

## **SERIES CLASSES 2017 at The Gourmandise School**

Series Courses at The Gourmandise School offer you a great way to develop your cooking or baking skills to simply improve your ability or begin a career in food. Students will work independently at their own station to maximize the learning experience. The chef will provide a comprehensive lecture and demonstration, followed by a hands-on cooking or baking experience.

You are offered 1 complimentary "make up" class if you miss a class, which we offer as a credit for a class on our schedule of similar lesson. After taking one of our Series Courses, you will become confident in the kitchen. You'll be able to open the fridge or pantry and say... "OK - I can do something with what I've got here!"

### **COOKING SERIES**

KITCHEN BASICS: 4 Weeks of Techniques and Recipes

LEARN TO COOK: A 10-Week Pro Series

### **BAKING & PASTRY SERIES and WORKSHOPS**

PRO PASTRY: The Basics of Baking

PRO PASTRY 2: Up Your Baking Game

PRO PASTRY 3: Master Workshops in Pastry and Chocolate

BREAD CAMP: Wild Yeast Breads, Jams and Cheese-making *(3-Day Series)*

CHOCOLATE WORKSHOP: Craft Chocolates from the Bean to the Bar *(2 Days)*

CROISSANTS TO KOUIGN AMANN: Laminated Doughs *(3-Day Series)*

***See below for menus, class descriptions and start dates.***

*(See online calendar for latest schedule of classes and start dates.)*

## COOKING SERIES CLASSES

### LEARN TO COOK

#### **Chef Carol Cotner Thompson**

Take your cooking to the next level with this 10-week technique-based series, designed by Chef Carol Cotner Thompson. Carol has been teaching people how to cook for over twenty-five years and brings her classic culinary education, love of local seasonal products and study of world cuisines. You will gain kitchen confidence to become an intuitive cook. Students work independently at their own station to maximize the learning experience. The chef will provide a comprehensive lecture and demonstration of the topics and techniques for that week, followed by a hands-on cooking class creating the respective menu items.

#### **Starts**

Monday, January 9<sup>th</sup> from 6:00 – 9:30pm

**or**

Tuesday, January 10<sup>th</sup> from 9:30am – 1:00pm

#### **Weekly Topics & Menus**

##### **WEEK 1: Knife Skills**

Learn the proper way to handle and care for your knives, and the essential techniques to slice, dice, julienne, chiffonade and shred.

*Chicken Broth*

*Chicken Stock*

*Seasonal Vegetable Broth*

*Butter Lettuce Cherry Tomato Salad  
with Classic Green Goddess*

*Tortilla Soup*

*Carrot Ginger Soup*

*White Bean Soup with Crispy Sage*

##### **WEEK 2: Soups & Salads**

Learn how to cook homemade stocks and broths and turn them into delicious soups and sauces, then master salads and homemade dressings.

*Sesame Kale Salad*

*Heirloom Potato Salad with Fresh Herbs*

*Southwest Chopped Salad, Apple, Date, Endive with Stilton Cheese*

##### **WEEK 3: Eggs & Dairy**

Learn how to make fresh homemade cheese, as well as a variety of egg dishes.

*Homemade Ricotta Cheese*

*Deviled Eggs*

*Spinach Mushroom Frittata*

*Perfect Poached Eggs*

##### **WEEK 4: Classic & Contemporary Sauces**

Learn how to prepare essential classic French sauces, as well as some go-to condiment sauces to brighten up a simple meal.

*Béchamel for Mac & Cheese*  
*Reductions and Pan Sauces*  
*Classic Tomato Sauce*  
*Romesco*  
*Salsa Verde*  
*Hollandaise*

**WEEK 5: Vegetables**

Learn how to properly select, store and cook vegetables.

*Roasted Rainbow Carrots*  
*Beet Salad*  
*Roasted Butternut Squash*  
*Arugula Goat Cheese with Sherry*  
*Vinaigrette*  
*Braised Red Cabbage*

**WEEK 6: Pasta, Gnocchi & Polenta**

Learn how to cook and sauce pasta, roll homemade gnocchi, and perfect polenta.

*Spaghetti Carbonara*  
*Penne with Pesto*  
*Potato Gnocchi with Sage Brown*  
*Butter Sauce*  
*Polenta with Mushrooms and Bacon*

**WEEK 7: Grains & Legumes**

Learn how to cook and incorporate whole grains into your daily meals.

*Autumn Vegetable Farro*  
*Zucchini Rice Gratin*

*Curry Beluga Lentil Quinoa*  
*Roasted Garlic Hummus*

**WEEK 8: Poultry**

Learn the technique of breaking down and using a whole chicken and transform it into three meals.

*Chicken Meatballs*  
*Zaatar Crispy Chicken Breast*  
*Buttermilk Fried Chicken Legs*

**WEEK 9: Meats**

Learn the proper cuts of meat and cooking techniques.

