

## PARTICIPANTS PURCHASE INGREDIENTS

In our Virtual Cooking Classes, we prepare 2 courses, balancing passive and active cooking tasks so that multiple courses will be ready at once. Ingredients can be sourced from a typical grocery stores and we can recommend preferred brands and local resources if anything is hard to find.

The instruction is live and questions and conversation are welcomed throughout the class. Any instruction that needs to occur before the class, is shared in a Youtube video (ex. how to break down a chicken, measure ingredients for a crust, knife skills summary).

First Recipe (select one)	Second Recipe (select one)	Team Benefits
Risotto: Wild Mushroom, Squash & Sage, Milanese, Radicchio	<ul style="list-style-type: none"> <li>Autumn Vegetable Salad w. Persimmons, Pomegranates &amp; Toasted Walnuts</li> <li>Delicata &amp; Kale saute w. Walnuts</li> <li>French Apple Tart</li> <li>Chocolate Meringue Cookies w. Cocoa Nibs, Nuts or Chocolate Chips</li> </ul>	<ul style="list-style-type: none"> <li>Risotto is Gluten Free &amp; Vegetarian</li> <li>Opportunity to Chat while the risotto cooks</li> </ul>
Homemade Pasta from scratch- uses AP flour, olive oil & eggs	<ul style="list-style-type: none"> <li>Improvised Sauce- covering principles of flavor composition and allowing participants to customize</li> <li>ex Sauteed Greens, Tomato Sauce, Sardines &amp; Chile, Sauteed Mushrooms</li> <li>accompanying vegetable</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian</li> <li>Opportunity for colleagues to chat while we knead the dough</li> <li>Opportunity for competition, if the team likes</li> <li>Show &amp; Tell opportunity in selecting accompanying ingredients (share an ingredient from travels, insight into cultural background, just a favorite food)</li> </ul>
<ul style="list-style-type: none"> <li>French Mustard Lentils with -Seared Salmon</li> <li>- Pan-Roasted Chicken Breast or -Vegetables</li> <li>French Onion Soup w. Gruyere Gratin</li> </ul>	<ul style="list-style-type: none"> <li>Salad w. Avocado &amp; Mustard Vinaigrette</li> <li>Chocolate Souffle</li> </ul>	<ul style="list-style-type: none"> <li>Gluten Free or Vegetarian option</li> <li>Opportunity to learn all 3 proteins but participants will likely only prepare one</li> <li>- Fr. Onion Soup uses alcohol, beef stock (recommended) and flour</li> </ul>
<ul style="list-style-type: none"> <li>Grilled Fish Tacos -or-</li> <li>Chicken Tinga Tacos</li> </ul>	<ul style="list-style-type: none"> <li>Muddled Guacamole</li> <li>Roasted Sweet Potato &amp; Pasilla Chile w. Cotija Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Gluten Free</li> <li>option to be Vegetarian</li> </ul>
<ul style="list-style-type: none"> <li>Tortilla Espanola -or-</li> <li>Shrimp w. Chile &amp; Garlic</li> </ul>	<ul style="list-style-type: none"> <li>Spanish Garlic Soup</li> <li>Blackened Peppers w. Manchego &amp; Olives</li> <li>Warmed Dates w. Sea Salt</li> </ul>	<ul style="list-style-type: none"> <li>Gluten free &amp; Vegetarian option</li> <li>Recipes require few ingredients</li> </ul>
<ul style="list-style-type: none"> <li>Soft Gingerbread Cookies -or-</li> <li>Cranberry Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Peppermint Bark</li> <li>Chocolate Almond Toffee</li> </ul>	<p>Family Friendly Crisp can be Gluten free</p>

