

We're cooking at

THE CUPBOARD



Cooking with the Wok

Mon., Feb. 2nd
6:30-9:00 PM

The emphasis in this student-participation class will be on establishing basic skills and cooking techniques using the wok to cook Chinese dishes. The class will cover the basic foundation and flavor profiles that play an integral part in the cuisine of China. Please come prepared to experience cooking with a wok and to enjoy the dishes that you'll prepare in class!

Instructor: Shannon Hayashi. Cost: \$60.00. Limited to 8 students.

French Cuisine Bourgeoise

Wed., Feb. 4th
6:30-9:00 PM

Experience a French country style meal that Bruno will teach you how to make for a special meal at home. The menu includes *Herbed Goat Cheese Spread*, *French Onion Soup*, *Chicken Beaujolais*, *Peas à la Française*, *Salad with Shallot and Red Wine Vinaigrette*. There will be *Chocolate Mousse* for dessert.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

Korean

Mon., Feb. 9th
6:30-9:00 PM

This cooking class will cover basic fundamentals of Korean cooking and dishes that represent this country's cuisine, such as *Kim Chee*, *Bulgogi* (barbecue spicy beef), and *Jahb Chae* (mung bean noodle dish) to name a few. Experience what it is like to be in a Korean kitchen and enjoy the exciting, unique flavors of Korea that you will cook in class.

Instructor: Shannon Hayashi. Cost: \$60.00. Limited to 8 students.

Romantic Dinner for Two

Wed., Feb. 11th
6:30-9:00 PM

Chef Patrick Laguens of Plank restaurant will demonstrate his creative techniques to make dinner for two a very special event. Come learn how to make an elegant Valentine's dinner at home for your loved one.

Instructor: Patrick Laguens. Cost: \$60.00. Limited to 14 students.

New Orleans Carnival Cuisine

Mon., Feb. 16th
6:30-9:00 PM

February marks the time of year in which carnival festivities take place all over the world. Here in the United States, the best and most celebrated of those festivities happens in the great city of New Orleans. Chef George Gastl invites you to join him in creating a selection of tantalizing New Orleans cuisine. The class will feature classic dishes such as *Crab Ravigote*, *Shrimp Creole*, and *Rabbit Etouffée in Pastry*. You will also learn the secrets of making homemade mayonnaise and Creole seasoning. Of course no carnival celebration is complete without a bit of sugar, so our culinary tour to the bayou will end with the Brennan family classic, *Bananas Foster*, served over vanilla ice cream.

Instructor: George Gastl. Cost: \$50.00. Limited to 14 students.

At The Cupboard, 152 S. College Avenue, Downtown
970-493-8585

Crêpes

Wed., Feb. 18th
6:30-9:00 PM

Crêpes are a versatile and fun way to wrap a variety of fillings, for main courses or desserts. Babette will be making several types of sweet and savory fillings, and demonstrating the techniques for making perfect crêpes every time.

Instructor: Babette Wilson. Cost: \$65.00. Limited to 14 students.

Crab and Lobster Party

Mon., Feb. 23rd
6:30-9:00 PM

We're planning a crab and lobster party! We will cover some ideas for the preparation of softshell crabs, Dungeness crabs, snow crab, king crab, Maine lobster and rock lobster. You will learn about soft shell sliders, Dungeness crab anatomy and eating, snow crab cocktail, king crab dumplings, lobster anatomy and eating, and baked rock lobster.

Instructor: Mike Reeves. Cost: \$68.00. Limited to 14 students.

A Taste of Seafood with Celebrity Chef Tre Wilcox

Tue., Feb. 24th
6:30-9:00 PM

Chef Tre's culinary flair and fun-loving personality and his years of experience made him a favorite on Bravo's "Top Chef" and, recently, as Chantal Cookware spokesperson. Come enjoy an evening with Chef Tre as he teaches you how to master preparing a few seafood favorites. The menu will include *Sea Scallops with Bacon-Scallion Risotto*, *Salmon with Asparagus and Champagne Sauce* and *Pan Roasted Monkfish with Mushrooms*.

