

January –
May 2018

Class Schedule

140 N. Main St. Hudson, OH 44236
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A Note from Catherine St. John

Here we are already headed into 2018. Time indeed does fly. The store has added many new items such as bulk olive oils and balsamic vinegars, hand painted pottery from Tunisia, Staub cookware, T-shirts, and we plan to add more new items in 2018. Please stop by and take a look.

Class wise, we are continuing with the popular Parent & Child classes. We have also added a kids only set of classes on Sundays, a Kitchen Boot Camp series, and a few other surprises.

All classes, unless specified as kids/teen or Parent/Child, are for adults ages 18 and up. We will be adding this statement to our class descriptions going forward.

We have a new instructor in the kitchen too, Neelam Bhatia, who will be bringing the flavors of India to the kitchen. Welcome Neelam.

We are eternally grateful for all the support you have all shown us. We know there are many more places you can shop and attend cooking classes. We will continue to do our best to offer quality classes and products for your kitchen.

Catherine & Carl St. John





Culinary Building Blocks Certificate Program

Requirements: Culinary Building Blocks I, II, III, 12 part Kitchen Boot Camp series, Knife Skills, 3-Day Bread Workshop with Kathy Lehr; 12 other individual classes and four baking classes of your choosing (excludes Date Night classes). You will receive a certificate of completion at the end of each Culinary Building Block section, the 3-day Bread Workshop and the Kitchen Boot Camp series.

You need to take Culinary Building Blocks in order of I, II and III unless otherwise approved.

Payment: For the 5-day classes you need to place a non-refundable \$150 deposit to hold your place in class. The balance of \$475 is due **1 week before** class begins. If we do not have enough to run the class the decision to cancel will be made 1 week before class. If we cancel you may receive a refund on your deposit or apply it to other classes. All other classes need to be paid in full at the time of registration. To receive a class credit (no refunds) on your Building Blocks deposit we must have a cancellation from you **2 weeks before** the class begins.

Culinary Building Blocks I: French Basics Saturday – Wednesday January 27 - 31

In this five day workshop you will be cooking full coursed out French menus each day. We will be covering knife skills, organizational skills, multi-tasking, and French methods and techniques in the kitchen. Below are sample menus. Please know that menus are subject to change based on available ingredients. **These classes are a combination of demo and hands on.**

Catherine St. John, Weekdays 4:00 - 9:30 pm and Saturday & Sunday 10:30 am - 4:30 pm; \$625

Day One: Deviled Eggs; Cream of Mushroom Soup; Mixed Greens with Red Wine Vinaigrette, Pan Seared Pork Chops in a Mustard Cream Sauce; Baked Rice Pilaf; Saute of Asparagus; Chocolate Lava Cake w/ Raspberry Sauce and Fresh Whipped Cream.

Day Two: Baked Brie in Puff Pastry (learn quick puff pastry); French Onion Soup; Belgian Endive Salad with Blue Cheese and Toasted Pistachios; Chicken Provencal (Pan sauce of tomatoes, olives and basil); Roasted Garlic Mashed Potatoes; Roasted Baby Carrots; Spiced Poached Pears in Port Wine served with Creme Anglaise.

Day Three: Gougeres (cheese puffs); Soup au Pistou (French country vegetable soup); Celery Root Salad with Homemade Mayonnaise; Carbonnades A'la Flamande (beef braised with onions and beer); Parsley Potatoes; Braised Winter Greens and Crepes Suzette.

Day Four: Assorted French Canapes; French Garlic Soup with Poached Eggs; French Lentil Salad with Goat Cheese; Coq au vin (chicken braised in red wine); Fresh Hand Cut Noodles; Glazed Onions and Mushrooms and Apple Caramel Tart.

Day Five: Cheesy French Pinwheels (using our quick puff pastry); Tomato Soup with Grilled Cheese Croutons and Basil Oil; French Green Bean and Potato Salad; Salmon Baked in Parchment with Composed Butter and Creme Brulee.

Bring: 8" or 10" chef, paring and boning knives. (Note: most items are available for purchase in our store. You'll receive a 20% discount on items purchased for class in our store.) We also have knives for use in the kitchen.

Culinary Building Blocks II: World Cuisine Thursday - Tuesday March 1 - 5

This 5 day workshop will build on the methods and techniques learned in Culinary Building Blocks I: French Basics. You will be using a lot of the same techniques and methods learned in week one, but you will be applying them to different regions of the world. Please know that menus are subject to change based on available ingredients. **These classes are a combination of demo and hands on.** *Catherine St. John, Weekdays 4:00 - 9:30 pm and Saturday & Sunday 10:30 am - 4:30 pm; \$625*



Culinary Building Blocks II: World Cuisine

Day One: Italy: Antipasti Pasto Platter: Cured Meats, Cheeses and Marinated Vegetables; Focaccia Bread: Rosemary Garlic Parmesan; Minestrone or Passato di Zucca alla Mantovana (squash soup Mantua style); Lasagne Verdi alla Napoletano (green lasagne Naples style); Tiramisu.

Day Two: Middle Eastern: Hummus Kawarma (lamb) with Lemon Sauce; Homemade Pita Bread; Fattoush Salad (salad of cucumbers, tomatoes, toasted flat bread, herbs and yogurt); Barley Risotto with Marinated Feta; Codfish Cakes Braised in Tomato Sauce; Semolina Orange Marmalade Cake.

Day Three: Moroccan: Moroccan Olive Salad; Roasted Carrot Salad with Cumin and Harissa Dressing; Chicken Tagine with Preserved Lemons and Vegetables; Couscous and Almond Honey Cigars.

