***Breakfast***

Crêpes with fruit filling

*Lightly sweetened crêpes, bursting with fruit flavored fillings, make a special breakfast or a delightful dessert. You may select from the fillings listed below. Skills include knife skills, cooking with fruit, and obviously the intricacies of cooking crêpes.*

* Strawberry and cheese
* Browned butter pear
* Peach
* Blueberry and cheese
* Apple

Distinctive Breakfast Rolls

*These beautiful, yeasted breakfast rolls are a new take on the standard cinnamon roll. Light and flavorful, decadent without being overly sweet. The rolls will be prepared and refrigerated for you to bake and top later at your convenience. Choose one. A good introduction to yeasted dough.*

* Pumpkin filled with maple glaze
* Roasted strawberry with cream cheese frosting

True Beginner Breakfasts

*These exceptional breakfasts will provide key skills training to rookie cooks as they work alongside Chef Kel. Organized into skill levels, with Level 1 being the least complicated. Please call to discuss placement if you are unsure what a student may be ready to tackle. For any novice cook, including children.*

* Level1: Chocolate chip pancakes, brown sugar glazed bacon, fruit smoothies
* Level2: Blueberry scones, yogurt parfaits
* Level3: Frittata, homemade biscuits with honey-butter spread

***Appetizers***

Empanadas with picadillo filling

*This tasty Spanish-influenced treat is one of Chef Kel’s favorites! The lesson begins with dough principles and then moves on to preparation of the savory picadillo filling which involves knife skills, sautéing, and frying. These empanadas are baked, not fried. You will also learn to make a cilantro lime crema to dip them in.*

Pierogi

*There are many versions of pierogi. This is a Polish-Ukrainian recipe handed down through generations of Chef Kel’s family and taught to her by her grandmother. Learn dough skills and the secrets to perfect fillings as you work through the process of crafting these Eastern European boiled dumplings. Both kapusta (sauerkraut) and potato fillings may be made.*

Spanakopita

*Prepared filo dough is a finicky type of pastry to work with but more forgiving than you would imagine. Learn to handle it properly and use it to make lovely spanakopita triangles full of spinach and feta. The preparation of this filling involves quite a few techniques that are useful in other recipes as well.*

Sushi (no raw fish)

*Learn to roll your own sushi at home. The basics of preparing perfectly seasoned sushi rice properly are covered as well as the actual rolling of several types of sushi including futo-maki (thick sushi) and ura-maki (inside out sushi). Only vegetables, egg, and imitation crab may be used. Sorry, no preparation of raw fish is covered in this class.*

Vietnamese Summer Rolls

*This is a great introduction to several key skills – poaching shrimp and making shrimp stock – which are useful in other dishes as well. Chef Kel will cover both of these as well as the handling of the rice paper wrappers and some specialized knife cuts not used routinely. A peanut dipping sauce (or similar substitute as required) will also be prepared.*

Asian Pot Stickers with dipping sauce

*This Asian treat has several specialty ingredients which require proper handling. You will learn to competently handle a raw meat filling as well. In this lesson Chef Kel guides you through these topics as well as the slightly tricky assembly of these dumplings. Both steaming and frying are involved in the cooking process.*

***Entrées***

***(salad with homemade vinaigrette or a side of roasted vegetable included if time allows)***

Chicken Pie (individual or full size)

*Unpretentious chicken pie – comfort food that sticks to your ribs and says “I love you”. This lesson covers a host of topics starting with how to make a sturdy pie crust that will stand up to a hefty filling. You’ll learn to break down a roasted chicken, how to create and utilize a roux for thickening, some basic vegetable prep, seasoning tips, and more.*

NE Clam Chowder

*Creamy New England style clam chowder is definitely indulgent. This is the full-fat full-flavor version of chowder, so eat as an occasional treat. But boy-oh-boy is it tasty! This lesson includes some very foundational skills – knife work, making roux, and sautéing. If fresh clams are used, you’ll naturally also learn how to work with them.*

Gnocchi with mushroom-bacon sauce

*Chef Kel is ready to show you how to make light, fluffy gnocchi. Once you get the hang of it, it’s fun! No fancy gnocchi making equipment is needed! We’ll also complement the gnocchi with a sauce featuring sautéed mushrooms.*

Fresh Egg Pasta dishes

*In this lesson you will learn to make your own fresh egg pasta. Chef Kel will then teach you how to prepare one entrée from the list below to accompany your homemade pasta. The dishes get more complex as you go down the list.*

* Pasta Primavera
* Parmesan-turkey Meatballs with Marinara
* Swedish Meatballs
* Chicken Piccata

Lasagna

*Lasagna takes some time to prepare but the result is a satisfying comfort meal. Learn to make a homemade marinara that’s almost as easy as using a jarred sauce but so much better. Chef Kel will encourage you with ideas on other variations and uses of this sauce. Adaptations to the basic lasagna will be covered - vegetarian or gluten free options, sneaking in vegetables, chef-y tricks to amp up the flavor.*

Ratatouille Pasta

*This lesson really focuses on some of the tricks for working with difficult vegetables such as eggplant. There will be lots of knife work as well. The meal itself can be made vegetarian or you may opt to include a meat. There are quite a few trade tips to pass on as you work to put this particular dish together.*

True Beginner Dinners

*Rookie cooks can gain some real foundational skills making these simple meals. The complexity increases from Level 1 to Level 3. Learning to put a meal together can be a real confidence booster, and Chef Kel will be with you every step of the way. Everything is homemade here. Appropriate for any novice cook, including children.*

* Level1: Taco filling, handmade flour tortillas, guacamole
* Level2: Pizza (individual or full sized) with homemade crust and sauce
* Level3: Potatoes and ham casserole, salad with homemade vinaigrette

***Sweet Treats***

Pie (teeny-weeny, individual, or full size)

*Learn to make a flaky, buttery pie crust from scratch alongside Chef Kel. You’ll be encouraged by the resulting delicious fruit-filled pie you create. Store-bought pies just don’t measure up when compared to homemade. Pie making is an art, a skill that should be treasured lest it be lost. Continue the craft, choose from one of the following.*

* Apple
* Peach

Turnovers/Hand-pies

*Working with enriched pastry is tricky and takes lots of practice. Chef Kel’s gentle guidance provides an encouraging environment for you to build skills as you learn to make fruit filled pastries. Choose from one of the fillings listed.*

* Blueberry
* Apple
* Peach
* Cherry

Shortcake with whipped topping and fruit sauce (blueberry or strawberry)

*Now this is a real classic. It may be homespun, but it’s a truly delectable dessert that involves several different skill sets. Chef Kel will guide you each step of the way, pointing out other uses of the same skills you will learn.*

Dessert Duo: Mini Cheesecakes and Buried Treasure Cakes

*Why serve one dessert when you can make your family and guests feel extra special with this selection of two sweet endings? Learn to make individual sized cheesecakes with hints of spice and mini fudgy chocolate cakes enclosing a sweet surprise. Both these desserts can be chilled to serve later. This is an excellent choice for a beginning baker.*

True Beginner Sweet Treats

*Let’s do a little baking! Each of these fun choices result in a homemade sweet treat. Made-from-scratch trumps store-bought any day, plus all sorts of skills are exercised when baking. Level 1 is the least complicated choice. These lessons are appropriate for any novice cook, including kids.*

* Level1: Simply White Cupcakes with Vanilla Buttercream and sprinkles
* Level2: Russian Teacakes OR Chocolate Sandwich Cookies
* Level3: Mini Molten Chocolate Cakes with berry sauce and whipped topping