

Gourmet Chef Cooking Classes June 2015 - ADULT

Cooking with Salt Blocks! Friday, June 5 6-8 pm Cost- \$40 D

Ben Hahn, a Charcoal Companion rep, will be talking about the features of using a salt block while Chef Sue Willson will be creating tasty appetizers on the block. Participants will get a chance to win their own salt block and holder to take home!

Szechuan with Sue! Thursday, June 18 6-8 pm Cost \$45 P

Participants in the Szechuan class will be helping Sue Willson of United Pantry prepare Tea Smoked Chicken and Szechuan Hot Pot, two traditional dishes.

Easy Italian with Antonella! Wednesday, June 24 6-8 pm Cost \$45 D

Antonella was born and raised in Milan, Italy and in tonight's class she will be sharing fresh summer recipes including Tilapia alla Portofino, Tuscan Rice Salad, and Mediterranean Bean and Tuna salad.

JUNE - Cooking Basics for KIDS:

Homemade Pastas Ages 11-15 Wednesday, June 10 1-3 pm Cost \$40

Homemade noodles, sauces, and garlic bread are on the menu.

Healthy Fast Food Ages 11-15 Wednesday, June 17 1-3 pm Cost \$40

Fast food favorites made with a healthy twist.

Gourmet Gifts for Dad Ages 6-10 Thursday, June 18 11-12:30 pm Cost \$35

Father's Day treats that you can make and take home!

Super Sandwiches! Ages 6-10 Tuesday, June 30 11-12:30 pm Cost \$35

Tired of peanut butter and jelly? This class is for you!

Paid registration is required as seating is limited. **Two day** cancellation is required for full refund. If less than two days, please find a friend or family member to take your spot. Please inform us of food allergies upon registration.

GOURMET CHEF, 122 South Main, Minot, ND 58701. 701-839-8928

www.qchef.com gourmet@minot.com

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“Tour of Italy” with Antonella! Tuesday, July 7 6-8 pm Cost- \$45 D

Starting in July, Antonella will take us around the 20 regions of Italy featuring recipes from 3 different regions. The ultimate Italian food tour! July begins with Spaghetti alla Caprese (Capri), Orange Pork Tenderloin (Parma), and Zucchini Trifolati (Tuscany). Italy is served!

Nutrition in Foods for Healing Wednesday, July 8 6-8 pm Cost \$40 D

Kerry Raghib, Certified Nurse Midwife, Nutritionist and Coach at Total Transformation Clinic, will be starting her new series of Healthy Eating classes. Learn how to achieve optimal body weight, relieve stress, support and boost your immune system, fight inflammation and cancer, balance digestion, regulate blood sugar and create better health, naturally.

Vietnamese with Sue! Thursday, July 9 6-8 pm Cost \$45 P

Participants in the Vietnamese class will be assisting Sue Willson of United Pantry to prepare Chicken Pho Soup and Rice Paper Rolls, two traditional dishes of Vietnam.

Death by Chocolate! Wednesday, July 15 6-8 pm Cost \$45 D

Indulge your senses with Janette McCoy, pastry chef, as she prepares Chocolate Pots de Crème, White Chocolate & Raspberry Parfaits, and Strawberry S'mores Tarts. Oh so good!

Healthy Smoothies and Juicing Monday, July 27 6-8 pm Cost \$40 D

Kerry Raghib, Certified Nurse Midwife, Nutritionist and Coach at Total Transformation Clinic, will be starting her new series of Healthy Eating classes. Kerry will teach you great ways to add exclusive healthy proteins, fiber, right kind of fats, and high-octane anti-oxidants into smoothies and green juices that actually taste great and leave you satisfied. She will also cover which greens works best in smoothies or juices.

Fresh Herbs: Garden Delights Wednesday, July 29 6-8 pm Cost \$40 D

Holly Mawby, owner of Gardendwellers FARM in Esmond, will be teaching the optimal time to harvest your herbs, the proper way to store them, preserving techniques, and basics of cooking with both fresh and dried herbs. Easy condiments will also be made incorporating the herbs. Gardendwellers FARM is North Dakota's only culinary herb farm, and delivers fresh herbs to local grocery stores and restaurants.

JULY – Cooking Basics for KIDS:

Snacks!! Ages 6-10 Wednesday, July 8 11-12:30 pm Cost \$35

We will be creating some very interesting and flavorful snacks in this class!

Main Dishes Ages 6-10 Thursday, July 16 11-12:30 pm Cost \$35

Let's create some new favorite dishes that will be added to your weekly menu!

Ice Cream and Sorbets Ages 11-15 Saturday, July 18 1-3 pm Cost \$40

Who doesn't love ice cream! Learn 3 new recipes for making your own!

Main Dishes Ages 11-15 Tuesday, July 21 1-3 pm Cost \$40

Let's create some new favorite dishes that will be added to your weekly menu!

Homemade Pasta! Ages 6-10 Thursday, July 23 11-12:30 pm Cost \$35

Homemade noodles, sauces, and garlic bread are on the menu.

Snacks!! Ages 11-15 Tuesday, July 28 1-3 pm Cost \$40

We will be creating some very interesting and flavorful snacks in this class!

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