

We will begin our 20th year of culinary classes in January, 2015. Most classes are held on Monday evenings unless otherwise specified. All classes are hands-on. **Each cooking class is $95.00** per person and includes instruction and dinner with one glass of wine included. Classes begin at 6:00pm and end at approximately 9:30pm.

JANUARY

The Popular and Ceremonial Cuisine of Campania - Hands-on

Monday, January 12, 2015

Campania, dominated by the capital city of Naples, does not use butter in traditional cooking or milk or cream. There were no pastures and what milk was produced went to making cheese. All Neapolitan cooking is almost baroque in taste. There are two cookeries: the popular based on pasta, tomato sauce, fish and vegetables and the Ceremonial which comes from the domination of the Spanish Bourbon kings and of France. This produced a local cuisine that combines the techniques of France and Spain in dishes far more vivacious than in either of these countries.

Pork, 4 Great Ways! - Hands-on

Monday, January 19, 2015

Pork is easy to prepare in a variety of ways, and it's easy on the budget. In this protein-rich class we will teach you various cuts of "the other white meat" and demonstrate four easy-but-fabulous methods for preparing perfect pork! This unit teaches the art of utilizing unused cuts.

Mediterranean Cuisine - from Spain to Greece - Hands-on

Monday, January 26, 2015

To experience the warm sun drenched climate of the North African Coast. To marvel in the wonders of the excellent cuisine the Mediterranean has to offer. While the sun may not be shining outside here, it will be in this class. Recipes selected from Portugal to Greece.

FEBRUARY

Abruzzi - Hands-on
Monday, February 2, 2015

In this region, the mountains stretch from the Adriatic to the highest point of the Apennines. The traditional cooking is a more rustic version. On the Coast, they are famous for their majestic fish stews and soups, which are matters of great local pride and often heated discussions. This is the section of Italy named the "Garden of Europe" for its green pastures, natural habitat, the largest national park, the Adriatic Sea and the Gran Sasso peaks. Abruzzi offers a very memorable cuisine of which most are unaware…….and of course my home town.

Ragús and Stews - Hands-on
Monday, February 9, 2015

Making ragùs or stews involves three simple steps: browning the vegetables and meats, reducing flavorful liquids over the browned foods to build up layers of taste, then covering them with liquid and simmering gently until the flavors have blended and the meats are tender. Enhance your cooking by learning the fundamentals of searing, braising and stewing. Learn how to make ragús and stews to add to any pasta dish or to serve alone. We'll show you how to make our famous veal stew, lamb stew, Bolognese sauce and more. This class is not one you want to miss.

Northern Italian - from Piemonte to Veneto - Hands - on
Monday, February 16, 2015

Some of the most mouth watering dishes come from the north of Italy. This class is always in high demand! We will prepare some of the most amazing and authentic northern Italian dishes such as rigatoni alla Bolognese, stuffed chicken breast, risotto with wild mushrooms, and of course dessert made from corn meal, nuts and spices.

Mastering Pan Sauces – Hands-on (limited to 8 students)
Monday, February, 23, 2015

What do professional chefs know about getting flavorful dishes to the table quickly and effortlessly? The answer is pan sauces, and once you've learned a few simple steps you'll be able to create an infinite number of your own sauces. Join Chef Walter for an instructive menu that makes the most of quick-cooking cuts of chicken, lamb and beef. Since pan sauces are made directly in the pan you use to sear your meat, they have the benefit of being amazingly quick to prepare---sometimes even in minutes.



MARCH

Pasta Ripiena - Filled Pasta - Hands-on
Monday, March 2, 2015

Learn how to make ravioli and agnolotti like a pasta master. We will share with you tips on how to make the perfect pasta and then stuff it with a variety of delectable ingredients. Use ravioli as a Cicchette, small bites, an appetizer, an entree and even as dessert.

