéed Chicken a la Provençal with Roasted Garlic, Tomatoes and Olives.*

### Food of Italy

Tuesday, August 15<sup>th</sup>

There is no question that Italians have a passion for good cooking. When you start with incredible ingredients - aged cheeses, cured meats, balsamic vinegar - it's much easier to make simple dishes taste sublime. The ingredients and techniques vary by region but they share common elements. We'll make dishes that are representative of the country as a whole using authentic ingredients and tried-and-true preparations. **Menu:** *Cherry Tomato and Mint Bruschetta with Balsamic and Whipped Fresh Ricotta Cheese; Tomato Braised Sweet Italian Sausage with Red Peppers, Onions and Baked Polenta Cake; Spaghetti alla Gricia (Spaghetti with Garlic, Onions, Guanciale and Pecorino)*

## Private Classes

Enjoy an evening of food and fun with others that love to cook. Our private classes are perfect for team building, birthday parties, bridal showers and more.

For reservations, call 215-489-2677 or go to [www.carlowcooking.com](http://www.carlowcooking.com)

## Hands-on and Demonstration Classes

**Perfect Pairings: Wine, Cheese and Chocolate**  
Fine wines paired with an assortment of Pierre's chocolates  
(Wine Pairing, Mike Conti, 7pm, \$65)

Friday, June 9<sup>th</sup>

Join wine expert Mike Conti for a night dedicated to wine, cheese and chocolate. This pairing class will demonstrate how different types of cheeses and chocolate can influence the wine you serve. You'll gain a better understanding of the pairings, learn about quality ingredients and differences in the types available. Each of the six wines served will be paired with a cheese or chocolate course. The first four courses will feature a cheese appetizer, the last will be creations from Tom Block of Pierre's Chocolates. **Menu:** Menu: Ham and Smoked Mozzarella Fritters; Crostini with Homemade Ricotta and Cherry Tomato Bruschetta; Marinated Shrimp with Feta and Mint; Pretzel Bites with Warm Cheddar, Bacon and Beer Dip

### Knife Skills

Monday, June 12<sup>th</sup>

Mastering essential skills for home cooks  
(Hands-on, Dan Gallo, 6:30pm, \$50)

Even accomplished cooks can benefit from learning proper knife skills. That's why we begin this series of classes with a session on how to properly use and care for your knives. Our goal in this hands-on class is to make you more efficient at prepping the ingredients needed for all different types of recipes. We focus on chopping and slicing an array of vegetables including garlic, onions, celery, carrots, tomatoes and more. In addition, we'll show you how to break down a whole chicken into the common cuts. Practice makes perfect - so you'll get to practice these techniques under the supervision

of the instructor. Knives are provided for the class.

### India - A World of Flavor

Tuesday, June 13<sup>th</sup>

Exploring the spices, ingredients and techniques of India  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

There is something so very satisfying about Indian cuisine when it's fresh and home-cooked. It is a unique blending of spices and seasonings and the aromatics that intrigue the senses. While it may seem exotic, you'll learn from start to finish how to make great Indian dishes at home. **Menu:** *Aloo Gobi (Cauliflower Florets and Potato Cubes Tossed with Traditional Spices); Shrimp Masala (Shrimp Cooked in a Fragrant Curry with Garlic, Tomato and Spices); Raita (Fresh, Crunchy Vegetables with a Spiced Yogurt Sauce) with Homemade Naan*

### The Sushi Bar

Thursday, June 15<sup>th</sup>

Making and enjoying sushi at home.  
(Hands-on, Denis Chiappa, 6:30pm, \$65)

Sushi is like no other food - impeccably fresh fish served raw, presented elegantly with perfectly cooked rice. Making sushi at home is not hard and can be a great way to entertain. You'll learn the types of fish used, how to recognize the quality of sushi-grade fish, and how to prepare sashimi, nigerizushi (slice fish on a pad of rice), and makizushi (rolls). In this partial hands-on class, participants will practice forming their own sushi roll. **Menu:** *Crisp Green Salad with Ginger Dressing; Wonton Soup; Perfectly Cooked and Seasoned Sushi Rice; Assorted Sushi Rolls*

### Terrific Thai

Tuesday, June 20<sup>th</sup>

Techniques of International Cooking  
(Hands-on, Dan Gallo, 6:30pm, \$65)

