

Cooking Class Schedule & Events July 2012

It's not too late for
your teen to join us!

TEENS SUMMER COOKING CAMP

Week-long, hands-on
cooking class sessions
available all summer!

See inside for details.



240 Route 17 North
Paramus, NJ 07652
(201) 576-0100



45 S. Central Ave
Hartsdale, NY 10530
(914) 328-1376

The Culinary Superstore & Cooking School

Welcome to the Chef Central Culinary Center!



Our staff of culinary graduates and food service professionals is here to offer you a broad array of cooking classes, private events, and special events designed to appeal to aspiring cooks of all ages. We consider the quality and content of our culinary program to be second to none and the feedback we have received from past participants reinforces that belief.



This schedule outlines our July 2012 events and classes.



Teens Summer Cooking Camps

Week-Long Cooking Classes for teens ages 11-17
Both Store Locations: June 25 through August 31

Sign your teen up now for a summer of culinary fun. They'll leave here with a wealth of invaluable cooking skills, their own culinary school-worthy toolbox and a notebook full of camp recipes they can re-create at home. Price varies by camp. Choose from Basic Cooking, Basic Baking, Advanced Baking, Masters Camp and Italian Camp I or II. Details, menus and registration can be found on our June through August calendar pages at www.chefcentral.com.



Cooking for Kids & Cooking for Big Kids Programs

Cooking for Kids ages 3-5, \$15
Available in both Chef Central Locations year-round

Cooking for Big Kids ages 6-10, \$20
Available in both Chef Central Locations year-round

Interactive, hands-on classes for kids ages 3-5 or 6-10. Classes are held multiple times each month, and each lasts approximately one hour. This month features Chocolate Cherry Biscotti, Pear & Almond Tarts, Pizza, Spinach Salad, Chinese Dumplings and even Panettone Bread Pudding! See calendar for class dates and visit our website for registration and cancellation policy.



Knife Basics Class

Adult Hands-On Class, \$50:
Both Store Locations July 6 at 6:30pm

When you look at a recipe in a cookbook, are you intimidated by all the prep work involved? Learning proper knife skills will help to alleviate these concerns, shorten your prep time and broaden your culinary repertoire. Chef Central's adult knife skills class is a comprehensive 2 hour hands-on class that has been featured in The Record of Bergen County. The class is divided into two parts. Half the class is devoted to teaching students about the care and maintenance of knives, while the other half takes students into our demo kitchen to practice proper holding and cutting techniques. Graduates often find that cooking doesn't have to be drudgery, especially if you can shorten your prep time by enhancing your knife skills. Sponsored by Shun Cutlery.



Cold Soups & More

Adult Hands-On Class, \$65
(Paramus, NJ) July 10 at 6:30pm

Cold soups can be a pleasant summer surprise for your dinner guests and a welcome break in the food prep schedule for your next dinner party. Everyone is probably familiar with the classic potato and leek soup, called vichyssoise and the Spanish summer soup called gazpacho. With a little creativity and some fresh vegetables, you can break out of the two-soup rut and impress your guests and family with an exciting new bill of fare. In this completely hands-on class, our Chef will work with students in preparing the following cold soups and sides: Cucumber Soup, Carrot and Orange Soup, Strawberry Soup, Gougeres, and Cheesy Crackers.



Barbeque Ribs

Adult Hands-On Class, \$65

(Paramus, NJ) July 11 at 6:30pm

Barbeque ribs are a mainstay of the American comfort food diet. From Kansas City to Charleston, barbecue restaurants are rated on their ability to produce smoky, flavorful renditions of ribs. With smokers the size of locomotives, barbecue chefs have mastered the art of consistently cranking out mountains of savory offerings to please the hungry masses. Without the aid of such elaborate rigs, what are the home cook's chances of competing with the pros? The truth be known, home cooks can produce a reasonable facsimile of the restaurant version of barbecue ribs without ever setting foot outdoors or firing up the barbecue pit. In this hands-on class, our chef will show you how to use a stovetop smoker and a pressure cooker to prepare fall-off-the-bone barbecue ribs and the following: New Potato Salad, Leafy Cole Slaw, Mama's Buttermilk Biscuits, and Strawberry Shortcake.