Instructor: Tre Wilcox. Cost: \$69.00. Limited to 14 students.

An Evening in Goa, India

Mon., Mar. 2nd
6:30-9:00 PM

Goa is a mystery, even to Indians. It was a Portugese colony, never a part of the British Empire that controlled most of India for almost four centuries. It has a unique cuisine very different from the usual Indian cuisine that is dominated by masalas, cumin, saffron and cardamom. In addition to its Portugese heritage, Goanese cuisine draws heavily from the Konkan (the western coast of the Indian peninsula) with coconuts, fish and seafood being the staple of any Goanese dinner. Discover this new country within a country using Sharmila's unique adaptations to suit what is available locally. We will start with *Shrimp Kadhi* (a soup with coconut milk and shrimp). For the main course, we will make pork/chicken *Vindaloo* (a spicy curry with vinegar and cumin), accompanied by rice and *Koshimbir* made with tomato, cucumbers and green onion. We will finish with a dessert of *Kurma* (vermicelli, milk, sugar and spices).

Instructor: Sharmila Rajopadhye. Cost: \$52.00. Limited to 14 students.

Soups to Satisfy

Wed., Mar. 4th
6:30-9:00 PM

Create the full gamut of hot, cold, creamy, broth-based, sweet, savory, spicy or mild soups in this class. You'll learn to make *Spanish Gazpacho*, *Wine Soup*, *Basil Soup*, *Potato and Celery Potage* and *Garlic Soup*. There will be a sweet ending of *Apple Beignets with Cinnamon*.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

Cafe Argentina

Mon., Mar. 9th
6:30-9:00 PM

From the land of gauchos and tango comes a rich culinary tradition influenced by many immigrant cultures. Known for the quality of its grass-fed beef raised on the fertile plains of the pampas, and its burgeoning wine industry situated in the high country around Mendoza, Argentina has much to offer. This class will include an in-depth discussion of the cattle industry and beef quality. The menu will feature traditional *Empanadas*, *Grass-Fed Beef Asado*, *Chimichurri*, *Milanese à la Napolitana* and *Pan Fried Trout with Salsa Verde*. We will also discuss the ritual surrounding the ubiquitous Argentine drink *Mate*.

Instructor: Joel Ryan. Cost: \$60.00. Limited to 14 students.

Pies and Tarts

Wed., Mar. 11th
6:30-9:00 PM

Babette will show you how to master a basic sweet dough that can be used to make many different pies and tarts. In this class, you will learn how to make *Apple Calvados Tart*, *Pear Frangipane Tart*, *Cherry Clafouti*, *Blueberry Pie* and a *Strawberry Tart with Crème Patissiere*.

Instructor: Babette Wilson. Cost: \$65.00. Limited to 14 students.

When in Doubt, Roast

Mon., Mar. 23rd
6:30-9:00 PM

Roasting carmelizes and concentrates flavors, creating deep, rich-tasting dishes with minimal effort. Roasting is an essential cooking technique that should be mastered by both experienced and novice cooks. With this one technique, you can turn out consistently fabulous dishes, from soups to meats to vegetables to desserts. In this class, we will prepare *Roasted Peppers, Onions and Pork Tenderloin with a Chipotle-Plum Glaze*; *Oven Roasted Sweet Potato Fries*; *Roasted Onions with Gorgonzola Cheese*; *Roasted Asparagus with Balsamic Reduction and Parmesan Cheese*; *Oven Roasted Root Vegetables with Horseradish Cream*. Dessert will be *Roasted Pears*.

Instructor: Dianne Moeller. Cost: \$50.00. Limited to 14 students.

Vegetables

Wed., Mar. 25th
6:30-9:00 PM

Bring the life back into your meals with quickly prepared and delicious vegetables. This class will use a variety of preparation methods and styles of dishes that range from the casual meal on the grill to something suitable for a more formal meal. The dishes include *Quinoa Stuffed Poblanos*, *Grilled Chipotle-Apricot Sweet Potatoes*, *Sweet Onion Squares* and *Spinach Rice Gratin*. We will also prepare *Roasted Asparagus* and *Roasted Green Beans* with three variations: *Sesame*, *Lemon*, and *Green Herb Sauce*. You'll also learn how to use compound butters as a way to enhance even the most humble vegetables. This class is suitable for lacto-ovo vegetarians.

