

TEACHING KITCHEN SYLLABUS FALL



CARDINAL COOKS!

ONLINE CLASSES

Just for the fun of it - Culinary basics online

\$25 a class - We will email a shopping list and recipes

Bookings close 6 days prior to the event

Monday 6pm-8pm | Friday 5pm-6:30pm

Oct. 14th: Italian Pasta Party

- Homemade pasta with classic sauces
- Bruschetta appetizer with fresh tomatoes and basil
- Tiramisu dessert for a sweet finish

Oct. 18th: Thai Street Food Feast

- Pad Thai with shrimp or tofu
- Yellow curry with chicken or vegetables
- Mango sticky rice for a delightful dessert

Oct. 21st: Mexican Fiesta

- Chicken enchiladas with salsa verde
- Fresh guacamole and salsa
- Churros with chocolate dipping sauce

Oct. 25th: Indian Spice Adventure

- Chicken tikka masala with aromatic spices
- Vegetable biryani with fragrant basmati rice
- Gulab jamun for a sweet Indian treat

Oct. 28th: Japanese Sushi and Sashimi

- Classic sushi rolls with various fillings
- Fresh sashimi with soy sauce and wasabi
- Miso soup as a light and flavorful starter

Nov 1st: Lebanese Mezze Night

- Hummus with pita bread
- Falafel with tahini sauce
- Baklava for a delectable dessert

TEACHING KITCHEN SYLLABUS FALL



Nov 8th: Chinese Dim Sum Delights

- Siumai (steamed dumplings) with shrimp filling
- Spring rolls with a vegetable and meat filling
- Fortune cookies for a fun and sweet surprise

Nov. 15th: French Bistro Experience

- Coq au Vin (chicken braised in red wine)
- Ratatouille as a tasty vegetable side dish
- Crème brûlée for a classic French dessert

Nov. 18th: Greek Mediterranean Feast

- Spanakopita (spinach and feta pastry)
- Moussaka with layers of eggplant, potatoes with/ without meat
- Baklava for a sweet and nutty dessert

Nov. 25th: Thanksgiving Tips and Recipes

- Brioche, herb, apple, and celery stuffing
- Candied yams with toasted pecans
- Turkey gravy
- Cranberry chutney
- Hard roasted brusselsprouts

Dec 6th: Korean Kimchi and BBQ

- Kimchi-making workshop with traditional cabbage kimchi
- Bulgogi (marinated beef) or tofu for Korean BBQ
- Korean pancakes with seafood and green onions