Day Four: Spain: Tapas: Mushrooms in Garlic Sauce; Shrimp in Garlic Sauce and Spanish Tortilla (potato and egg omelet); Paella with Chicken, Sausage and Mussels; Flan with Fresh Fruit

Day Five: India: Lamb and Mint Somosas; Homemade Naan Bread; Roasted Eggplant Dip; Oven Roasted Chicken Tikka; Roasted Butternut Squash Curry; Fresh Spinach Paneer; Spiced Dal and Saffron Rice; Mango Chutney and Apple Raisin Chutney.

Bring: 8" or 10" chef, paring and boning knives. (Note: most items are available for purchase in our store. You'll receive a 20% discount on items purchased for class in our store.) We also have knives for use in the kitchen.

Culinary Building Blocks III: Classic French Wednesday – Sunday April 25 - 29

This 5 day workshop will build on the methods and techniques learned in Culinary Building Blocks I: French Basics and Culinary Building Blocks II: World Cuisine. You will be using a lot of the same techniques and methods learned in week one and week two, but you will be applying them to these classic French dishes. Most of these dishes require a little more time and knowledge to prepare, but fear not we will have you ready to take them on.

Please know that menus are subject to change based on available ingredients. **These classes are a combination of demo and hands on.**

Catherine St. John, Weekdays 4:00 - 9:30 pm and Saturday & Sunday 10:30 am - 4:30 pm; \$625

Day One: Coquilles Saint Jacques (Scallops); Sweet Pea Soup with Mint; Seared Duck Breast Orange Sauce; Potatoes Anna with Duck Fat; Saute of French Green Beans with Almonds; Chocolate Souffle.

Day Two: Quiche Lorraine with Simple Greens; Saute of Shrimp in a Shrimp Bisque Sauce; Navarin of Lamb with Spring Vegetables (spring lamb stew); Tarte Tatin (upside down apple tart)

Day Three: Steak Tartar with Eggs, Capers and Toast Points; Escargot with Garlic Butter; Sole Meuniere (saute of filet of sole with a lemon butter sauce); Carrot Puree; Gratin Dauphinois; French Yogurt Cake with Fresh Fruit.

Day Four: Beggars Purses (small crepes filled with crème fraiche and caviar); Mixed Greens with Duck Confit and Raspberry Vinaigrette (confit is duck legs cured and cooked in its own fat); Vichyssoise (cold leek and potato soup with chives); Bouillabaisse (seafood and shellfish soup) with Garlic Toasts; Chocolate Pot de Creme.

Day Five: Chicken or Duck Liver Mousse with Cognac; Cheese Souffle; Choucroute Garni with homemade sausages (Casserole of pork, ham, sausages, cabbage and potatoes); French Lemon Tart.

Bring: 8" or 10" chef, paring and boning knives. (Note: most items are available for purchase in our store. You'll receive a 20% discount on items purchased for class in our store.) We also have knives for use in the kitchen.



Kitchen Boot Camp (KBC) **(Participation & Demo)**

Certificate awarded for taking all 12 classes.

In this 12 week series you will learn how to use your recipes as guide lines and open up your creative side. Each class will focus on a different cooking style or technique, while building on the previous class. While it is not necessary to take all 12 classes, it is highly encouraged. You will get the maximum benefit by taking all 12 classes. We will be covering not only how to follow a recipe, but also the “Need to Knows”, which are things recipes do not tell you. These are things every seasoned cook knows that recipes do not tell you. You will become a more confident cook and not feel so tied to recipes at the end of this series. These classes are designed to be part demonstration and part hands on. This will allow you to ease into the kitchen and build your confidence. **\$60/class or \$600 for all 12 classes.**

KBC Kitchen 101: Tuesday February 6

In this class we will introduce you to the kitchen. We will go over basic equipment needs, knives, Mise en Place (getting everything in place), and general organization, all while preparing an easy meal. We will begin our lessons in seasoning our food and basic cooking principals. Our menu will begin with a Winter Vegetable Soup with Barley; Our next lesson will focus on how to make a vinaigrette and we will create a mixed green salad with blue cheese, spiced candied nuts and orange sections; we will finish with a quick chicken saute with fresh vegetables. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Dutch Oven Cooking: Tuesday February 13

We continue tonight with how to use a Dutch oven. Most of us are familiar with enameled cast iron pots, but probably not familiar with all their uses. Tonight we will create some great cold weather dishes that warm you up and get your creative side going. We will start with a Carbonnade of Beef (Beef braised in bacon, onions and beer) served over noodles; next we will create a Vegetable Chili with Dutch oven cornbread and we will finish with a Dutch oven Apple Crisp. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Cast Iron Cooking: Tuesday March 6

Whether you have a cast iron skillet that was passed down to you, have a new one, or are looking to get one this class will give you some great ideas on how to use one. There is nothing better than breakfast for dinner on a cold winter night. The best way to use up leftovers in your fridge and pantry is to create a Frittata (large baked omelet) and serve with some crusty bread. Cast iron seared boneless Pork Chops with Apples, Roasted Potatoes and Shallots in an Apple Brandy Sauce; We will finish with a Deep Dish Cast Iron Skillet Pizza (we will have a variety of ingredients to make a few different kinds of pizza). *Catherine St. John, 6:30-8:30 pm, \$60*

KBC One Pan Dinners: Saute&Stir Fry:Tuesday March 13

Nothing is better than having everything in one pan for dinner. Less to clean up and easy to prepare. In this class we will return to some of the techniques in our first class and create the next level of dishes. Pan Fried Noodles with Chicken and Broccoli; Saute of Chicken with Mushrooms, Marsala Wine, Asparagus and Rice; Shrimp Fried Rice with Vegetables. *Catherine St. John, 6:30 - 8:30 pm; \$60*