*Lamb Meatball Lettuce Wraps with*  
*Mint Pesto*  
*Pickled Red Onions and Feta*  
*Pan-seared Pork Chops with*  
*Caramelized Apples and Parsnips*  
*with Madeira Sauce*  
*Grilled Skirt Steak with Chimichuri*  
*and Tomato Cucumber Salsa*

**WEEK 10: Fish and Shellfish**

Learn to select, store and properly cook fish and shellfish.

*Smokey Grilled Fish Tacos*  
*Braised Halibut Provencal*  
*French Style Mussels*  
*Roasted Salmon with Pistachio Pesto*  
*and Labneh*

## **KITCHEN BASICS SERIES: 4 Weeks of Techniques and Recipes**

### **Chef May Henneman**

This 4-week series is designed to teach culinary fundamentals to establish your foundational cooking skills. You will work at your own station under the guidance of our Chef Instructor who will teach classic techniques, and give you a great series of recipes to add to your repertoire. Bring containers to class - you'll love your next day lunches!

Starts Monday, January 11<sup>th</sup> from 6:30pm – 9:30pm, for 4 weeks

#### **WEEK 1: Knife Skills - Soups & Salads**

Sharpen your knife skills and learn to make four classic dishes that make perfect lunches and sides (while learning two awesome do-ahead dressings).

*Kale Salad*

*California Chopped Salad*

*Roasted Tomato Soup*

*French Onion Soup*

#### **WEEK 2: Meat and Poultry**

Learn to break down chicken and source a variety of meats while making 4 complete dinners.

*Moroccan Braised Chicken with Orange Scented Couscous and Sweet Potatoes*

*Grainy Mustard Crispy Chicken Breasts*

*Apple Sage Pork Tenderloin with Sherry Au Jus*

*Smoky Tri-tip with Salsa Verde and Roasted Broccoli*

#### **WEEK 3: Fish and Shellfish**

It's time to get over your fear of fish! Learn to work with a variety of seafood and how quickly you can put dinner together with the right fish.

*Slow-roasted Salmon with Fennel and Rosemary*

*Grilled Shrimp Greek Salad*

*Brown Butter Sole with Crispy Capers and Perfect Roasted Potatoes*

#### **WEEK 4: Grains, Pastas and Legumes**

Grains don't need to take a backseat. You're going to pack a protein and flavor punch with a variety of sauces.

*Curry Quinoa with Baby Spinach and Beluga Lentils*

*Spaghetti Puttanesca*

*Cuban Black Beans with Brown Rice and Lime Chipotle Crema*

*Menu items subject to change. If you need to substitute an ingredient, call the school to let us know. You can make-up one class in the series should you miss one.*

## BAKING SERIES CLASSES

### **PRO PASTRY 1: The Basics of Baking** **Chef Clémence Gossett**

This 10-week series is designed for the novice culinary student or home baker looking to learn the basics of the art of baking and pastry. These 4-hour classes are taught in a professional environment and include a chef coat. You will work independently and hands-on in a class with no more than 10 students.

Our classes are crafted to teach the basic chemistry of baking as well as techniques you'll use both at home and in a professional kitchen. As with all our classes, everything you learn will be made from scratch, from the graham crust on your cheesecakes to the candied lemon zest on your lemon bars. We encourage you to bring a food-safe container to class to bring home your delicious work. Certificates of completion will be awarded at the end of the series.

Starts Monday, January 9<sup>th</sup> from 9:00am – 1:00pm

#### **WEEK 1: Introduction to Basic Techniques**

We begin by learning about the chemistry of baking and will explore how flour, sugar, eggs and other ingredients work in your recipes. The proper use of pastry bags, reading formulas and the importance of mise-en-place will be discussed. Students will receive textbooks and chef coats.

*Chewy Brownie*  
*English Toffee*  
*Meyer Lemon Bars*

#### **WEEK 2: Muffins, Quick-Breads and Poundcakes**

We will explore three different techniques and learn about ratios to create rich baked goods for breakfast, lunch and dessert.

*Blueberry Muffins*  
*Carrot Cake Quickbread with Cream Cheese Glaze*  
*Vanilla Bean Poundcake*  
*Flakey Buttermilk Biscuits*

#### **WEEK 4: Egg-Based Desserts**

Learn to bake velvety smooth egg based desserts that range from creme brulée to classic chocolate puddings.

*Creme Brulee, Milk Chocolate Pudding, Butterscotch Pot de Creme, Cannele*

#### **WEEK 5: Pâte à Choux**

Pâte à Choux or Choux dough is a light pastry dough used to make an amazing variety of dishes. You'll make this versatile dough two ways one sweet and one savory.