Instructor: Barb Lance. Cost: \$59.00. Limited to 14 students.

Peru: Culinary Hot Spot

Mon., Apr. 6th
6:30-9:00 PM

Recently recognized as a culinary destination, Peru offers a diverse range of cuisines from coastal Lima, to the Andean high-country, to the Amazon lowlands. In this class we will prepare two classic *Ceviches*, *Caldo de Gallina*, *Quinoa Stuffed Trout* and delicious *Alfajores*.

Instructor: Joel Ryan. Cost: \$60.00. Limited to 14 students.

Salads

Wed., Apr. 8th
6:30-9:00 PM

Barb will teach you to make five seasonal salads that are easily prepared and unforgettable. Some complement the main course, and others become the focus of your meal. These salad recipes will become favorites that you'll prepare again and again, much to the delight of those at your table: *Greek-Style Red Pepper Salad*, *Shan Salad* (a recipe from Southeast Asia that is truly wonderful), *Shrimp Remoulade on Bibb Lettuce*, *Grilled Asparagus and Prosciutto Salad*, *Roasted Brussels Sprouts* and *Walnut Salad*.

Instructor: Barb Lance. Cost: \$59.00. Limited to 14 students.

Fresh, Fast and Fabulous

Mon., Apr. 20th
6:30-9:00 PM

Couldn't we all use more simple and delicious meals in our repertoire? These quick entrées are paired with simple sides and sumptuous fresh or dried fruit desserts. We will prepare and eat three simple complete meals; all would make great leftovers for lunch the next day. The first menu will feature: *Caribbean Chicken with Black Beans*, *Sweet Potato and Lime*; *Spinach Salad with Oranges and Avocados*; *Mango Brulée*. The second menu includes *Tuscan Mountain Supper (Tuscan Beans and Salad of Tart Greens)* and *Poached Figs with Hazelnut Crème*. The third menu is *Frittata with Broccoli Rabe*, *Sun-dried Tomato and Fontina*; *Crusty Bread with Roasted Garlic*; and *Balsamic Strawberries*.

Instructor: Dianne Moeller. Cost: \$50.00. Limited to 14 students.

Indian Cuisine, Simplified

Wed., Apr. 22nd
6:30-9:00 PM

Indian cuisine, renowned for its exotic flavors, can seem complicated for any newcomer. In this class, you will learn how to simplify the techniques of Indian cuisine and decipher the seemingly exotic ingredients. You will also learn about spices commonly used in Indian food, as well as shortcuts and adaptations for turning Indian cuisine into an everyday meal. We will start the evening with a popular Indo-Chinese appetizer, *Gobi Manchurian*, accompanied by a variety of homemade chutneys. Learn how to make *Tandoori Shrimp*, *Dal Makhani*, *Cumin-Scented Basmati Rice* and a *Kosambri Carrot Salad*. We'll conclude the evening with a healthy dessert, *Banana Rasaayanam*. *Mango Lassi* and *Madras Style Coffee* will accompany the meal as well. Students can also take home several spice packets to easily create the dishes at home.

Instructor: Malini Bartels. Cost: \$49.00. Limited to 14 students.

A Taste of Thailand

Wed., Apr. 29th
6:30-9:00 PM

Enjoy a sampling of Thai flavors and spices, including a home made ice cream treat. We will be making *Curry Chicken Wings*; *Mussels with Lemon Grass, Basil and Wine*; *Braised Beef with Spinach and Leeks*; *Chiang Mai Noodles*; *Crisp Onion with Cabbage Salad* and *Coconut Ice Cream I-Tim Kati*.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

Antojitos: Small Bites from Mexico

Mon., May. 4th
6:30-9:00 PM

Some of the most delicious foods from Mexico are served from street vendors and market stalls. In this class we will work with fresh corn *masa* to create a variety of wonderful appetizers. The menu will include *Sopes*, *Squash Blossom Quesadillas*, *Tlacoyos*, *Gorditas*, *Empanadas* and various fresh *Salsas*.

