

Gourmet Chef Cooking Classes October 2015

NEW CLASS! Craft Beer : 101 \$45.00 (D)

Friday, October 2. 6:30-8:30 pm

Taught by Jon Lakoduk, who is one of two Certified Cicerones in North Dakota. A Cicerone is a specialist in beer, similar to a Sommelier for wine. Jon will be teaching how beer is made, intro to craft beer, and best of all: craft beer tasting. Appetizers will be served also. Cheers to you!!

Tour of Italy with Antonella \$45.00 (D)

Tuesday, October 6th 6-8 pm

Antonella Scarparra of Milan, Italy will continue the journey throughout the regions of Italy. Tonight she will make **Gnocchi alla romana** (cheesy baked gnocchi with mozzarella and fresh tomato sauce) Lazio Region- Rome, **Pollo all birra e cipolle** (chicken cooked with beer and pearl onions in a creamy parsley sauce) Trentino Region, and **Roasted Squash and mushrooms with fresh herbs** (side dish) Abruzzi Region.

Essential Knife Skills! \$50.00 (P) (FREE FORGED KNIFE)

Friday October, 9th 6-8 pm

Our Wüsthof Company Representative, Clark Stone will be here to conduct this special knife skills class. Not only will you learn professional knife skills, but you will also be taking home a

Wüsthof Trident Classic Forged Knife!!!

Artisan Breads \$45.00 (D)

Saturday, October 10 11:00-1p.m.

Want to learn how to make specialty breads to wow at your next family gathering? This class is for you. In this class Marian Gullickson will teach you how to make your own artisan breads at home. She will have your friends and family thinking you spent all day slaving over a hot oven.

Around the World with Wine and Food \$50 (D)

Wednesday, October 14th 6-8p.m.

Mike Johnson, owner of OFF THE VINE, and Dan Hauf, owner of SOURIS RIVER BREWING, are back to showcase flavorful wines and appetizers to pair with them.

This month's wine of choice: **Pinot Noir. *Must be 21 to attend.***

Get Your Game On! with Sue Wilson \$45.00 (D)

Thursday, October 15th 6-8 pm

Are you ready for great football recipes using wild game? Sue Willson of United Pantry will be creating wild dishes using moose, elk, and pheasant! Don't miss this fun and exciting class that will guarantee you win the award for the best game night food!

Festive Cakes \$45.00 (D)

Saturday October 17th 11-1pm

Just in time for the Holiday season! Casey Welsh of Minot will bring her knowledge of cakes and cake decorating to us for a class in festive cakes. She will feature different jelly rolls, Yule logs and other holiday cakes to brighten your holiday table.

The Paleo Diet \$45.00 (D)

Wednesday, October 21st 6-8pm

Join Katherine Peterson, Life Coach and Holistic nutritionist, for a class featuring The Paleo Diet. For anyone looking to learn about the Paleo Diet, this class will provide a basic understanding of what it is and how you would eat if you followed this plan. It will include a days worth of recipes, ending with a delicious dessert!

Le Creuset \$60 (Free 11" Oval Dish!) (D)

Thursday, October 22nd 6-8 pm

Deb Apuli of Le Creuset will be joining us this year again with a beautiful new piece of Le Creuset bakeware for you to take home with you after the class! Enjoy recipes from Suong Willson of United Pantry while Deb is explaining the benefits of the ceramic bakeware.

Discover Wüsthof Trident of Germany with Cory (Free!)

Friday October, 23rd 6-8 pm

Come relax and enjoy a tour of Germany focusing on the trip that Gourmet Chef won in the Wüsthof Trident Germany contest earlier this year! Cory has returned and has a great power point presentation to show of his travels. Free appetizers and German wine for those 21 and over! Prost!

Paid registration is required as seating is limited. There is a **two day** notification required for cancellation of a class for a refund. If **less than two days** is given for cancelling, you may find a friend or family member to fill your spot. Please inform us of food allergies upon registration.

Gourmet Chef Kids Cooking Classes October 2015

For the Kids: The Great Pumpkin Class! Sunday, October 11th Ages 10-14

1-3 pm Cost \$35 (P)

October is the month for pumpkin! Join Laurie Hegstad in the kitchen to create the best recipes this side of the pumpkin patch! Recipes include flavored pumpkin seeds, yummy pumpkin roll, and more!

Kids: Halloween Treats Class! Thursday, October 29th Ages 6-10

6-7:30 pm Cost \$35 (P)

Boo! Join us for this crazy and spooky treats class that is sure to give you the shivers! Yummy treats shivers, that is! Wear your favorite costume!!

Paid registration is required as seating is limited. There is a **two day** notification required for cancellation of a class for a refund. If **less than two days** is given for cancelling, you may find a friend or family member to fill your spot. Please inform us of food allergies upon registration.

Gourmet Chef, 122 South Main, Minot, ND 58701. 701-839-8928

www.gchef.com email gourmet@minot.com