Thai food is one of the world's most highly regarded cuisines but is still intimidating to some in the West. We'll demystify it by showcasing the ingredients and techniques used in some of our favorite Thai recipes. You'll see the exquisite contrast in taste and texture that results from blending hot, sweet, sour and salty components. **Menu:** *Thai Lettuce Wraps with Spicy Beef, Sweet and Spicy Chili Dipping Sauce and Thai Cucumber Salad; Spicy Coconut Curry with Chickpeas and Rice; Traditional Shrimp Pad Thai*

## Culinary Skills Series

Good cooking is built on a foundation of proper technique and an understanding of some basic principles. Each of the five **hands-on** segments focuses on a specific category of food and highlights different cooking methods. The goal of our entire skills program is to give participants the confidence to create dishes rather than just follow recipes. The series is taught by Chef Dan Gallo of Little Pig Catering. Series Cost: \$280. Individual classes available.

### Knife Skills

Monday, June 12<sup>th</sup>

Even accomplished cooks can benefit from learning proper knife skills. That's why we begin this series of classes with a session on how to properly use and care for your knives. Our goal in this hands-on class is to make you more efficient at prepping the ingredients needed for all different types of recipes. We focus on chopping and slicing an array of vegetables including garlic, onions, celery, carrots, tomatoes and more. In addition, we'll show you how to break down a whole chicken into the common cuts. Practice makes perfect - so you'll get to practice these techniques under the supervision of the instructor. Knives are provided for the class.

### Stocks, Soups and Vinaigrettes

Monday, June 26<sup>th</sup>

In the second part of our series of culinary techniques we cover stocks, soups and vinaigrettes. We've all had pleasure of eating a good bowl of soup and while it's not difficult to prepare it does require proper technique to achieve the right texture and flavor. As for stocks, they are the backbone of so many great dishes you can make. We'll start with those and then teach you how to turn them into rich vegetable and meat soups. We will also cover how to make a classic vinaigrette and how to turn it in to countless variations. **Menu:** *Tomato and Roasted Red Pepper Soup with Pecorino Croutons; Soup au Pistou (French Vegetable Soup with Herb Pistou) Mixed Green Salad with Roasted Almonds, Manchego Cheese, Chorizo and Sherry-Orange Vinaigrette*

### Braising, Steaming and Poaching

Monday, July 10<sup>th</sup>

Part three of our series focuses on three techniques of cooking with liquid. This method of cooking covered in this can produce some of the most satisfying dishes a home cook can make as well as some of the lightest. First, we'll show you the proper way to use braising to make tough cuts of meat tender. We'll then poach fish to perfection and serve it with nice sauce. Last but not least, we'll steam fish for a healthy main course. By varying the ingredients you'll have a wide variety of dishes at the tip of your fingers. **Menu:** *White Wine Braised Pork Shoulder with Fennel, Onions and Mashed Potatoes; Poached Shrimp with Tzatziki, Shredded Lettuce, Tomato and Pita; Steamed Fish with Spicy Ginger Lime Vinaigrette and Jasmine Rice*

### Sauteing and Pan Sauces

Monday, July 24<sup>th</sup>

Part four of our culinary series focuses on one of the most important techniques in the cook's repertoire, sauteing. Sauteing is a classic technique of cooking tender cuts of meat and poultry quickly and at high heat to intensify the flavor. We'll then show you how to use that same pan to build flavorful sauces by adding aromatic ingredients, wine and stock. You'll be cooking like a chef in no time. **Menu:** *Sauteed Steak Medallions with Mushrooms and Red Wine Pan Sauce; Sauteed Salmon with Citrus Beurre Blanc; Sauteed Chicken with a White Wine, Cherry Tomato, Golden Raisin and Pine Nut Pan Sauce*

### Grilling and Sauces

Monday, August 7<sup>th</sup>

The last part of our culinary skills series focuses on the essential techniques for grilling, with a special focus on grill sauces. We'll cover what types of meat and seafood work best on the grill, how to use marinades and spice rubs to enhance flavor. From there you'll grill a variety of proteins and make sauces that pair perfectly. **Menu:** *BBQ Rubbed Shrimp with Grilled Romesco Sauce; Marinated and Seared Chicken with Fragrant Salsa Chimichurri; Challah Pain Perdue with Pan Roasted Apples and Salted Toffee Sauce*

**Cancellation Policy:** All cooking classes must be paid for at the time of registration. You may use our secure online system, call the store with credit card information or pay at the store. You may change your reservation for food classes and wine tastings up to one week prior to the event. You may change your reservation for bus trips up to two weeks prior to the event. Cancellations within this timeframe will result in a store credit that may be applied to future events or to merchandise. Due to unforeseen circumstances, occasions may arise that require Carlow Cookery to cancel or reschedule classes. Participants will be offered a store credit or full refund in these situations. On occasion, the instructors and recipes listed may change as the schedule progresses.