Instructor: Joel Ryan. Cost: \$55.00. Limited to 14 students.

Greek Dinner

Wed., May. 6th
6:30-9:00 PM

Come and enjoy learning to make a Greek dinner party menu with *Avgolemono Soupa*, *Horyatiki Salata*, *Patligian Style Moussaka*, *Souvlaki Flambéed with Metaxa*, *Tzatziki Sauce*, *Greek Potatoes* and *Baklava Rolls*.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

CLASS POLICIES

Tickets for each student will be issued during registration. **Tickets are non-refundable** but may be given to a friend in the event you are unable to attend the class. **Payment is due at the time of registration.** *Telephone registrations will be accepted only with payment by credit card at the time of registration.* Tickets will be mailed to those who are registering by phone. All other registrations must be done in person.

Class sizes are limited—we suggest you purchase your tickets early. Each person attending the class must have their own ticket. Our classes are designed for adults. Participants will receive a coupon for a 10% discount on non-electric, non-sale purchases at The Cupboard, expiring two weeks from the night of the class.

ABOUT THE INSTRUCTORS

Malini Bartels grew up cooking traditional Indian food with her mother and cultivated a love for Indian cuisine. Through the years, Malini learned how to transform complex Indian cuisine into everyday meals using techniques adapted for the American kitchen. Malini has a degree in Mechanical Engineering and is now a stay-at-home mom with two kids. She loves the Indian food she grew up with and wants to share it with others who enjoy flavorful dishes. Malini also believes in the continual evolution of this multitude of flavors. She has been featured in 25 North magazine of Northern Colorado. This is Malini's sixth year of teaching at The Cupboard.

Chef **George Gastl** grew up in Laramie, Wyoming. As a young teen he began working in local restaurants. After a short time cooking in these small, local kitchens he had found his passion for food and in life. Since graduating from the Scottsdale Culinary Institute of Arizona in 1992, George has built his expertise by working in kitchens around the United States and abroad. He has held chef positions in Colorado, New Mexico, Louisiana and in Oldenburg, Germany. He brings his zeal for cooking and his love of fresh ingredients to you for an evening of great food and fun at The Cupboard.

Shannon Hayashi is a culinary educator at the International Culinary School at the Art Institute of Colorado, where he has been teaching for the past nine years. He is a Certified Executive Chef, and is currently pursuing a Doctorate in Adult Education. His passion is guiding students to become successful in the hospitality profession.

Bruno Krioussis is from the small village of Vendôme, in the Loire Valley. Bruno's last name comes from a Greek ancestor who immigrated to France in the 1860's. Bruno has lived and traveled to over 35 countries learning about cultures, languages and cooking. After a few months in Iran, Bruno spent five years in Asia, eight years in Africa, four years in Northern Africa, seven years in Western Europe, a year in the Caribbean, ten years in Mexico, and then immigrated to the United States. In 2002, Bruno moved to this very beautiful region that he says, "has the feel of being in the French Alps and living in the States at the same time." Bruno now resides in Loveland, with his wife and family.

Patrick Laguens is the creative chef and sommelier at his newest restaurant, Plank, in downtown Fort Collins. Many of you may know him from his prior years as manager of Ciao Vino, and from his time as an owner of Old Town Wine and Spirits. Patrick has worked for more than 25 years in the food and wine industry, including teaching wine and food pairings across the country and working as an executive chef at several Fort Collins restaurants. He recently developed his own line of wines, the Astrology series introduced in 2006.

Barb Lance has been a Personal Chef since 1999, preparing everyday meals for hungry clients in their homes as well as providing dinner parties and catering services. She is a senior member of the United States Personal Chef Association. Her love of cooking has its roots in her mother's and grandmother's kitchens where she began learning from them at an early age. In her spare time, Barb loves to cook for relaxation with friends and family.