*Cream Puffs with Vanilla Pastry Cream; Chocolate Dipped Eclairs with Vanilla Pastry Cream; Parmesan Thyme Gourgeres*

#### **WEEK 3: Cookies, Brownies and Bars**

Make the perfect batch of cookies for consistently even baking and great results every time.

*The Gourmandise Chocolate Chunk Cookie*

#### **WEEK 6: Seasonal Fruit and Vegetable Desserts**

You'll learn proper techniques for macerating, reducing and pureeing to make a quick Coulis and seasonal desserts.

*Seasonal Buckles  
Cobblers  
Upside Down Cake  
Apricot Zucchini Bread*

**WEEK 7: Cheesecakes**

Whether you like them light and airy or dense and creamy cheesecakes are a year round favorite and often tough to master for new chefs. You'll learn all the tips and tricks to master this egg-based dessert.

*Homemade Graham  
Ricotta Cheesecakes  
Classic Cream Cheese Cheesecake  
Various Toppings*

**WEEK 8: Tarts**

Love a cookie crunch filling with a custard or fruit filling? We'll learn the proper way to press crust into a pan and

master baking crusts blind and with filling.  
*Pate Sucre; Lemon Short Crust; Seasonal Fillings*

**WEEK 9: Pies**

We'll tackle making the perfect pie dough and then crimp, fold and lattice our dough into beautiful pies.

*All Butter Pie Dough  
Pies with Seasonal Fillings*

**WEEK10: Cake Baking**

Learn the difference between high-ratio and sponge cakes. Cakes will be baked, cut, filled and frosted in class.

*Classic Yellow Cake  
Devil's Food  
Italian Buttercream  
Basic Cake Decorating  
Chocolate Glaze*

## **PRO PASTRY 2: Up Your Baking Game**

**Chef Clémence Gossett** – Starts Sunday, January 8<sup>th</sup> from 9:00am – 1:00pm

**Chef May Henneman** – Starts Tuesday, January 10<sup>th</sup> from 6:00pm- 10:00pm

This 10-week series is designed for the beginner or intermediate culinary student or baking enthusiast looking to improve on the basics of baking and pastry. Our classes are crafted to teach the basic chemistry of baking as well as techniques you'll use both at home and in a professional kitchen. As with all our classes, everything you learn will be made from scratch, from the graham crust on your cheesecakes to the candied lemon zest on your lemon bars. Certificates of completion will be awarded at the end of the series.

### **Weekly Topics & Menus**

**WEEK 1: Mousses and Soufflés.** Whip, beat and fold! Learn the secrets to perfect soufflés and smooth as silk mousses. Chocolate soufflé, cheese soufflé, lemon mousse and honey chocolate mousse, paté a bombé.

#### **WEEK 2: Egg-Leavened Cakes**

Perfect your genoise and pair it with a lighter-than-air Dacquoise. A lemon-scented Chiffon Cake with Bavarian Cream will make your swoon...

#### **WEEK 3: Fruit Mousse Cakes**

Pair your egg-leaved cake with handmade Ladyfingers and seasonal Berry Mousses for spectacular results.

#### **WEEK 4: Yeasted Doughs.**

From dinner rolls to sticky buns, you'll explore the rich doughs that make breakfast and dinner so much sweeter.

#### **WEEK 5: Savory Breads**

Lean doughs are vessels for all things savory. You'll create your own focaccia and pizza, as well as handmade pita bread, to pair with your homemade cheese.

#### **WEEK 6: Petit Fours**

Small bites make big impressions, and attention to finishing details are key. We will make Orange Blossom Madeleines, Classic Petit Fours with a Chocolate-Mirrored Glaze, Lacey Tuile Cookies and Brown Butter Financiers.

#### **WEEK 7: Cake Decorating**

Get great at piping and learn new, modern designs for buttercream cakes with clean lines that will impress.

#### **WEEK 8: Truffles, Marshmallows and Infused Toffees**

Create a candy wonderland with our favorite base recipes. You'll make your own custom ganaches for truffles, embed toffees with your favorite flavors and make batches of marshmallows to rival any you've ever had!

#### **WEEK 9: Macarons**

Perfect the French Method as you make Vanilla Bean, Pistachio and Hazelnut Macarons with custom ganaches and buttercreams to sandwich them with.

#### **WEEK 10: Making Chocolate Basics**

Learn the basics of chocolate tempering and make some beautiful treats including rochers and chocolate lollipops!

## **PRO PASTRY 3: Master Workshops in Pastry and Chocolate**

**Chef Clémence Gossett** – Starts Sunday, March 19<sup>th</sup> from 8:30am – 1:30pm

This 8-week series is designed for the frequent baker or confectioner looking to take classes from professionals in their respective fields. You will work independently and hands-on in a class with no more than 12 students.