KBC No Knead Breads: Tuesday March 20

When learning to cook you must also learn to do a little baking as well. Most people do not want to bake their own bread because they think it will be too hard and take too much time. You will learn 3 easy recipes tonight that will make you the star of the kitchen. We will be making Garlic Herb Focaccia Bread; No Knead Country White Bread and Garlic Rosemary Rolls. **Please bring 2 medium size bowls to take home some dough to bake.** You will also go home with baked bread (that is if you do not eat it all in class). We will provide butter, cheese and other spreads to try on your breads. *Catherine St. John, 6:30 - 8:30 pm, \$60*



KBC Pasta Pasta Pasta: Tuesday April 3

Creating the right sauce for the right shape of pasta can be a little tricky. You want the sauce to stick to the pasta and not slide off. We will take a look at dried pastas that are available at most grocery stores. We will then talk about how to pair the style of pasta with the right sauce. Then the fun comes when we will create 3 pasta sauces. All of these are quick and easy and will help you get dinner on the table in no time. Pair any of these pastas with a salad and fresh bread and dinner is done. Spaghetti ala Carbinara (bacon or pancetta with eggs and Parmesan cheese); Pappardelle (wide pasta) with slow roasted tomatoes, garlic, olive oil and basil; and we will finish with Orecchiette (otherwise known as Mexican hats) with Spicy sausage, onions and broccoli rabe. *Catherine St. John, 6:30 – 8:30pm, \$60*

KBC Risotto: Arborio & Beyond: Tues. April 10

This can be one of the most technically challenging dishes to make, but it does not need to be. Learning a few tricks of the trade will make this one of your favorite dishes to make. Not only will we made a traditional Risotto alla Milanese (Arborio rice, chicken stock, saffron and Parmesan), but we will look at a few ancient grains and make a Farro Risotto with Goat Cheese, Spinach and Cherry Tomatoes; and finish with a Barley Risotto in a thick Tomato Sauce topped with Marinated Feta. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Incredible Egg: Tuesday April 17

Eggs are in so many dishes beyond breakfast. Many chefs consider them to be the perfect food. Cooking them can however be a bit tricky. With a few tricks you too can become an egg wizard in the kitchen. We will cover scrambled, over easy, sunny side up and omelets. Along with that you will learn how eggs can thicken with custards: Creme Brulee and Flan. We will also make a few quiches with what we find in the refrigerator and pantry. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Mother Sauces: Tuesday April 24

Many people will judge a chef by the quality of the sauces they make. In classical French cooking the 5 Mother Sauces are key. This class will focus on learning these sauces: Espangole (brown sauce); tomato sauce; Bechamel (white sauce), Veloute (chicken stock based sauce) and Hollandaise (egg yolk and butter based sauce). Add any variety of ingredients to these sauces and you create a new sauce. Since this class is sauce based we will serve the sauces with a variety of proteins and vegetables. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Sauces of the World: Tuesday May 8

Now that you know how to make the classic sauces we will dive into the deep end of the sauce pool and create modern twists on the old school sauces. We will saute chicken and create a White Wine reduction sauce with garlic and herbs (French) ; Roast Chicken will be served with Chimichurri sauce (Argentinean green herb sauce with garlic, vinegar and chili flakes); Harisa (Moroccan red pepper based sauce); Fresh Fruit Salsa (we will use whatever fresh fruit is available and mix with lime, cilantro and chilies) and we will finish with a Caramel Sauce over Vanilla Ice Cream. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Fish Fillet: Tuesday May 15

This can be one of the most intimidating challenges of the kitchen. Most people tell me they only eat fish when they go out. In this class we will show you how to fillet a whole fish. This may never be something you actually do, but it is good to see at least once, so you know how it is done. The type of fish will depend upon what is available at the time of class. We will then pan roast the fish with a Lemon Caper butter; We will also make an easy spring Fish Soup with Garlic Croutons. *Catherine St. John, 6:30 - 8:30 pm, \$60*

KBC Into the Grill: Tuesday May 22

We will be doing our regular grilling classes in June and July, but this class will give you an intro to charcoal grilling and get you set for the Memorial weekend coming up! This class is weather dependent and we will be grilling outside in the back parking lot. If rain should be in the forecast note that we will still hold class, but we will use grill pans in the kitchen. There will be some going up and down stairs from the kitchen to the back lot. You will learn about direct heat grilling and indirect heat grilling and which is best depending upon what you are cooking. Learn how to make Bacon and Cheese stuffed beef sliders; Pizza Margarita (grilled pizza with tomatoes, basil and mozzarella); and Grilled Chicken Breasts with a Grilled Pineapple Salsa (we will serve these as street tacos).

Catherine St. John, 6:30 - 8:30 pm, \$60

Date Night NEW Themes!

Come have a fun and interactive night in the kitchen. Make new friends and eat some great food. Over the years this has become one of the most popular series we offer. Not only will you learn new recipes, it is more fun than just going to a restaurant. And the best part is we do the clean up. Please note the different times for Friday and Saturday nights. You do not need to be a couple to come to these classes just note they are sold in groups of 2. **Friday 6:30-9:30 pm and Saturday 6:00 – 9:00 pm; \$180 per couple unless otherwise noted. You may bring wine or beer to these events.**

Dim Sum Party: Friday January 19

While Dim Sum is usually reserved for the weekends at most Chinese restaurants we will make an exception and make a dinner out of it. Tonight you will learn how to make Shrimp Shumai (small steamed dumplings); Plum Chicken Baked Buns (plum chicken filling baked in a sweet dough); Shrimp Toasts; Char Siu Pork (Chinese-Style BBQ Pork) and Pork and Scallion Dumplings. All of our Dim Sum will be served with a variety of sauces. Chef Catherine will have a special dessert to finish off the night. *Catherine St. John; 6:30-9:30 pm; \$180 per couple*

