



Suggested Class Topics!

Bar-B-Que: We will teach you a few shortcuts to a fall-off-the-bone Bar-B-Que pork ribs, pinto beans, corn bread, carrot slaw, and a grilled peach dessert.

Gluten Free 101: Learn basic techniques of baking and cooking without gluten. Whether you are celiac, gluten intolerant or sensitive, or are just trying to learn how to prepare foods with less gluten; this class is the perfect first step.

Mamma Mia! Bambini and their Mamma (or Papa) will have a blast making a classic Italian meal: spaghetti, marinara sauce, meatballs, garlic bread, and salad.

Small Bite, Date Night: Good things come in small packages. Tapas, hors d'oeuvres, appetizers, finger foods; no matter what you call them, it is fun to make (and eat) finger foods.

Thyme is of the Essence: Learn how to prepare a week's worth of dinners, in just a few short hours. A few staple ingredients prepared with a variety of herbs, spices, and cooking methods can keep dinner interesting night after night.

Gluten Free Favorites: Take the skills you learned in Gluten Free 101 and take it to the next level by learning a how to make a yeast risen cinnamon rolls, mac n' cheese, buttery croissants, and buttermilk biscuits or sweet shortbreads.

Holiday Brunch: Brunch makes weekend mornings marvelous, and it is not just the mimosas. Whether you're preparing a special meal for two or hosting an event for all your friends and family, learn a few recipes that are sure to delight your guests.

Processed to Paleo: Our ancestors had diets filled with lean proteins, fruits, vegetables, and healthy fats. We will teach you how to make healthier versions of your favorite (processed) foods without grains, legumes, sugar, or dairy.

Pescetarian Party: Pescatarianism is the practice of following a diet that includes fish or other seafood, but not the flesh of other animals. a focus on seasonal vegetables and fresh fish, you can

Vibrant Vegetarian: We will prepare a classic American meal using 100% meat free ingredients with a focus on seasonal vegetables, whole grains, fruits, eggs and dairy.



Southern Comfort: Take a trip down south with only a drive to our kitchen. We will prepare fried chicken, mashed potatoes and gravy, green, coleslaw, buttermilk biscuits and a cobbler.

Soup & Salad: The menu includes three soups, two salads, and one heck of a good time.

Pasta Perfection: Get your hands dirty while making two styles of savory pasta and sauces, plus a sweet pasta dessert.

The Guiding Knife: No matter how you slice it, practical knife skills are important! We'll teach you how to properly sharpen and maintain your knives, then safely slice, dice, chop, and mince food with confidence.

A Feast to be Thankful For: Classic thanksgiving feast with a flavorful twist you are sure to be thankful for. Turkey, citrus & herb stuffing, gravy, zesty cranberry sauce, green bean casserole, and pie!

Breakfast Basics & Beyond: The most important meal of the day deserves more than a cold bowl of cereal or a toaster pastry. Spruce up your breakfast menu with breakfast breads, potato crust quiche, root vegetable hash, pancakes and oatmeal crème brûlée.

One Pot Wonders: Learn to create less mess while cooking up a stew, macaroni n' cheese, quinoa pilaf, chicken and rice, and a simple stir and bake cake.

Oktoberfest: You don't have to cross the Atlantic to have authentic German cuisine. Enjoy a classic Bavarian pretzel, potato soup, sauerkraut, bratwurst, schnitzel, and beer!

Bread & Butter: Learn how to make several styles yeast and quick bread and creative serving applications with compound butters, gravy, and fruit preserves.

Desserts and Pastries: Brownies, cookies and cakes, oh my! Learn how to make your favorite treats