Lamb ~ Great Dishes ~ Quick and Easy - Hands-on
Monday, March 9, 2015

Cooking with lamb offers imaginative and unusual dishes easy to prepare and enjoy. American lamb has a wonderfully mild flavor that can be enhanced by a myriad of enticing marinades, simple herbs or robust spices, making it a perfect fit for today's trend toward more flavorful and healthful food. Compared to other meats, lamb has very little fat marbling throughout the meat. With most fat limited to the outside edges, it's easily trimmed. That means fewer calories—only 176 in an average 3-ounce serving. A recent study showed that only about 36 percent of the fat in lamb is saturated. The rest is unsaturated or polyunsaturated, the "good" fat in our diets.

Seafood from the Liguria Coast - Hands-on
Monday, March 16, 2015

Italy's Liguria coast is best known for the luxurious town of Portofino. Bust just as beguiling as this jewel-like port are the area's seafood offerings, which range from subtle soups to garlicky sautés to sumptuous pasta with pesto and the renowned focaccia di Recco. Join Chef Walter for this hands-on exploration of the flavors of the Ligurian coast.

Poultry ~ Basics and Beyond - Hands-on
Monday, March 23, 2015

Everyone loves chicken and it is a very versatile meat. This class focuses on de-boning, breaking down and the various techniques of cooking whole birds as well as using parts of the chicken for a variety of dishes ~ from chicken soup to main courses.

Essentials of Tuscan Cooking - Cucina Toscana - Hands-on
Monday, March 30, 2015

Tuscany is the heartland of Italy with its foods reflecting the very best of Italy's home cooking, its roots originating from cucina povera, or peasant cookery. The Tuscans are well known for their superior yet simple dishes, which arise from using the freshest available products. They believe in enhancing the purity and natural flavor of ingredients, rather than trying to camouflage with excess sauces and seasonings. We teach you Middle Ages cooking from the De Medici.

APRIL

The Cuisine of the Italian Jews - Hands-on
Monday, April 6, 2015

Chef Walter is nationally recognized as an expert on the Cuisine of the Sephardic Italian-Jewish Heritage. In this class we will cover the history of the Jewish heritage in Italy and the food popular in the Trastevere Jewish section of Rome, as well as the Ghetto Vecio in Venice.

Cicchette – Tapas - An Introduction to great flavors - Hands-on
Monday, April 13, 2015

The Italians have Cicchette which means an introduction and the Spanish have Tapas or “Little Dishes.” This life-style is a centuries-old tradition in Spain and part of the fiber of Spanish life, but has only recently attracted attention in this country. We are obviously just as fond of "little bites" as Spaniards, and tapas take appetizers into a whole new world, placing them squarely at center stage and creating an entirely new style of eating and entertaining.

Italian Vegetable Specialties - Hands-on
Monday, April 20, 2015

The Italians are famous for the emphasis they place on fresh, seasonal ingredients, bringing the preparation of even simple vegetable dishes to new heights. In this class you’ll make an assortment of vegetable dishes, some of which can be used as main courses or antipasti.

Dolcetti - Hands-on
Monday, April 27, 2015

Do you love the idea of baking but haven’t got a clue about how to start in the process? In this class you will master light as air cakes, and other baked goods. This is a class where we guarantee and help you produce extraordinary baked desserts. The class will feature sponge cakes, flour-less cakes, chiffons and spoon breads and batters. (Extra hints on great creams, custards and puddings.)



MAY

Sauce Workshop: Contemporary Sauces - Hands-on
Monday, May 4, 2015

There are many contemporary sauces featured in cooking magazines and served in restaurants that appear difficult to recreate but are, in fact, easy for the home cook to make. Students will be guided through an impressive assortment of contemporary sauces with lots of instruction and personal guidance. Meat Reduction and Au Jus Sauces; Mediterranean Sauces: pistou/pesto, romesco, salsa verde; Fumets and Vegetable Coulis; Modern Vinaigrettes - cold and warm styles; Herb and Spice-infused Oils; Compound Butters.

