

# Cooking Class Schedule & Events

## March 2014

**NEW!**

Register for classes  
online - right from  
this catalog!

Click the title of any class  
to be redirected to the  
registration page.

### Join us for a Greek Food Extravaganza!

Adult Hands-On  
Workshop, \$95

**Saturday  
March 22<sup>nd</sup>**

*Paramus, NJ Location only.  
Menu and details inside...*

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



419 Tarrytown Road  
White Plains, NY 10607  
(914) 328-1376

**The Culinary Superstore & Cooking School**



Our Hartsdale, NY location has relocated to The Crossroads Center - just 3 miles away on Tarrytown Road in White Plains. While we're settling into our new space, hands-on classes in the NY store have been suspended, but read on for details on our Grand Opening Events!

## **Our Paramus, NJ Schedule of Classes and Events is as follows.**

**All paid classes require advance online registration.**

**Click the title of any class to be directed to its registration page.**

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### **[Mother Goose Nursery Rhyme Lunch](#)** >

**Hands-On Class for kids ages 3-10 with an adult, \$50**

(Paramus, NJ Location Only) March 1 at 10:30am

Do you enjoy cooking with your child, grandchild, niece or nephew? Come to our kitchen and we'll provide everything you need for a rewarding family culinary experience. This hands-on cooking is for children ages 3-10 and their adult helpers. This month's theme will be a Mother Goose Nursery Rhyme Lunch. The \$50 registration fee covers the cost of both child and adult. The menu for this class will feature the following:

- Stick a Feather in Your Hat and Call it Macaroni and Cheese
  - This Little Piggy Had Roast Beef Sandwiches au Jus
  - Four and Twenty Blackberries Baked in a Pie
  - Humpty Dumpty Sat on a Wall Egg Creams
- 



### **[Cooking for Kids of All Ages](#)** >

**Hands-On Classes for kids ages 3-5 and 6-10**

(Paramus, NJ Location Only)

Join us for interactive, hands-on classes for kids ages 3-5 and 6-10. Each child takes part in making the recipe, then eats with us or takes their creation home. Classes last approximately one hour. Parents must remain with their children for the duration of the class. On the menu this month: Green Eggs and Ham, My Puppy Cupcakes (3-5); and Basketball Cupcakes or Healthy Fast Food (6-10).

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### **[Cook Like a Chef: Poaching](#)** >

**Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 4 at 6:30pm

Are you tired of depending on cookbooks and magazines for new ideas in the kitchen? Would you like to connect all those dots and begin to create your own culinary masterpieces? At Chef Central, our new cooking class series, Cook Like a Chef will teach students the basic techniques of professional cooking in layman's terminology. Everything from clarifying butter to making roux to roasting like a pro is covered in this informative hands-on class. The class is suitable for beginners as well as experienced home cooks. Each class will cover a series of topics that will lead to the preparation of a meal. Students will receive a full plate of food at the conclusion of each session. There are no pre-requisites. This month's class will cover the following topics:

- Selecting Seafood
  - Poached Sole in Vin Blanc (Sole Poached in White Wine)
  - Shallow Poaching vs. Deep Poaching; Court Bouillon
  - Sauce Béchamel; Sauce Vin Blanc
  - Rice Pilaf
  - Baked Butternut Squash
  - Steamed Asparagus Spears
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### **[Pasta Making II: Filled Pasta](#)** >

**Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 5 at 6:30pm

If you'd like to learn how to create a wide array of pastas in many styles to suit any occasion, we have a great series of hands-on cooking classes for you! Roll up your sleeves and dig right in! In these classes, students will learn the fundamentals of preparing hand-made pasta at home in an interactive format. Each class may be taken independent of the others in the series. From making the perfect dough to preparing a complementing sauce, this series of classes will show you how, including lots of tips and cooking techniques that are sure to expand your knowledge. This class is an evening of fun that will encourage sharing information, family recipes and stories. A full plate of pasta with sauces will be served at the conclusion of the class. Pasta II will feature three distinct filled pastas and three distinct recipes:

- Walnut and Eggplant Ravioli in Tomato Sauce
- Casoncei Bresciani (Sausage-filled pasta)
- Tortellini in Brodo



### **Sushi Making I** >

**Adult Hands-On Class, \$50**

**Sponsored by Zojirushi®**

(Paramus, NJ Location Only) March 6 at 6:30pm

If you have ever been to a sushi bar and wondered what it would take to prepare your own rolls at home, 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 the rolling mat to prepare small rolls and "inside-out" rolls. Students will work with our chef in preparing the following three items:

