

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

Braising, Steaming and Poaching

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

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 Rice*

Sauteing and Pan Sauces

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

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*

Food of Spain

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

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, Chillies, Fresh Herbs, Orange Aioli and Fried Bread; Seared Pork Tenderloin with Scallions, Apples, Potatoes and Cider Pan Sauce*

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)

Flavors of the Southwest. 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:** *Gooney Chorizo and Jack Cheese Melt with Crispy Chips; Homemade Pico de Gallo Mac and Cheese; Crispy Chicken Tacos with Pineapple Mango Salsa*

Monday, July 10th

Monday, July 24th

Tuesday, July 25th

Saturday, September 9th

Wines of Southern Italy and the Islands

Exploring the wines of Campania, Sicily and Sardinia
(Wine Tasting, Mike Conti, 7pm, \$65)

The wines of the south may not be household names like their counterparts in other regions but they are still bold, full bodied and satisfying. Plus, like most of the wines of Italy, they are great food wines. We'll study the main regions of the area - Campania, Sicily and Sardinia - and focus on signature varietals from each. It's a great way to explore beyond the Barberas and Barbarescos we all know so well.

Flavors of France

Techniques of International Cooking
(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. 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.*

Thursday, July 27th

Tuesday, August 1st

NYC Markets Tour

Eataly and the Feast of San Gennaro

Enjoy great gourmet shops and the excitement an Italian Festival
(Gourmet Markets Tour, 8am, \$69)

Join us for a day of food and shopping in New York City. This gourmet markets tour takes you to some of New York's hottest food markets and neighborhoods. You'll be provided with detailed information about what to look for at each stop and your guide will be able to assist you with any questions you might have. We'll travel around the city in a comfortable coach, allowing you to relax and enjoy.

Our first stop is Mario Batali's Eataly, an \$18 million, fifty thousand square foot market in Manhattan's Flat Iron district that is based on a store in Italy of the same name. The market sells hard to find versions of pasta, cheese, meat, salami, game and produce as well as an astonishing collection of Italian wines. You'll have extra time at Eataly to enjoy a meal at one of their numerous restaurants or a cheese plate, panini or gelato at one of the counters. Since it's opening Eataly has become a must-see New York attraction.

From there, we'll make our way over to Little Italy in Manhattan to enjoy the Annual Feast of San Gennaro, a celebration of the Patron Saint of Naples. First celebrated in New York City on September 19, 1926 by newly arrived immigrants from Naples, the Feast of San Gennaro was a traditional celebration in Naples the saint who was martyred for the faith. Each year it is celebrated with parades, music and incredible food.

We'll leave the city around 3:45 p.m. to head back to the store while enjoying snacks and beverages on the ride home. Feel free to bring coolers but act fast, spaces are limited.

Sunday, September 17th

For reservations, call 215-489-2677 or go to www.carlowcookery.com

Hands-on and Demonstration Classes

Summer Salad Dinners

Wednesday, August 2nd

Substantial dinner salads for the hot summer season
(Demonstration, Denis Chiappa, 6:30pm, \$65)

Warm weather calls for salads that use the fresh produce that's in season. Recipes that are simple enough that they don't handcuff you to the kitchen but substantial enough for dinner. We'll make four salads that can serve as a main course and incorporate cheeses, grilled meat, and seafood - all finished with homemade dressings.

Menu: *Classic Salad Nicoise with Grilled Herbed Salmon; Grilled Shrimp Salad with Corn and Avocado in Pitas; Warm Quinoa Salad with Grilled Flank Steaks and Chimichurri Dressing; Farm Market Salad with Spiced Goat Cheese*

Bourbon Tasting and Dinner

Friday, August 4th

Four premium bourbons paired with summer barbecue foods
(Tasting, Mike Conti, 7pm, \$70)

Are you a fan of traditional American bourbons? This popular spirit is uniquely American, a little sweeter than whiskey and now crafted by Artisan producers to be smooth and distinctive. It's a treat solo or mixed in a cocktail. It's also great to use as an ingredient to add flavor and complexity to a variety of dishes. About the class: This class will feature a tasting of four craft bourbons as well as a refreshing bourbon cocktail and recipes using bourbon. Mike Conti will delve into history and process of bourbon making and give insight into the different varieties in the market. **BBQ Spiced Bacon Wrapped Shrimp with Bourbon Glaze; Summer Vegetable Terrine in Flaky Pastry; Tender Steak Tacos with Chipotle Slaw and Charred Tomato Salsa; Class Crème Brulee**