**For reservations, call 215-489-2677 or go to [www.carlowcookery.com](http://www.carlowcookery.com)**

## Hands-on and Demonstration Classes

**Stocks, Soups and Vinaigrettes**  
*Mastering essential skills for home cooks*  
(Hands-on, Dan Gallo, 6:30pm, \$50)

Monday, June 26<sup>th</sup>

In the second part of our series of culinary techniques we cover stocks, soups and vinaigrettes. We've all had pleasure of eating a good bowl of soup and while it's not difficult to prepare it does require proper technique to achieve the right texture and flavor. As for stocks, they are the backbone of so many great dishes you can make. We'll start with those and then teach you how to turn them into rich vegetable and meat soups. We will also cover how to make a classic vinaigrette and how to turn it in to countless variations. **Menu:** *Tomato and Roasted Red Pepper Soup with Pecorino Croutons; Soup au Pistou (French Vegetable Soup with Herb Pistou) Mixed Green Salad with Roasted Almonds, Manchego Cheese, Chorizo and Sherry-Orange Vinaigrette*

**Flavors of the Mexican Kitchen**  
Techniques of International Cooking  
(Hands-on, Dan Gallo, 6:30pm, \$65)

Tuesday, June 27<sup>th</sup>

Many of the dishes served in local Mexican restaurants do not accurately reflect the food of our neighbors to the south. True Mexican cooking uses a variety of meat, seafood, beans and vegetables flavored with rich moles and fresh sauces. With the variety of ingredients readily available today there's no reason why you can't put these dishes together at home. **Menu:** *Poached and Marinated Shrimp Ceviche with Tortilla Chips; Creamy Roasted Winter Squash and Apple Soup with Roasted Chilies and Cilantro; Homemade Chorizo Tacos with Queso Fresco, Pico de Gallo and Lime Crema*

**Braising, Steaming and Poaching**  
Mastering essential skills for home cooks  
(Hands-on, Dan Gallo, 6:30pm, \$50)

Monday, Jul. 10<sup>th</sup>

Part three of our series focuses on three techniques of cooking with liquid. This methods of cooking covered in this can produce some of the most satisfying dishes a home cook can make as well as some of the lightest. First, we'll show you the proper way to use braising to make tough cuts of meat tender. We'll then poach fish to perfection and serve it with nice sauce. Last but not least, we'll steam fish for a healthy main course. By varying the ingredients you'll have a wide variety of dishes at the tip of your fingers. **Menu:** *White Wine Braised Pork Shoulder with Fennel, Onions and Mashed Potatoes; Beer Poached Shrimp with Cajun Spices and Mustard-Lime Aioli; Steamed Fish with Spicy Ginger Lime Vinaigrette and Jasmine*

**Food of Spain**  
Techniques of International Cooking  
(Dan Gallo, 6:30pm, \$65)

Tuesday, Jul. 18<sup>th</sup>

As a gateway between Europe and Africa, Spain has been fought over many times in history. This history has had a lasting impact on the country and nowhere is this more evident than in the food. At its best, Spanish food is a mix of local ingredients fused with recipes and techniques from other areas. The result is food that is vibrant, colorful and incredibly delicious. **Menu:** *Mixed Green Salad with Marcona Almonds, Manchego Cheese and Sherry Dressing; Shrimp a la Plancha with Garlic, Chilies, Fresh Herbs, Orange Aioli and Fried Bread; Seared Pork Tenderloin with Scallions, Apples, Potatoes and Cider Pan Sauce*