Italian Nights: Friday February 2

Warm things up with this great Italian Style menu. We will start off with a few Italian-style small bites of Pancetta e Mozzarella (pancetta wrapped around a bite of mozzarella); Sundried Tomato Crostini with Garlic Herb Oil (crostini is little toast bites with a topping); we then move on to a shaved fennel salad with a lemon vinaigrette and Parmesan Chips; Our main course will be Braised Roman Style Chicken with Peppers we will serve this with a Risotto Milanese (saffron and Parmesan); We will finish the night with Zabaglione with Fresh Berries. *Catherine St. John, 6:30- 9:30 pm, \$180 per couple*

Mardi Gras: Saturday February 10

What better way to celebrate the upcoming Mardi Gras (February 13th) than with a Mardi Gras themed dinner? We will start off with Crawfish Fritters with a homemade Remoulade sauce; We will follow our fritters with a Wedge Salad with Hard-boiled eggs, Bacon & Blue cheese with a Herb Vinaigrette; now we will get down and dirty with some Cajun Dirty Rice and a Shrimp and Sausage Etouffee; and what better way to finish than with some Raisin and Cinnamon Bread Pudding with Whiskey Sauce? *Catherine St. John; 6:00-9:00 pm; \$180 per couple*

Valentine's Night: Cooking with Chocolate & Champagne: Wednesday February 14

This is a very special date night class as tonight we celebrate love. We will greet you at the entry to the kitchen with a complimentary glass of Champagne and a few appetizers to kick off the evening. Once everyone is settled we will commence with the cooking of dinner. Our menu will consist of a Salad with Fresh Raspberries, Goat Cheese and a Champagne Vinaigrette; our main course will be a Cocoa and Chili rubbed Pork Tenderloin served with Roasted Potatoes and Vegetables and we will end the evening with another glass of Champagne and a rich Chocolate Fondue with assorted dippers. *Catherine St. John; 6:30-9:30 pm; \$225 per couple*

St. Patty's Day: Cooking with Irish Beer & Whiskey: Friday March 16

What better way to celebrate St. Patrick's Day than with some Irish Beer and Whiskey? I think you all will have plenty of corned beef and cabbage so that will not be on our menu tonight. We will kick things off with an Irish Whiskey Cured Salmon served with capers, pickled red onions and crème faiche; we then move on to a Beer Cheese Soup served with an Irish Soda Bread; for our main course with will have a Whiskey Braised Beef with Garlic Mashed Potatoes and for dessert a decadent Guinness Stout Cake with a Chocolate Glaze. *Catherine St. John; 6:30-9:30 pm; \$180 per couple*

1950's Cocktail Party: Saturday March 24

Step back in time and enjoy an evening filled with throw back favorites from the 1950's. You will be greeted with a welcoming mini cocktail and a few nibbles to get the evening going. We will then get down to business and create some old time favorites that will never go out of style. Assorted Deviled Eggs (you will have a variety of toppings to create different flavors); Updated Pigs in a blanket (Chorizo Sausage wrapped in puff pastry) with a Mustard Dipping Sauce; Homemade Onion Dip served with Kettle Style Chips; Ramaki (bacon wrapped water chestnuts and chicken livers soaked in a soy marinade); Sweet & Sour Meatballs and Smoked Salmon Canapes. We will finish with a Rich Chocolate Mousse. **(dinner includes a maximum of 2 mini cocktails)** *Catherine St. John; 6:00-9:00 pm; \$200 per couple*

Vietnam – A Little Pho You a Little Pho Me: Friday April 6

Vietnamese food is very special and flavorful. This evening we will explore this very special cuisine. Roll up you sleeves and prepare to get your hands dirty as we make Fresh Vietnamese Spring Rolls (otherwise known as Basil Rolls) and served with a Sweet Chili dipping sauce; Green Papaya Salad (Sum Tom); the main event will be a Beef Pho Soup with all the fixin's; and Coconut Ice Cream with Fresh Mango. *Catherine St. John; 6:30-9:30 pm; \$180 per couple*

Date Night Greece: Saturday April 14

Having spent some time in Greece early in my culinary career has had a huge affect on how I cook. Greek food is meant to be served family style and is a great style of food to share with old and new friends. We will begin with a few mezes (there are much like Tapa's); Flamming Greek Cheese (Grilling cheese flamed with brandy and lemon) served with Pita Bread; Meloizanosalta (baked eggplant, onion, garlic and Evoo spread) served with Pita Bread; My Big Fat Greek Salad (Romaine lettuce with tomatoes, cucumbers, olives, red peppers, and red onions) with a Lemon Dill Dressing; our main course will 2 of the most popular dishes in Greece, Pastitsio (layered pasta casserole) and Moussaka (layered meat and eggplant dish); Dessert will be a traditional Galaktoboureko (Greek phyllo custard pie). *Catherine St. John; 6:00-9:00 pm; \$180 per couple*

Japanese Dinner Table: Friday May 11

Japanese food holds a special place in my heart. The dishes we will be cooking tonight are more of what you would find in a Japanese home vs a high end sushi restaurant. We will start with Miso Soup with Spinach and Tofu; Seaweed Salad; and Pickled Cucumbers; each person will then make a Spicy Tuna Maki Roll; Our main course will be a Pork Katsudon (breaded pork cutlet fried and served over rice with vegetables and a fried egg); and to end the night we will serve a Castella Cake (Japanese sponge cake). *Catherine St. John; 6:30-9:30 pm; \$180 per couple*



French Laundry a Re-creation: Saturday May 19

The French Laundry in the Napa Valley has long been on my Bucket List of places to eat before I die. I did have the chance to go when I was in Cooking School back in the early 1980's and enjoyed a tour of the kitchens and a picnic lunch in their garden. But a lass not many of us can now drop several hundred dollars per person on what I am sure would be a dinner of a life time. Tonight we will cook by the book and recreate some of the dishes found in this great book "The French Laundry Cookbook". We will start with Potato Blini with Roasted Sweet Peppers and Eggplant Caviar; we will then have a Puree of English Pea Soup with White Truffle Oil and Parmesan Crisps; Salad of Haricots Vert (French baby green beans), Tomato Tartare and Chive Oil; our main course will be Roasted Rib Eye Steak with Wild Mushrooms, Pommes Anna, and Bordelaise Sauce and we will end with Peanut Butter Truffles. *Catherine St. John; 6:00-9:00 pm; \$200 per couple*