These 8 workshops are crafted to teach you how to produce restaurant and bakery-quality pastries and confections with a focus on the plating and presentation of the finished products. We encourage you to bring a food-safe container to class to bring home your delicious work. Certificates of completion will be awarded at the end of the series.

### **WEEK 1: Advanced French Macarons**

Build a tower of macarons worthy of any patisserie window! We will master the Italian method of making macarons and pair them with a variety of gelées and ganaches.

### **WEEK 2: Opera and European Cakes**

Master the impossibly even layers of genoise and buttercream for a stunning Opera cake and create a stunning Dobos torte, complete with caramel shards.

### **WEEK 3: Advanced Cake Decorating**

Learn to make a traditional stacked wedding or special event cake. Your instructor will teach you basic Fondant and Buttercream techniques as well as gum paste flowers as you bring your own design to life.

**WEEK 4: Puff Pastry.** This introduction to laminated doughs will have you shunning the store variety! You will learn to make a mother dough, laminate and make a variety of products, from Napoleons to Palmiers and Vol au Vents.

### **WEEK 5: Brioche and Danish**

Oh, butter! Make a stunning Brioche à Tête, a braided loaf and Bostock along

with delicious Danish using the skills mastered in the Puff Pastry session.

### **WEEK 6: Baguette and Batards**

Grab your bicycle and beret- you're going to delve deep into bread! We will work with both sourdough starter and commercial yeast as you mix, knead, shape, proof and bake these gorgeous and delicious loaves.

### **Week 7: Caramels**

Perfect the sweet simplicity that is a salted caramel. Each caramel and confection you create, from Apple Cider Caramels to Chocolate Caramels and Honeycomb, will feature a different base recipe for you to take and infuse with your own variations. This class will conclude with a wrapping and presentation session.

### **WEEK 8: Advance Chocolates**

You've learned to temper and you're ready to go beyond barks and bars! It's time to make filled bon-bons, impressive dipped truffles and infused chocolates. You will be molding, filling, tempering and dusting your way to chocolate perfection.

## WORKSHOP SERIES

### **CHOCOLATE WORKSHOP: Craft Chocolates from the Bean to the Bar** **Chocolatier Ruth Kennison**

Learn how the bean to bar process works (and make a batch of your own chocolate, from cacao beans to bar) and create perfect craft chocolate and candy bars. A complete education in the science and history of chocolate making will be covered, as well as how to create a craft chocolate operation. You will roast, winnow, grind, conch and learn how to create a small chocolate-making enterprise from home.

*Day 1: Roast, Winnow and Grind Cocoa Beans*

*Day 2: Temper Custom Bars, Create Inclusion Bars and Candy Bars*

### **CROISSANTS TO KOUIGN AMANN: Laminated Doughs 3-Day Series** **Chef Clémence Gossett**

Learn the secrets of homemade Croissants, Brioche, Puff Pastry and Kouign Amann in this intensive, 3-day series. You will discover the secrets of butter and yeast, work by hand and with professional equipment (rolling pins and a laminating machine) and create an impressive array of patisseries using Straus butter and local flours.

**DAY 1:** Preferments and Mother Doughs, Brioche, Sticky Buns

**DAY 2:** Laminating, Puff Pastry, Chausson aux Pommes, Palmiers, Kouign Amann

**DAY 3:** Croissants: Pain au Chocolat, Pain aux Raisins, Ham and Gruyere, Almond

### **BREAD CAMP: Wild Yeast Breads, Jams and Cheese-Making** **Chef Clémence Gossett**

This series is designed to give you a well-rounded education in the art of bread making. You'll learn everything from basic sandwich loaves to rustic artisanal loaves. Each student will work independently, and breads will be made primarily by hand and rarely with a stand mixer. You'll work with various doughs, from lean to rich and quick to long-fermented, using locally sourced grains and milling your own flours in class. We'll teach you to shape baguette, boulés and batards, make brioches, sticky buns and dinner rolls. The science of yeast, gluten, fermentation and aging will be covered, as well as seasonal jams and

*(See online calendar for latest schedule of classes and start dates.)*

handmade cheeses. We will learn how to grow our own cultures, feed the sourdough for maximum strength and how to create loaves with thick crusts, wonderfully irregular holes and pearly crumbs. You'll discover why northern France and Northern California are prized for their strong-flavored breads and how to make a series of beautiful rustic loaves with your own signature scoring.

## MENU

**Breads:** Dinner Rolls, Focaccia, Sandwich Bread, Milk Bread, Parmesan Bread, Whole Wheat Baguette, Hazelnut Fig Loaf, Sprouted Wheat Bread, Classic Sourdough

**Cheeses:** Ricotta, Chevre, Cultured Butter, Burrata, Mozzarella

**Jams:** Classic Strawberry, Nectarine and Lemon Verbena, Peach, Blueberry Orange Blossom