



2010 Curriculum

February 13th – **Romantic Meals and Aphrodisiacs**

- Looking for a unique and intimate way to express your devotion to that special someone for Valentines Day? This sensual cooking experience has Cupid's touch, creating a magical and unforgettable rendezvous that offers you and your Valentine an opportunity to become enamored with gourmet foods that arouse the senses and conjure love.

March 27th – **Salts, Spices and Seasonings**

- Discover new flavors from around the world. Each region has its own unique flavor palette that reflects its culinary identity and style. In this class we will give you the exclusive insight of spices from around the globe and give you ideas on how to create your own spice library at home.

April 24th – **Understanding the Mysterious Fifth Taste – Umami**

- Sweet, sour, salty, and bitter are all tastes very familiar to us. This class will focus on the mysterious fifth taste – "umami" derived from the Japanese word for delicious. Originated in 1908 by the Japanese scientist, Kikunae Ikeda found that many foods including meat, fish, vegetables and dairy products can display this mystical taste when prepared in certain ways. Be ready to find the ultimate 'yum' factor during this class!

May 29th – **Parent & Teen Cookout**

- Does your teen share your passion for cooking? Does he or she aspire to be the next star chef? Then you'll both enjoy Parent & Teen Cookout in our Epicurean Studio. Featuring hands-on cooking, this fun class offers an unforgettable bonding experience for you and your teen.

June 26th – **Flavors on Fire – Global Barbeque and Grilling**

- A guy's class of how to "man" the grill. Let us boost your confidence of grilling the best steak in town! Be the star of your backyard party, and let us show you this years barbeque trends. Tasty salads, homemade sauces and cool summer drinks will round out this class.

July 31st – **French Cuisine Decoded**

- The influence of French culinary art is seen and felt in every corner of the world. Every cooking student in every country learns the basics of French cuisine on the way to becoming a chef. Our Executive Chef, Jean-Claude Plihon, will take you on a journey of classic and modern French cuisine.

August 28th – **Destination Lima, Peru**

- Almost unknown until recently, Peruvian Cuisine is conquering the palates of the most renowned chefs worldwide. Over the last years Lima has become the culinary capital of South America. Peru's wild choice of fresh ingredients and the gentle blend of immigrant traditions, such as Spanish, African, Chinese or Japanese, have created one of the world's most unique and delicious cuisines.

September 25th – **Under Pressure...Sous Vide Cooking At Home**

- High-end restaurants have been using sous vide, a technique in which food is vacuum-packed and cooked at precise temperatures, for several years. Now this exacting method, which requires less fat yet results in juicy, intensely flavorful dishes, is trickling down to the home chef. Our Executive Chef, Jean-Claude Plihon, will show you the possibilities of this unique cooking technique.

October 30th – **So You Want To Be A Chef**

- Looking for a new career in the culinary arts? Interested in seeing what it takes to be a successful executive chef? Now's your chance to find out first-hand as the Epicurean Studio premieres "A Day in the Life of an Executive Chef." This special program is designed to teach our participants everything from purchasing, to preparation, to managing a staff, restaurant kitchen and a banquet kitchen.

November 20th – **Luxury for Less**

- Throw a fantastic dinner party without breaking into your 401(k). Our talented Executive Chef, Jean-Claude Plihon, will show you how to create incredible, innovative and inexpensive way to throw a party that your friends and family will not forget. From turkey, to innovative hors d'oeuvres, we will show you new entertaining trends that are budget friendly and easy to make.