Bread with Kathy Lehr

French Bread Workshop: Saturday February 24

This class will give you a formula to create any bread you desire! Follow Kathy Lehr through the basic chemistry of what happens when you combine yeast, flour, water and salt. Once these are mastered, you should be producing beautiful and tasty breads! You'll also learn all about various grains and how they react to yeast. There are many tips for the busy, working person and how to eliminate many of your fears and misconceptions. You will have the opportunity to shape and bake a perfect French loaf (a batard) as well as make the dough to take home and bake in your own oven. To accompany our chewy French loaves you will see how to make a Caesar salad using your leftover (if there is any!) stale bread. *Kathy Lehr; 10:00 am – 1:30 pm; \$80. Bring: gallon sized ziplock bags or medium bowl (to take home your doughs), and lunch sized brown paper bags (to take home your baked breads).*

Whole Wheat Bread for Beginners: Saturday March 10

You can learn how to easily make healthy, whole grain breads in this class. Are you tired of these airy, tasteless supermarket breads that claim to be

"healthy" but are merely a step above "cotton bread"? We will begin by making a delicious Seven Grain Bread, one that has some substance!! Next you'll learn how to take a basic honey, whole wheat and add bigger flavors in the paned Whole Wheat Bread. Lastly, we will be making Wheat Pita. At the end of class, you will be making one of these doughs to take home. Please bring a medium size bowl for your dough. *Kathy Lehr; 10:00 am – 1:30 pm; \$80. Bring: gallon sized ziplock bags or medium bowl (to take home your doughs), and lunch sized brown paper bags (to take home your baked breads).*

Stromboli, Focaccia, and Calzone: Saturday April 7

The importance of learning how to make one dough and have it versatile enough to turn into three different breads is the basis of this class. You will find by aging the dough in the refrigerator, it can intensify the flavor! Kathy will take this dough and make a basic focaccia. Then you will shape your own individual Stromboli and fill it with delicious Italian meat and cheeses. Finally you will make a Spinach Ricotta Calzone using the same dough. The class will end by each of you making a batch of dough to take home to use to create more delicious Italian breads for your family and friends. *Please bring a medium size bowl to take home your dough. Kathy Lehr; \$80; 10:00 am - 1:30 pm*

Scones, Biscuits, and Biscotti: Saturday April 21

Sour cherry and pecan scones will be a great start to these non yeasted quick breads. You will learn how important the right flour is for making the flakiest biscuit ever (which can also become your shortcake for strawberries or peaches!) Lastly, you will enjoy many a cappuccino with these lemon almond biscotti. *Kathy Lehr; \$80; 10:00 am - 1:30 pm*

3-Day Intensive Bread Workshop: Friday - Sunday May 4 – May 6

Kathy has assembled a three day workshop for you with some of the favorites in the five day intensive class along with a few others. This will involve working with doughs using the “straight” method as well as some adding “bigas” and “sponges”. Some will be of the artisan style and others will be using sweet doughs. This workshop is designed to help even a person with little or no bread experience to learn how to become a confident person working with yeasted products. Each day will include working with Classic French Bread but will expand on techniques both in shaping and in doughs. Some of this breads included in this three day class are Challah, Cibatta, Brioche, Rye, Olive Rosemary, Sticky Buns, Biscuits, Popovers, English Muffins, Fougasse, Calzones, Tuscany Saltless Bread and much, much more. You will have the opportunity to take French Bread dough home to bake and thus, Kathy will be able to help you with your personal oven problems as well as shaping and slashing techniques. *Kathy Lehr; Friday 4:00-9:00pm; Sat/Sun 9:30 am – 4:00 pm; \$450; \$150 deposit with balance due 1 week before workshop.*

NEW! Kids Kitchen Boot Camp (Kids KBC)

We have been asked for a long time now to have a more serious set of classes for kids. So here you go: In Kitchen Boot Camp for Kids **ages 10-15** we will teach them knife skills, organizational skills, how to read a recipe, how to be confident in the kitchen and most important of all how to clean as they go and work in a clean work area. Each Sunday will build off of each other. While it is not necessary to take all 6 classes your pint sized chef will get the most out of each class if you take the whole series. **\$50 per class or \$250 for the 6 class series. Ages 10-15; Please bring containers to each class to bring home left overs.**

Kids KBC: Knife Skills Taco Style: Sunday January 21

In this class we will start with many of the basics of the kitchen. We will go over equipment needed for

a well stocked and organized kitchen. We will then move on to knife skills while they slice, shred and dice their way to an all time favorite Taco Bar. We will make all the fixen's for a beef and Chicken Taco bar with shredded seasoned beef & chicken, shredded lettuce, diced tomatoes, diced onions, homemade salsa and guacamole. *Catherine St. John; 1:30 - 3:30 pm; \$50*

Kids KBC: Brunch: Sunday February 4

Cooking Eggs can be a bit tricky, but with the right skills the possibilities are endless. We will learn how to Scramble, Fry and make omelets with a variety of ingredients available to create their own style. We will also be making breakfast potatoes (continuing with knife skills) and have a fruit smoothie bar. *Catherine St. John; 1:30 - 3:30 pm; \$50*

Kids KBC: Soups: Sunday March 18

Get the whole family on board with these comforting soups. We will start with a Homemade Chicken Noodle Soup; we will then make our own Cream of Tomato Soup with Grilled Cheese Sandwiches. *Catherine St. John; 1:30 - 3:30 pm; \$50*

Kids KBC: Bread: Sunday April 8

There is nothing like fresh baked bread and once you learn a few tricks you won't want to buy bread in the store again. Because of the nature of baking bread we will have to work backwards in this class. We will have dough made ahead of time so we can shape, rise and bake each bread. Students will be making the doughs at the end of class so please bring 2 medium bowls to take them home. We will be making a No Knead Garlic Herb Bread and Fan Butter Rolls. *Catherine St. John; 1:30 - 3:30 pm; \$50*

Kids KBC: Pasta Pasta Pasta: Sunday April 22

I don't know too many people who do not love pasta and if I remember correctly most kids do. We will explore different types of pasta and what sauce goes with which one the best. We will learn how to make a Classic Spaghetti and Meat Sauce; Homemade Stove Top Macaroni and Cheese; and Penne Pasta with a Creamy Garlic Sauce.