- Smoked Salmon Sushi Press
- Spicy Cucumber Roll
- California Roll



### **White Plains Grand Opening Events!** >

**Free demonstrations, amazing discounts and tastings!**

(White Plains, NY Location Only) March 6, 7, 8 and 9

Our White Plains store has reopened in its permanent space and we can't be more excited! Come visit us and take advantage of our exclusive in-store deals on March 6, 7, 8, 9 (so good, we can't advertise them here!) and watch these **free demonstrations and Q&A sessions** by our staff of trained chefs and manufacturer representatives:

**Thursday, March 6: 12:00 - 4:00pm:** Cuisinart Food Processors

**Thursday, March 6: 6:30 - 8:30pm:** Slicing & Dicing

**Friday, March 7: 12:00 - 4:00pm:** Breville Slow Juicer, Risotto Maker and Combo Blender/Processor

**Friday, March 7: 6:30 - 8:30pm:** Juicing - featuring Omega, Nutribullet and Breville

**Saturday, March 8: 12:00 - 4:00pm:** Vitamix, Le Creuset, KitchenAid, Nespresso & Capresso Products

**Saturday, March 8: 6:30 - 8:30pm:** Sushi Making

**Sunday, March 9: 12:00 - 3:00pm:** Fagor Products

**Sunday, March 9: 12:00 - 4:00pm:** All Clad, Delonghi, iCoffee & Bodum Products



### **Indian Cuisine** >

**Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 7 at 6:30pm

Prior to partition in 1947, India and Pakistan were one nation under British rule. Their history and culture were intertwined through centuries of co-existence. This common past is evident in the cuisine of the two countries; a combined cuisine that many still refer to simply as Indian, but is more accurately Indo-Pak. After partition, the majority of the Muslim population was centered in the Muslim Nation of Pakistan. The people remaining in India were a mixture of Sikhs, Christians and Buddhists, but the majority religion was Hindu. This fact forms the basic dividing line between Indian and Pakistani cuisine. Hindus are vegetarians (and so are Buddhists); therefore much of the cooking that takes place in modern India reflects this dietary restriction. Join for this completely hands-on class and work with our Chef to prepare the following menu:

- Sial Gosht
- Peas Pullao
- Saag Panir
- Raita
- Masala Dal
- Gulab Jamun



### **FREE Raw Food Demo, Tasting & Book Signing** >

**with Raw Food Chef and Nutritionist, Karen Ranzi**

**Presented by Hurom®**

**Sponsored by Whole Foods Market®**

(Paramus, NJ Location Only) March 8 at 12:00pm

Karen Ranzi has been a leading expert in the field of nutrition and child development for over fifteen years. By means of her education, life-changing personal experiences, and sincere desire to share her message, Karen has been able to guide thousands toward developing excellent health. Her new book, Raw Food Fun for Families will be available during her event. On the menu:

- The Healing Asthma Green Juice
- Romaine Burritos
- Zucchini Pasta with Fettucine Sauce
- Lemon Banana Cream Pie



## [Lobster Cookery >](#)

**Sponsored by JA Henckels® Cookware**

**Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 11 at 6:30pm

As famed New England chef and restaurateur Jasper White has said, lobster “is not everyday food, but most working people can afford to buy it every now and then, especially if they prepare it themselves at home”. Come to this completely hands-on class to learn the secrets of cooking lobster at home. Students will work with our chef to prepare the following:

- Steamed Whole Lobster
- Broiled Rock Lobster Tail
- Lobster Newburg
- Lobster Roll



## [An Evening at The Chef's Table with Chef Martin >](#)

**Adult Demo Dinner, \$75**

(Paramus, NJ Location Only) March 12 at 6:30pm

At our Chef's Table Demonstration Dinners, diners sit back, watch the show and enjoy a great meal.

For each event date we will feature a different local guest chef who artfully guides you through the preparation of a delicious 3-course meal. You'll have the opportunity to interact with the chef and ask questions. Once the cooking is complete our staff serves your complete meal tableside...just like eating at a fine restaurant's “Chef Table”. An educational and fun VIP experience!

**About the Chef:** Chef Martin is the owner/executive Chef of Mirabell Catering, a full service off premise Catering and Private Chef Service. Mirabell focuses on fresh, quality and creative cuisine with an artistic presentation. Events range from small intimate dinners in your residence to elegant cocktail parties, beautifully presented buffets, barbecues or picnics.



## [Sushi Making II >](#)

**Adult Hands-On Class, \$50**

**Sponsored by Sushi Chef®**

(Paramus, NJ Location Only) March 13 at 6:30pm

If you have ever been to a sushi bar and wondered what it would take to prepare your own rolls at home, we'll show you how. Our two hands-on classes will take you through the step-by-step procedure for preparing restaurant quality sushi. In this class, students cut their own fish and prepare three of the most popular and artistic styles of sushi. Nigiri Sushi, or “supported sushi” is the most popular style of sushi in Japan. Students will learn how to cut and cook the barbecued eel for Unagi as well as learning the technique for hand pressing the supports and cutting the nori belt. Spicy tuna roll is a favorite among American devotees and is an example of Temaki, or “hand-rolled” sushi. We'll show you how to cut the tuna, prepare the sauce and hand-roll the nori. “Battleship sushi” is for items that are too fluid to mount on a support. For this technique, we'll fill the battleship with Tobiko or flying fish roe. At the end of the class, students will use their knowledge and the materials on their cutting boards to prepare their own creations.