**Sauteing and Pan Sauces**  
Mastering essential skills for home cooks  
(Hands-on, Dan Gallo, 6:30pm, \$50)

Monday, Jul. 24<sup>th</sup>

Part four of our culinary series focuses on one of the most important techniques in the cook's repertoire, sauteing. Sauteing is a classic technique of cooking tender cuts of meat and poultry quickly and at high heat to intensify the flavor. We'll then show you how to use that same pan to build flavorful sauces by adding aromatic ingredients, wine and stock. You'll be cooking like a chef in no time. **Menu:** *Sauteed Steak Medallions with Mushrooms and Red Wine Pan Sauce; Sauteed Salmon with Citrus Beurre Blanc; Sauteed Chicken with a White Wine, Cherry Tomato, Golden Raisin and Pine Nut Pan Sauce*

## Kids Cooking Camp

Four part series beginning June 26th

The goal of this four part series of hands-on classes is to teach kids fundamental techniques needed to prepare a variety of basic meals. Along the way we stress kitchen safety and the proper use of and care of cooking tools. Each class will begin with instruction on the recipes being prepared included understanding the ingredients, measurements and procedure. Participants then prepare the items listed in each class with the guidance and supervision of instructors. The menus are designed to stress fresh ingredients and kid-friendly flavors. As the class progress the kids get to eat the dishes they prepared. Classes are from 2pm to 4pm; ages 10 to 12. Series Cost: \$160.

- Part 1: Italian** - Our first session begins with the most popular type of ethnic cuisine eaten in America - Italian.
- Part 2: French** - Learning traditional French techniques allows kids to make many different dishes. We'll focus on a great seasonal menu.
- Part 3: Mexico** - We'll focus on more authentic dishes that use fresh, healthy ingredients.
- Part 4: American** - The series concludes with some home cooking stressing some of the fresh, local ingredients.

New Menus for 2017

## Hands-on and Demonstration Classes

**Flavors of France**  
Techniques of International Cooking  
(Hands-on, Dan Gallo, 6:30pm, \$65)

Tuesday, Aug. 1<sup>st</sup>

France is considered by most the birthplace of modern cooking and the food combines exceptional ingredients and classic techniques to produce exceptional dishes. We'll focus on some great recipes that feature fruity olive oil, fresh seafood, great bread and other tasty ingredients. These are the kind of recipes that are great for all occasions, from casual to elegant. **Menu:** *Traditional Mixed Green Salad with Roquefort Cheese, Toasted Walnuts, Apple and Red Wine Vinaigrette; Normandy Style Stewed Mussels with Bacon Lardons, Apple-Brandy, Cider, Cream and Baguette; Sauteed Chicken a la Provencal with Roasted Garlic, Tomato, Olives and Capers.*

**Grilling and Sauces**  
Mastering essential skills for home cooks  
(Hands-on, Dan Gallo, 6:30pm, \$50)

Monday, Aug. 7<sup>th</sup>

The last part of our culinary skills series focuses on the essential techniques for grilling, with a special focus on grill sauces. We'll cover what types of meat and seafood work best on the grill, how to use marinades and spice rubs to enhance flavor. From there you'll grill a variety of proteins and make sauces that pair perfectly. **Menu:** *BBQ Rubbed Shrimp with Grilled Romesco Sauce; Marinated and Seared Chicken with Fragrant Salsa Chimichurri; Challah Pain Perdue with Pan Roasted Apples and Salted Toffee Sauce*

**Food of Italy (Hands-on)**  
Techniques of International Cooking  
(Hands-on, Dan Gallo, 6:30pm, \$65)

Tuesday, Aug. 15<sup>th</sup>

There is no question that Italians have a passion for good cooking. When you start with incredible ingredients - aged cheeses, cured meats, balsamic vinegar - it's much easier to make simple dishes taste sublime. The ingredients and techniques vary by region but they share common elements. We'll make dishes that are representative of the country as a whole using authentic ingredients and tried-and-true preparations. **Menu:** *Cherry Tomato and Mint Bruschetta with Balsamic and Whipped Fresh Ricotta Cheese; Tomato Braised Sweet Italian Sausage with Red Peppers, Onions and Baked Polenta Cake; Spaghetti alla Gricia (Spaghetti with Garlic, Onions, Guanciale and Pecorino)*

For reservations, call 215-489-2677 or go to  
[www.carlowcookery.com](http://www.carlowcookery.com)

**We offer  
Knife Sharpening**