Catherine St. John; 1:30 - 3:30 pm; \$50



Kids KBC: Something Sweet: Sunday May 20

We will end our Kitchen Boot Camp with something a little sweet. In this class we will be making Fresh Fruit Turnovers (fruit will depend upon what is available); Rich Chocolate Brownies and Triple Chocolate Chunk Cookies. *Catherine St. John; 1:30 - 3:30 pm; \$50*

NEW! Bringing Indian Flavors in Your Own Kitchen...

Explore and Experience a World of Exciting New Flavors Through this Series of Classes.

Have you ever wanted to cook true authentic Indian food at home? Well, here's your chance to learn from someone who is a self-taught "expert." Neelam Bhatia has been cooking the food she loves from her native India for friends and family for years. Now she is taking her extensive knowledge of blending spices and homestyle cooking to the culinary classroom. Neelam will show you how to blend spices to create your own aromatic garam-masala, delicious curries; and other traditional Indian dishes.

No fear, no fuss. Simple home style cooking with fresh and aromatic ingredients for healthy and delicious meals.

Introduction to Spices and Chutneys: Wednesday January 10

No longer do you have to buy pre-made ground garam masala and chutneys. In this class you will learn the ins and outs of making your own signature spice blends and sauces from scratch. The fragrance will fill your house with spices and aromas from far away.

Spices – special attention to Garam Masala;
Chutneys – Cilantro-Mint, Coconut and Tamarind
Top the evening with Aaloo Tikki (spicy potato cakes) served with Elaichi Chai (tea flavored with cardamom) ;** and if time, allows we will also make Lemon/Green Chilies Pickle.** *Neelam Bhatia; 6:30-9:30 pm; \$75*

Better Take Sides: Vegetarian Wednesday January 24

Fresh Vegetables are the star and take center stage in this class. See how you can add your own spicy twist to vegetables to go from bland to packed full of flavor. Gobhi-Aaloo (Cauliflower and Potato with Onion/Ginger/Garlic); Jeera Aaloo (Potatoes with Cumin and Mango Powder); Bhartha (Baked Eggplant with Onion/Tomato/Cilantro); Bharay Baingun (Mini or Italian Eggplant stuffed with an amazing spicy mixture). *Neelam Bhatia; 6:30-9:30 pm; \$75*

Curry a Favor: Wednesday February 7

The focus here is on color, texture, and flavor of mouth-watering curries from both the Northern and Southern regions of India. Consistently delicious, these dishes turn everyday food into an explosion of taste and aroma. Chicken Curry (traditional Punjabi style with onion/ginger/garlic and tomatoes); Chick Pea Curry (the main dish if serving a vegetarian meal); Dal (Either Red Lentils or Yellow Moong Beans); Shrimp Curry (Southern Indian style with Coconut Milk and Curry Leaves). *Neelam Bhatia; 6:30-9:30 pm; \$75*

Delectable and Incredible Paneer: Wednesday February 21

The spotlight is on making the famous Indian cheese - Paneer, the star in many appetizers, side dishes and desserts. This versatile homemade cheese is delicious cooked with sugar and spice! Learn how simple it is to make your own Paneer from scratch, and enjoy it as fresh cheese served with wine, a snack, side dish or a dessert. Paneer Cutlets with Rice ; Saag Paneer; cooked with Spicy Spinach Mattar Paneer ; cooked with Peas; and finish with Rasmalai; a popular dessert flavored with cardamom and saffron. *Neelam Bhatia; 6:30-9:30 pm; \$75*

NEW! The French Connection

This series of classes will focus on French Bistro cooking. When people think of French food they think fancy, expensive and long hours in the kitchen preparing several recipes just so you can complete one recipe. This is not so. While it might take a some thought and planning true French food is simple and based in what is in season, fresh and full of flavor. We will explore, cook and taste some classic recipes and some that are inspired by the French way of cooking.

Bistro Classics: Wednesday March 7

In this introduction to Bistro cooking we will focus on some classic recipes that will give you a foundation of recipes to build from. We will start with a Salade Lyonnaise (Lardons of bacon, and a poached egg that sits upon a large garlic crouton); we will progress to a perfect Roast Chicken with a Herb, Lemon and White Wine Sauce; we will serve our roast chicken with Haricots Verts (baby French green beans) sauteed with Brown Butter and Toasted Almonds; Parsley Potatoes and we will finish with a Rich Chocolate Mousse. *Catherine St. John; 6:30-9:30 pm; \$75*

Mid-Winter Bistro Favorites: Wednesday March 14

This menu is sure to warm you up and give you comfort on a cold winter night. We will begin with a French classic Soupe Garbue (this soup utilizes whatever you may have in the kitchen; bits of ham, vegetables and is made with water and builds it's own stock while cooking) serve with a light salad and some crusty French bread and it can make a hearty meal all on it's own. We will then continue to our main event; Steak Diane (for those who remember this was often made table side and finish with a flame of brandy) served with a Gratin of Root Vegetables and a Saute of Wild Mushrooms with Thyme; we will top everything off with a classic Tarte Tatin (upside down caramel apple tart) served with fresh whipped cream. *Catherine St. John; 6:30-9:30 pm; \$75*