The Righteous Rice - Risotto - - Hands-on
Monday, May 11, 2015

These are known as the "Grains of Wisdom." Risotto goes beyond its Italian pedigree. It has global reach. Risotto's flexibility - it can take near endless combinations of proteins and vegetables. These dishes appeal to everyone since they have a smooth, creamy texture and are very versatile. Adapt seasonal ingredients and multiple flavor combinations for the ultimate Risotto dishes. Learn also the rice varietals and application in different recipes,

Paella and Sangria
Monday, May 18, 2015

Enjoy a fun evening and learn how to make Spain's most famous dish while developing some useful culinary skills. Taking on many forms and incomparable in flavor, paella is the perfect dish for entertaining and enjoying the fruits of your labor, family-style. Chef will coach students in creating a complete meal with three paella variations, along with some tapas and sangria.



Risotto alla Milanese

JUNE

Free-Form Fruit Tarts for Summer- Hands-on
Monday, June 1, 2015

Freeform tarts are a simple yet creative way to showcase the juicy fruits of summer. In this class students will have the opportunity to roll, shape, and bake their own pie dough filled with their choice of seasonal fruits. The best news is that these tasty, self-contained pies travel well; that means students can take the fruits of their labor home with them.

Sauce Workshop: The Classics - Hands-on
Monday, June 8, 2015

In this comprehensive back-to-basics sauce class, students will learn the traditional methods of preparing classic "foundation" sauces. We'll provide lots of instruction and personal guidance and will also share ideas for incorporating classic sauces into menus and making some popular variations of the classic sauces. Sauces will be tasted throughout the class. At the conclusion, you will sample a few prepared dishes to highlight some of the sauces.

Napoli in Cucina - Hands-on
Monday, June 15, 2015

Naples is chaotic and fascinating and it has spawned some of the world's greatest foods. Neapolitan cooking makes use of local S. Marzano tomatoes, freshly-caught fish and the kind of quick thinking that only life at the foot of a volcano could inspire. Join us for an evening of true Cucina Napoletana which is fortunately …not just pizza.

The Antipasto Table - Hands-on
Monday, June 22, 2015

This class is dedicated to quick and easy luxurious preparations to serve cold or at room temperature for family and friends. Spend this evening learning to create a beautiful, flavorful buffet of healthy Italian foods to entertain friends, family or just yourself. The preparation is all done ahead of time so you can enjoy time with your guests. Appetizers are famous for their use of fresh vegetables. We will teach you to prepare an astonishing array of antipasti that can be served as an introductory course or to a complete meal, or a light lunch or buffet on their own.

Tastes of the Mediterranean - Hands- on
Monday, June 29, 2015

The Mediterranean is a fabulous source of foods that rely on fresh produce, herbs, fish and meat. In this class you will learn how to prepare light and easy dishes that burst with flavor and are sure to become favorites for your entire family. We are the Mediterranean diet!

JULY

Tour of Sicily - Hands-on
Monday, July 13, 2015

Because of its location, in the middle of the Mediterranean, Sicily was a magnet for seafaring peoples since the dawn of time. In this class students will prepare some favorite foods from Sicily. Chef Walter celebrates his love of Italy by putting a spotlight on this region, known for bold and delicious flavors. Join us in this discovery of street foods and the making of Panelle, Arancini, Caponata, Pasta alla Norma and cannoli.

Olive Oil & Balsamic Workshop - DEMONSTRATION $45.00
Tuesday, July 20, 2015

Come celebrate this versatile fruit, the olive, in this special demonstration cooking class, lecture and comparative tasting devoted to the olive and olive oil, followed by a detailed presentation on Balsamic Vinegars and the tricky applications in cooking. We will have a variety of mini foods to sample as well. Chef Walter is an Olive oil Master and a Professional Balsamic judge.



Penne alla Norma