## [Teens Cooking Class: Irish Stew & Soda Bread >](#)

**Hands-On Class for Teens ages 11-17, \$35**

(Paramus, NJ Location Only) March 14 at 4:00pm or 7:00pm

Does your teen aspire to be a chef? Does he or she enjoy cooking but would like to broaden their skills? If you're interested in finding an activity for your teen that is both interesting and educational, sign them up for Chef Central's Cooking for Teens class. Each class is a hands-on cooking adventure where students work together to create a buffet meal with a rotating monthly theme. At the end of each session, written recipes of the entire menu are given to each teen so that they can go home and recreate their masterpieces. This month's theme is St. Patrick's Day: Irish Stew and Soda Bread. Each student makes our recipes and can eat here, or take home their creations to share with their families.



## [Bread Baking Workshop >](#)

**Adult Hands-On Class, \$95**

**Sponsored by JK Adams®**

(Paramus, NJ Location Only) March 15 at 9:30am

If you're looking for an intensive hands-on training exercise that will teach you how to become an accomplished bread baker, this 4 hour work shop is for you. Our Pastry Chef will teach you the fundamentals of professional bread baking by taking you through each step of the process. Learn about flour, leavening, gluten development, rolling, shaping, proofing, finishing and baking and go home with 5 different freshly baked breads and rolls and a baguette starter to finish at home. On the menu:

- Parker House Rolls
- Focaccia Bread
- Multi-grain Bread
- Hard Rolls
- Challah Bread
- Baguette Starter



### **Meatless Meals for Lent** >

#### **Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 18 at 6:30pm

Although the Roman Catholic Church has long abandoned the practice of meatless Fridays throughout the year, during Lent the faithful still adhere to this tradition. There is usually the obligatory Fish & Chips, but that then leaves six more Fridays for culinary creations that don't contain meat. Whether you are observing Lent, you're a practicing vegetarian or you simply want to give your diet a break from the meat routine, this class is for you. Our Chef will work with you in creating a complete meatless meal that will help you solve the question of "what's for dinner?" On the menu:

- Sautéed Mushrooms in Puff Pastry w/ Tarragon Wine Cream
- Baked Tomato Stuffed with Sautéed Spinach and Feta Cheese
- Smoked Corn, Black Beans and Red Peppers
- Zabaglione over Fresh Fruit Cup



### **Knife Skills** >

#### **Adult Hands-On Class, \$50**

**Sponsored by Shun Cutlery®**

(Paramus, NJ Location Only) March 19 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. Our adult knife skills class is a comprehensive hands-on class that has been featured in The Record Newspaper of Bergen County. Stop in for this abbreviated version and learn our top tips and tricks to successful knife skills at home.



### **Springtime in France** >

#### **Adult Hands-On Class, \$65**

(Paramus, NJ Location Only) March 20 at 6:30pm

As in most European countries, the coming of spring has a serious impact on the French diet. Since they consume mostly fruits and vegetables that are in season in their region, the arrival of spring is greeted with a burst of freshness in the kitchen. This multi-regional traditional menu is a spattering of dishes that one might find gracing the dinner tables of the French countryside. Students will receive written recipes and a full plate of food at the conclusion of this class. Students will work with our Chef to create the following menu:

- Potage Printanier (Spring Vegetable Soup)
- Loire Valley Truite Beurre Blanc (Poached Trout in Butter Wine Sauce)
- Loire Valley Riz au Pistou (Rice Pilaf with Provençal Pesto)
- Provence Asperges au Hollandaise (Steamed Asparagus w/ Hollandaise Sauce) Ile de France
- Crêpes au Fraise (Strawberry Crêpes) Brittany



### **Greek Buffet Workshop** >

#### **Adult Hands-On Class, \$95**

(Paramus, NJ Location Only) March 22 at 10:30am

In this 4-hr. hands-on workshop, students will work with our chefs to prepare a wide variety of classic Greek dishes. From appetizers to dessert, you'll put together a buffet that is sure to please. All items will be made from scratch so that students can reproduce this menu for family and friends. The extravaganza menu is as follows:

- Home Made Pita Bread and Chips
- Spanakopita
- Mousaka
- Souvlaki
- Tzatziki
- Hummus
- Melitzanosalata (eggplant dip)
- Dolmades (stuffed grape leaves)
- Traditional Greek Salad
- Baklava



### **Teens Cooking Class: Stir Frying** >

#### **Hands-On Class for Teens (ages 11-17), \$35**

(Paramus, NJ Location Only) March 24 at 4:00pm or 7:00pm

Does your teen aspire to be a chef? Does he or she enjoy cooking but would like to broaden their skills?