French Comfort: Wednesday March 21

These French dish are sure to make everyone happy and full. We will start with a classic Bacon and Onion Tarte with a simple Mixed Green Salad

(This also makes a great lunch or light dinner); Coq au Vin (chicken cooked in red wine) is a very traditional bistro dish, but usually made with an old stewing hen. We will up date this dish and make a quick version using boneless, skinless chicken thighs. We will serve our Coq au Vin with Homemade Hand Cut Noodles, Glazed Mushrooms and Pearl Onions. We will finish with a Blueberry Clafoutis (a light cake or flan like batter poured over blueberries and baked) served with powdered sugar and cream. *Catherine St. John; 6:30-9:30 pm; \$75*

Spring Time in France: Wednesday April 4

Spring time in France is a favorite time of year as everything is new after a cold winter. While the weather is not yet hot we can still enjoy comfort food with a fresh twist. We begin with a chilled Watercress Soupe and a Rillettes of Salmon with Garlic Croutons (Rillettes is like a salmon spread); Navarin of Lamb is a wonderful Spring Lamb Stew with fresh Peas and a Baked Rice Pilaf. We will use Ohio Lamb so it will not be as strong in flavor. And what would a French meal like this be without a classic Crepe Suzette to finish everything off. We will even flambe in Brandy and Orange Liqueur. *Catherine St. John; 6:30-9:30 pm; \$75*

Individual Classes

Knife Skills: Saturday January 20:

This class will focus on the proper knife skills that will change the way you prep for your meals. We will be talking about the right knife for the right job, how to hold your knife and how to be more efficient with your knife work. This can make all the difference in the world. We will be working with onions, carrot, celery and potatoes. These are the perfect vegetables to work on mastering your skills. We will be making a few dishes with your cut vegetables, but there will be extra to take home, so please bring several quart size zip-lock bags so you can take them home. ***Please bring an 8 or 10 inch chef's knife with you. Don't have a knife? If you are looking for a new knife you can apply your 15% class discount. You are also welcome to use one of ours.*** *Catherine St. John; 11:00am - 1:30pm; \$75*



Pierogi Workshop: Monday January 22

Now you can learn all you need to know to make your own creative fillings and the secrets to a great dough. Fillings – what is good in a pierogi? Are your fillings the right consistency? Will fillings leak out of the pierogi? Dough – is dough soft yet elastic? How do you make vegan dough? Rolling dough – how to use a dough roller or rolling pin to get dough thin but not too thin. Filling pierogies – how to keep the filling inside and how to pinch them. Autumn will also cover pierogies that explode in the pot or stick to the bottom, and show you how to sauté, describe how to steam, bake, deep fry and boil pierogies. **Please bring a container to take home any pierogies you do not eat.** *Autumn Johnston (The Pierogi Lady); 6:30–9:00pm; \$75*

Sushi Workshop: Saturday February 3

Have you ever wondered how to make sushi? Think it would be nice to make sushi at home with your friends and family? Maybe have a sushi party at home? Come learn how to make this very popular dish and what equipment you will need to make it. We will cover ingredients, equipment and technique in making sushi. Once you learn how to make the rice and the techniques for rolling, the combinations are endless. California Roll (krab, cucumber and avocado); Spicy Tuna Roll (tuna with a sriracha mayo); Kappa Maki (cucumber roll); Smoked Salmon Asparagus Roll; and Avocado Mango Roll. We will be learning a traditional style roll and an inside out roll **Please bring a container to take home any extra sushi.** *Catherine St. John; \$80; 12:30-3:30 pm*

Mozzarella Making: Sunday April 15

The lost art of cheese making is making a comeback in today's DIY kitchen. Although a certain mystique surrounds the concept of making cheese at home, the effort is as simple as following a recipe. Making cheese in your own kitchen can be a gratifying experience and a fun family adventure. In this hands-on workshop, simple, delicious mozzarella cheese will be made using common kitchen equipment and ingredients. We'll make Pesto-Stuffed Mozzarella and Mozzarella Roulade filled with Prosciutto and Basil. Abbe will also show you how to make a simple, homemade,

fresh Ricotta Cheese. **BRING: a pair of cotton lined dish gloves and a container to take home your cheese.** *Abbe Turner (Lucky Penny Farm and Creamery); 1:30-4:30 pm; \$75*

Parent/Child Classes (PC)

Come spend a fun few hours cooking with your kids. Over the past few brochures these classes have sold out and become very popular. *Please note that these classes are sold in groups of 2 and we limit classes to 5 to 6 pairs (10-12 people depending upon the class).* **Kid Ages 7-13; Parents and Grandparents of any age.**

NEW! PC Intro to Sushi Making: Sunday January 7

This is one of our most popular adult classes so why not get the kids involved and learn how to create your own sushi bar at home. You will learn how to make the rice and learn about all the other ingredients you need to make this popular Japanese food at home. You will learn how to make California Roll; Vegetable Maki; and a Shrimp and Mango Roll. **Please bring a container to take home any rolls you do not eat in class.**

Catherine St. John; 1:30 - 4:00pm; \$100 per pair. Children ages 7 – 13.

PC Italian Feast: Sunday February 11

Back by popular demand! The last time we ran this class it sold out twice with a wait list. So we have decided to bring it back. We will start with a Family-style Italian salad with homemade Italian dressing and loads of toppings; We will then make Giant Ricotta Meatballs simmered in sauce. We will serve our meatballs in warm soft Italian rolls to create Meatball Subs. We will also make Three Cheese Lasagna Roll Ups with a White Sauce. Bring a big appetite! *Catherine St. John; 1:30pm-4:00pm; \$100 per pair. Children ages 7 – 13.*

PC Grilling Party: Saturday May 12

As summer approaches and the weather gets warmer it is time to break out the grill. We will be making pizza on the grill (we will have a variety of toppings to choose from); Grilled Caesar Salad; and Classic BBQ Chicken with homemade BBQ Sauce. *Catherine St. John; 1:30pm-4:00pm; \$100 per pair. Children ages 7 – 13.*



NEW! Tour of Asia

In this new series we will take a culinary tour of some of the most popular Asian cuisines. Put your travel apron on and learn how to make some new and old world dishes that will be sure to shake up your normal kitchen and meal routine.