Sushi Making I & II

Adult Hands-On Classes, \$50 each

Sushi I (Hartsdale, NY) July 11 at 6:30pm

Sushi II (Paramus, NJ) July 18 at 6:30pm; (Hartsdale, NY) July 25 at 6:30pm

If you've ever been to a sushi bar and wondered what it would take to prepare your own rolls at home, at Chef Central we'll show you how. Our two hands-on classes will take you through the step-by-step procedure for preparing restaurant quality sushi. Sushi I covers the preparation of sushi rice, the proper use of a sushi press and how to use a rolling mat to prepare small rolls and "inside-out" rolls. Once you've mastered these techniques, it's time to enroll in Sushi II. In this class, students cut their own fish and prepare three of the most popular and artistic styles of sushi: Nigiri, Unagi and Temaki, or "hand-rolled" sushi. At the end of the class, students will use the knowledge from both classes and the materials on their cutting boards to prepare their own creations. Sponsored by Zojirushi.



Latin Fiesta

Adult Hands-On Class, \$65

(Paramus, NJ) July 17 at 6:30pm

As in many other cuisines, the essence of Latin American cooking begins with the ingredients. Some of the more prominent ingredients that are native to the Western Hemisphere and widespread in their use are corn, potatoes, tomatoes, plantains and spicy chilies. Combined with rice, these are the ingredients that form the heart of Latin American cooking. A few of the countries that are major contributors will be explored in this hands-on class. Students will work with our Chef in preparing the following menu: Ropa Vieja (Shredded Beef in Tomato Sauce from Cuba), Papas Chorreadas ("Spilled" Potatoes from Colombia), Tostones (Fried Plantains- many regions) and Polvorones (Mexican Wedding Cake Cookies).



Tour of Italy: The Tuscany Region

Adult Demo/Class, \$50:

(Paramus, NJ) July 31 at 6:30pm

Adult Hands-On Class, \$65:

(Hartsdale, NY) July 31 at 6:30pm

Without a doubt, the region of Italy that Americans are most familiar with from the standpoint of culinary art is Tuscany. Through a combination of self-promotion, beautiful landscape and irresistible cuisine, Tuscany has emerged as one of America's favorite destinations for culinary tours of Italy. That popularity is reflected in the number of restaurants in the U.S. that boast of Tuscan cuisine. Join us at our demo class in Paramus, or our hands-on class in Hartsdale to learn the following recipes: Panzanella (Summer Bread and Tomato Salad), Summer Risotto with Basil, Sage, Cheese and Tomato, Calamari all' Inzimonio (Braised Squid with Chili, Greens and Tomatoes) and Schiacciata con l'Uva (Florentine Flatbread with Grapes).

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From event info and new products to cooking class photos and fun culinary news, our page is the place to stay on top of what's happening at Chef Central, and in the food world. [Facebook.com/chefcentralinc](https://www.facebook.com/chefcentralinc)



Tweet, Tweet!

We're tweeting about everything! See live photos posted during our in-store events, steal some recipes and read cool articles that we share from our culinary friends. Follow us to stay in the loop! [Twitter.com/chefcentral](https://www.twitter.com/chefcentral)



Pinterest

We love Pinterest! What a great way to collect all of our online favorites! See the products we love and recipes you'll want to make. Need an invite? We want you! Simply send a message to alisonk@chefcentral.com. [Pinterest.com/chefcentral](https://www.pinterest.com/chefcentral)



CLASS TIMES AND DATES SUBJECT TO CHANGE & CANCELLATION WITHOUT NOTICE.
Visit our calendar page to view and print our complete calendar of free demos, classes and tasting events. Online registration is required for all cooking classes at www.chefcentral.com.