If you're interested in finding an activity for your teen that is both interesting and educational, sign them up for Chef Central's Cooking for Teens class. Each class is a hands-on cooking adventure where students work together to create a buffet meal with a rotating monthly theme. At the end of each session, written recipes of the entire menu are given to each teen so that they can go home and recreate their masterpieces. This month's theme is Stir Fry! Each student participates in the cooking, and can eat with us or take home their creation to share with their families.



## **An Evening at The Chef's Table with Chef Amanda Giblin** >

### **Adult Demo Dinner, \$75**

(Paramus, NJ Location Only) March 26 at 6:30pm

At our Chef's Table Demonstration Dinners, diners sit back, watch the show and enjoy a great meal. For each event date we will feature a different local guest chef who artfully guides you through the preparation of a delicious 3-course meal. You'll have the opportunity to interact with the chef and ask questions. Once the cooking is complete our staff serves your complete meal tableside...just like eating at a fine restaurant's "Chef Table". An educational and fun VIP experience!

**About the Chef:** You watched her as a contestant on season 11 of the hit TV show HELL'S KITCHEN... now watch Chef Amanda Giblin as she prepares and serves a meal in our kitchen and shares stories from her culinary adventures. From cooking at home with her family as a teenager, to her classical culinary education, to her various jobs as a private chef, sous chef, and executive chef, Amanda's experiences in the kitchen have been diverse, challenging, and interesting.



## **Tour of Italy: The Veneto** >

### **Adult Demo Class, \$50**

(Paramus, NJ Location Only) March 27 at 6:30pm

Who has not seen or heard of the romantic city of Venice? With its trademark canals and gondoliers, Venice, the capital of the region of The Veneto, has evoked many a fanciful thought throughout the world. The region is like many of those in Italy. It is comprised of three distinct topographies- a mountainous area near the Austrian border; a hilly region where agriculture abounds; and a coastal area, where the fruits of the sea accent the cuisine. But it is Venice, with its powerful commercial and maritime past that has shaped the culture and food of The Veneto. Come with us as our culinary Tour of Italy continues with this month's demo/class on the region of The Veneto. Our chef will produce a full plate of food for each student in preparing the following authentic regional menu:

- Cicchetti (Venetian Tapas)
- Polenta e Osei Scappati (Polenta and The Birds That Got Away)
- Radicchio Rosso di Treviso al Forno
- Scodelline (Almond Custard)



## **Cooking for Couples: Tableside Cooking** >

### **Adult Hands-On Class for Two, \$125 per couple**

(Paramus, NJ Location Only) March 28 at 6:30pm

Looking for a fun date with an educational twist to it? How about a date night in our kitchen? Couples will team up to produce a complete meal centered on seasonal and topical themes. Cost of each class is \$125 per couple. This month's class will feature Tableside Cooking. Whether it's an intimate candlelit dinner for two or a Holiday gathering of friends, a dinner prepared tableside always adds a bit of panache to your party. Tableside cooking is considered to be one of the cornerstones of French table service. In this hands-on class, our Chef will show you the way to impress your friends with flambés and other classic dishes that are prepared and served at the table. Students will work with our chef in preparing the following tableside menu:

- Crab Mornay in Puff Pastry
- Classic Caesar Salad
- Steak Diane
- Bananas Foster



## **Homemade Baby Food Class** >

### **Demo Class for Mom/Dad + Baby (4mos and up\*), \$50**

**Presented by Cuisinart®**

**Sponsored by Whole Foods Market®**

(Paramus, NJ Location Only) March 29 at 11:00am

Is your baby ready for solids? Instead of reaching for the store made baby food learn how to make your own organic baby food at home. At this demonstration class, parents and babies will watch and be able to taste a variety of fresh organic baby food prepared by *Yummy Tummy Meals*, an Organic baby food home delivery service in Bergen County. We will discuss the following topics:

- Tips and information on starting your babies on solids.
- Difference between store purchased organic baby food and fresh homemade baby food.
- Difference between organic and conventional fruits and vegetables.
- Discuss GMO. Genetically modified Organisms in our food supply Nutrients of various fruits and vegetables.
- All parents will leave with a cooler sample pack of fresh organic baby food for home.

*\*Please indicate whether you are interested in stage 1 (4-6 months) or stage 2 (6 months and up) by entering a number 1 or a number 2 in the "age" slot of the attendee information panel.*



Visit our calendar page online to view and print a calendar format of our free demos, classes and tasting events.

**Class times & dates subject to cancellation or change without notice.**

**Online registration is required for all cooking classes at [www.chefcentral.com](http://www.chefcentral.com).**