Dianne Moeller is a foodie dedicated to the principle that truly fabulous food is pleasing to all the senses as well as healthy and nourishing to the body. Her love of food and cooking has led her from cooking for commercial backpacking trips in the US and Guatemala, to consulting with five-star resorts. Fascinated by nutrition, she became a registered dietitian and is dedicated to teaching about and cooking with whole, natural foods.

Sharmila Rajopadhye, whose culinary experience spans three continents, moved to Fort Collins in 2001. She grew up in India, observing her mother and grandmother make special dishes for feasts and other important occasions. Her natural talent and flair for experimentation received a tremendous boost through her travels— Sharmila spent nine years in Utah and Oregon and another nine in France before moving to Colorado. Fluent in four languages, she also teaches Hindi, previously at the University of Oregon and at Colorado State University, and now for the City of Fort Collins (Recreator). Sharmila also paints on silk, a hobby that she picked up in France.

Mike Reeves, owner of the restaurant Fish, began his cooking career at Pelican Fish in Fort Collins at the ripe age of fifteen. He moved to Boulder to attend the University of Colorado where he continued his training with some of the best chefs in the region. His training included the tutelage of Irene Hessner, chef at The Oasis Restaurant and Brewery, Mike LePres, chef at Table Mountain Inn, and Jim Smailer, chef at The Boulder Cork. After graduating from CU, Mike moved to Canada and opened a small restaurant with his sister in Salmon Arm, BC. Fish, his restaurant just west of Oak Street Plaza in Fort Collins, seeks to raise the bar for freshness of product and for standards of preparation.

Joel Ryan grew up in a family that placed great emphasis on the table as a place to develop interpersonal relationships and strengthen bonds. He knew from a very early age where his place in the world would be, and as a teen began working in local restaurants, eventually leading to a European-style apprenticeship. After several years working in fine dining, he decided to take his interest in food as a common thread between all people a step further and in 2001 received an undergraduate degree in socio-cultural anthropology. Joel is currently Executive Chef at North Colorado Medical Center and is active in private catering and restaurant consulting. He has received certification as a culinary skills trainer from the Culinary Institute of America and is passionate about sharing his knowledge while learning from others.

Chef **Tre Wilcox** began his culinary career at the age of 17 as a prep cook at a fast food restaurant. That simple job, which he took to raise money to fix his car, revealed what would become a lifelong passion for cooking and the restaurant business. Tre has worked for several fine-dining restaurants, including Toscana with noted Dallas chef David Holben, and Mediterraneo. But it was in the kitchen of five-star Abacus that Tre spread his culinary wings, working his way up to chef de cuisine. In 2003, he received the "Best Food and Wine Pairings" distinction for KRLD's Restaurant Week, which led to a scholarship at the Culinary Institute of America in Greystone, California. The following year, Tre won first place in *The Dallas Morning News'* Rising Star Chef contest. He earned two consecutive nominations for the James Beard Foundation's Rising Star Chef. Tre rose to national fame as a contestant on Bravo's *Top Chef*. In 2008, Tre left Abacus to pursue his own restaurant and work as a private chef. Most recently, he inked a deal to become a spokesman for Chantal Cookware, endorsing their line of Copper Fusion cookware as a healthy alternative to non-stick pans. Tre frequently teaches cooking classes at Central Market, Neiman Marcus and Sur la Table. He has appeared on a number of local TV shows, including ABC's *Good Morning Texas*. Currently Tre is working towards his long-time dream of opening his own restaurant.

Babette Wilson was born and raised in Paris. Her travel all over the world developed her taste for all types of food. She learned traditional French cuisine (sauces with wine and crème fraîche, and pastries) in Paris. Life in Provence exposed her to Mediterranean cuisine, with its emphasis on fresh fruits, vegetables and seafood. She moved to Colorado where she started "La Croissanterie" and then "Babette's Feast." She provided local restaurants and coffee houses with authentic French croissants and other baked goods. Each year Babette goes back to France for additional training. She is now catering and making her exquisite wedding cakes from a new location in the Helmshire Inn. For those who still crave her baked pastries, they are available at Café Vino, also located in the Helmshire Inn. Croissants and baked products are available by special order.