Grilling and Sauces

Monday, August 7th

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

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*

The World of Italian Cheeses

Thursday, August 10th

Tasting and cooking with a variety of fine cheeses.
(Demonstration, Denis Chiappa, 7pm, \$50)

There is no shortage of fine Italian cheese in local markets today. The type of milk, fat content and age are all key factors in how the finished cheese tastes. We'll take you on a cheese tour by having you taste each of the featured cheeses. In addition, we'll also prepare dishes using different combinations of the cheeses. **Menu:** *Crispy Homemade Ricotta Fritters with Fresh Marinara Sauce; Spicy Italian Cheeseburgers with Tallegio and Crispy Pancetta and Roasted Tomato Relish; Thin Crust Pizza with Aged Provolone, Fresh Asiago, Soppressato and Heirloom Tomato; Fontina and Prosciutto Stuffed Pork Chops*

Margaritas and Tacos

Wednesday, August 16th

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*



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, September 12th

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, September 26th

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, October 10th

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, October 24th

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, November 7th

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

Hands-on and Demonstration Classes

The World of Fine Wines

Friday, August 18th

Exceptional wines from around the world
(Wine Tasting, Mike Conti, 7pm, \$85)

Join us for a wine tasting featuring signature varietals from some of the world's best growing regions. In this session we focus on quality producers with wines averaging \$40 per bottle from six different regions: Germany (Riesling), California (Napa Cabernet), France (Burgundy Pinot Noir), Italy (Brunello), Australia (Shiraz) and Spain (Priorat). As the six wines are tasted Mike will discuss each region's characteristics as well as the flavor profile of the varietal. Supper will be served throughout the evening featuring foods that pair well with the wines being served. **Menu:** *Crispy Shrimp with Sweet Spicy Chili Dipping Sauce; Spice Rubbed Pork Tenderloin with Mixed Berry and Demi-glace Reduction over Potato Puree; Bittersweet Chocolate Terrine with Raspberry Sauce*

Sizzling Summer Grilling - Fish and Seafood

Monday, August 21st

Tips, techniques and recipes for fabulous grilled dinners
(Demonstration, Denis Chiappa, 7pm, \$52)

In the second part of our series on summer grilling we'll turn our attention to fresh fish and succulent seafood. As with the other grilling sessions, you'll learn classic techniques to take your grilled seafood to new levels. You'll also learn how to choose impeccably fresh fish, how to cook it to perfect doneness and how to use dry rubs and marinades to enhance its subtle flavor and delicate texture. **Menu:** *Grilled Shrimp, Caramelized Onion and Jack Cheese Tacos with Spicy Tomatillo Salsa; Grilled Miso Marinated Salmon with Cold Soba Noodle Salad; Grilled Fish Steaks with Charred Tomato, Olive and Caper Relish; and more*

Fresh Pasta, Corn and Tomatoes

Wednesday, August 23rd

Hands-on pasta and gnocchi recipes paired with sauces made with local vegetables
(Hands-on, Denis Chiappa, 6:30pm, \$65)

All cooks eagerly await the time when vegetables are in season locally, especially corn and tomatoes. They are sweet and delicious and can be used in a wide array of dishes, especially pasta recipes. This hands-on class will focus on kneading, rolling, cutting and forming fresh egg pasta, cavatelli and gnocchi. Each will be paired with corn and tomato sauces that complement their texture. **Menu:** *Fettuccini with Corn and Tomato Bisque Sauce; Cavatelli with Corn, Tomato and Bacon Bolognese; Gnocchi with Creamy Tomato and Corn Ragu*

Wine Tasting: Grilling and Chilling

Tuesday, August 29th

Wines that pair well with foods from the grill
(Wine Tasting, Mike Conti, 7pm, \$65)

As we approach the high season for grilling do you ever wonder which beverage to serve with dinner? Many times we fire up the grill and ice down the beer but it's not the only option. Wine is more often than not a better complementary choice when it comes to grilled foods. We'll show you how to pick wines that not only stand up to the char of the flame, the exotic spices and rich marinades but accent them. These wines are also well suited to the warmer temperatures of summer. **Menu:** *Grilled Fish Tacos with Mexican Slaw, Pickled Onions and Tangy Chipotle Sauce; Tender Smoky Pork Sandwiches with Bourbon BBQ Sauce on Brioche Rolls; Grilled Tuscan Chicken Breasts with Grilled Vegetable Salad; Grilled Peaches with Angel Food Cake and Citrus Syrup*

**We offer
Knife Sharpening**



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, September 18th

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, October 2nd

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, October 16th

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, October 30th

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, November 13th

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