First Recipe (select one)	Second Recipe (select one)	Team Benefits
Root Vegetable Galette	<ul style="list-style-type: none"> <li>Bittersweet Chocolate Pudding</li> <li>Roasted Cauliflower w. Chile &amp; Garlic</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian</li> <li>Flexible with toppings, can also prepared with Apples or Pears</li> </ul>
<ul style="list-style-type: none"> <li>Cauliflower, Lentil &amp; Bacon Soup -or-</li> <li>Pear Butternut Squash Soup</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate Souffle</li> <li>Gruyere &amp; Black Pepper Popovers</li> <li>Goat Cheese Souffle</li> </ul>	Bacon can be omitted for vegetarian option
<ul style="list-style-type: none"> <li>Pistachios Crusted Seabass -or- Seared Seafood filets</li> </ul>	<ul style="list-style-type: none"> <li>Cauliflower w Capers &amp; Saffron Onions</li> <li>Charred Broccoli w. Chile &amp; Garlic</li> <li>Maple Balsamic Salad w Glazed Nuts</li> <li>Cranberry Apple Crisp</li> </ul>	Can advise how to prepare with chicken or vegetables if participants don't eat fish
Sweet Potato Biscuits	<ul style="list-style-type: none"> <li>Black Bean Chili</li> <li>Chicken, Orzo &amp; Lime Soup</li> <li>Stuffed Zucchini</li> <li>Cider Glazed Chicken or Turkey breasts</li> <li>Seared Brussels w. Maple-Mustard Glaze</li> <li>Softly Cooked Farro w. Brussels Sprouts</li> </ul>	
<ul style="list-style-type: none"> <li>Sake Marinated Salmon w. Shiitakes (or eggplant for vegetarians) -or-</li> <li>Tofu or Chicken Satay</li> </ul>	<ul style="list-style-type: none"> <li>Sesame Soba Noodles w. Seaweed &amp; Bok Choy</li> <li>Burmese Noodles w. Turmeric &amp; Spices</li> </ul>	Vegetarian option Gluten free
Homemade Bagels with Whipped Cream Cheese	<ul style="list-style-type: none"> <li>Homemade Granola</li> <li>Apple Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Family Friendly</li> <li>Vegetarian</li> <li>Opportunity to customize and be competitive</li> </ul>
Roasted Vegetable Strata	<ul style="list-style-type: none"> <li>Almond Toffee with Chocolate</li> <li>Buttermilk Pancakes w. Spiced Maple</li> <li>Softly Cooked Farro w. Poached Eggs (and Chicken or Sausage)</li> <li>Chocolate &amp; Cocoa nib Shortbread</li> <li>Freshly Squeezed Citrus Turmeric Drink</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian</li> <li>Gluten Free option</li> </ul>
Penne with Sausage & Tomato Ragu -or- Penne w. Roasted Squash & Sage	<ul style="list-style-type: none"> <li>Kale &amp; Delicata Saute</li> <li>Tricolore Salad w. Lemon Dressing &amp; Pomegranates</li> <li>Radicchio Salad w. Pears &amp; Gorgonzola</li> </ul>	<ul style="list-style-type: none"> <li>Participants can choose to prepare meat or vegetarian version</li> <li>Can be gluten free with GF pasta</li> </ul>

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Oven Roasted Chicken Shawarma	<ul style="list-style-type: none"> <li>• Za'Tar Roasted Carrots w. Carrot Green Pesto</li> <li>• Muhummara (Red Pepper &amp; Walnut Dip)</li> <li>• Smoky Eggplant Spread</li> <li>• Freekeh w. Pomegranates</li> </ul>	Gluten Free

## INGREDIENTS ARE PORTIONED & SENT AHEAD

Ingredients are portioned and shipped in advance through Flat Rate Priority Mail, from USPS. Participants must provide a mailing address at least 2 weeks before the class date.

We use top-quality ingredients, spotlighting our favorite brands and products. Option to prepare 1-2 courses and price will adjust accordingly.

Recipe	In Kit	Participant Provides
Homemade Bagels	Organic AP flour, fresh-milled Spelt flour, Barley Malt, yeast, Everything Bagel, Poppy & Sesame Seeds	Honey, accompaniments: ex cream cheese, smoked salmon, capers
Wild Mushroom Risotto	Acquerello Risotto Rice, Savory Choice Stock Packets, Parmesan Cheese	Onion or Garlic, Olive Oil, salt and pepper
Farro & Wild Mushroom Soup	Italian Farro, Dried Porcini, Thyme from Burlap & Barrel	Onion, Celery, Olive oil
Freekeh w. Mint & Pomegranates	Freekeh, fresh whole Pomegranate, dried mint	Olive oil, salt <i>option: Chicken for accompaniment</i>
Peppermint Bark	Theo, Guittard & Callebaut Chocolate, Candy Canes, Peppermint Oil;	Baking Tray with Parchment or silicone
Chocolate Meringue Cookies	Theo Chocolate, powdered egg whites, cocoa nibs	Baking Tray with parchment
Almond & Orange Flower Water Amaretti	Almond Meal, Orange flower water, powdered egg whites	Baking Tray, an orange or lemon (optional)
Chocolate & Cocoa Nib Shortbread	Flour, Cocoa Powder, Cocoa Nibs, Flaky Sea Salt, Guittard Chocolate	Butter (2 sticks)