Tour of Thailand: Wednesday May 9

In this class we will learn how to make some Thai classics. We will start with crispy fried Shrimp Thai Spring Rolls with a Sweet Thai Dipping Sauce. These can be made by the bag full, frozen and fried when ready to eat. We will then move on to Thai Chicken Thighs with Hot-Sour-Salty-Sweet Sauce with Thai Fried Rice and we will finish with Vegetable Pad Thai Noodles. *Catherine St. John; 6:30-9:30 pm; \$75*

Tour of Vietnam: Wednesday May 16

Vietnamese food is gaining popularity here is the states with all the Vietnamese Pho restaurants opening up. We will begin with a few small bites by making Vietnamese Chicken Meatballs in Lettuce Wraps; Fresh Vietnamese Basil Rolls (using rice paper); a Beef Pho soup with all the trimmings and learn how to make Cold Brewed Iced Coffee. *Catherine St. John; 6:30-9:30 pm; \$75*

Tour of China: Wednesday May 23

This is one of the most popular take out foods in America. In this class you will learn how to make some of your favorite dishes. We will begin with a few popular Dim Sum favorites. Char Siu Bao (baked BBQ pork buns); Shrimp Shumai (pan fried and steamed open shrimp dumplings); Hot & Sour Soup; and Hoisin Glazed Roast Duck with Green Onions and Chinese Pancakes. *Catherine St. John; 6:30-9:30 pm; \$75*

Tour of Philippines: Wednesday May 30

Filipino food is like no other in Asia. Because of the long occupation by Spain there are many Spanish influences in their food as well as Malaysian. We will explore many new flavors in this complex cuisine. Chicken Lumpia with Dipping Sauce (Filipino egg rolls); Pancit Palabok- Pan Fried Broken Noodles with Chicken, Shrimp and Vegetables; Chicken Adobo with Steamed Rice; and Bibingka (Filipino Coconut Cake). *Catherine St. John; 6:30-9:30 pm; \$75*



In the WRSOC Kitchen

Catherine St. John, Owner/School Director of WRSOC. Catherine is a 1984 graduate of the Tante Marie's School of Cooking located in San Francisco and has worked in the culinary field for over 30 years as an Executive Chef, teacher, caterer, consultant and personal chef. Catherine has been teaching at WRSOC for 20 years. Catherine also worked on the WRSOC cookbook *Famous Chefs & Fabulous Recipes: Lessons Learned at one of the Oldest Cooking Schools in America*, and appears on Fox 8 in Cleveland. She has done numerous interviews on cooking with *Cleveland Magazine*, *The Plain Dealer*, *Akron Beacon Journal* and on WKSU's *Quick Bites* with Vivian Goodman. Catherine is also featured in Cleveland's TV20 show *Kitchen 216*.

Kathy Lehr Kathy is an educator, restaurant consultant, and bread expert. She was mentored by French Chef Danielle Forrester and has been teaching at WRSOC for over 20 years. Kathy was trained by Zona Spray and is a graduate of WRSOC. Kathy has also received training from Jeff Hamelman and James MacGuire, both leading bread authorities. Her DVD, *Classic French Bread and More...* takes you step by step through the art of bread making.

Abbe Turner Abbe Turner is the milkmaid at Lucky Penny Farm, a family farm and dairy, and the cheese maker at Lucky Penny Creamery in Kent, Ohio. There, the fresh goat and sheep milk produced from Ohio family farms is handmade into artisan cheeses such as Chevre, Feta, Ricotta, award winning sweet Cajeta caramel sauce and other wholesome dairy specialties. Turner studied her craft at University of Wisconsin-Madison. She is a board member for Innovative Farmers of Ohio (IFO), a council member for the OARDC Ag-Bio Leadership Council and a founder of the Ohio Sheep Milk and Cheese Initiative. Dedicated to shortening the distance from farm to table, Turner promotes and supports local foods and entrepreneurial agriculture particularly for women farmers. Together with her husband Anderson, they raise three children at Lucky Penny Farm. Most

days find them trying to balance family, farm and a small business with humor and grace. She is happiest wearing muck boots and drinking coffee. See www.luckypennyfarm.com for pictures and details.

Autumn Johnston Autumn Johnston began cooking at the age of five in her grandmother's kitchen. Her grandmother taught her how to make Polish classics such as pierogies, dumplings and pagash, along with classic American cooking. At the age of 16 she began working in several Ohio restaurants. She attended culinary school in Las Vegas and worked for years in "the front of the house," managing corporate and family restaurants. In 2009 Autumn opened Posh Pierogies and then The Pierogi Lady. The Pierogi Lady now offers over 50 varieties of pierogies, 16 varieties of vegan pierogies and other ethnic meals such as cabbage rolls, chicken paprikash, halushki, a variety of soups, as well as a full catering menu.

Neelam Bhatia Neelam's entire culinary experience has taken place in her own kitchen, cooking for family and friends, and an occasional foe (she just can't say "no"). Her cooking mantra is – delicious, simple, and straightforward. She's most comfortable with Northern Indian (Punjabi) cuisine, which also happens to be the most popular cuisine on restaurant menus. A retired teacher, Neelam has moved on to her next passion and continues her love to share, teach and learn from current and future culinary friends. She is excited about her new business venture – "Spicy by Nature"- about educational excursions and private cooking lessons.