



All classes are \$50.00 per person unless otherwise noted. Maximum capacity for each class is 12 people and they typically last for two hours. **Please treat your class reservations as you would theatre tickets, as we are not able to provide refunds for missed classes. Please call the store to sign up at 423-265-4474. Come hungry and ready to learn!*

~October 2008~

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4 Soup and Popover Day! 11:00 – 2:00 Free of charge	5
6	7	8 Sushi Fundamentals! w/Chef Dao Lee \$65.00	9	10 Knife Skills & Beef Tenderloin w/Chef Anna Scott \$65.00	11 Oktoberfest! 10:30 – 5:00 Free of charge	12
13 BONEFISH GRILL Wine Excursion Dinner! \$65.00	14 Healthy Tailgating! w/chef Anna Scott	15	16 Vegetarian Indian Feast w/Chef Anna Scott	17 Pan Asian Tour w/Chef Dao Lee	18 Alchemy Spice Party! 11:00 – 2:00 Free of charge	19
20	21 Paella Party w/Chef Jon Denver	22	23 Food and Wine Paring w/Chef Anna Scott \$65.00	24 Pressure Cooking Fundamentals w/Chef Anna Scott	25	26
27	28 Cooking with Jack Daniels! w/Chef Jon Denver \$65.00	29 All Things Pumpkin! \$40.00	30	31		

Maggie & Mary Soup and Popover Day! ~ Come and go between 11:00am ~ 2:00pm ~ 10/04 – *Free of Charge*
Join us for our 3rd annual Maggie and Mary Soup & Popover Day! Taste some delicious soups and learn how easy it is to make homemade popovers for a super quick and easy mid week meal! Additionally, representatives from the Le Creuset Corporation will be on hand to answer questions about their wonderful product. Don't forget to throw your name in the hat to **win a Le Creuset Soup Pot! *No reservations required***

Sushi Fundamentals ~ 6:30pm ~ 10/08 ~ *Participation* ~ \$65.00

Learn how to duplicate the sushi-bar experience in your own kitchen with Chef Dao Le. He'll guide the class through a complete menu, including soup, sushi and dessert. The menu begins with White Miso Soup with Tofu, and Green Onion. Then it's on to sushi! You'll learn to prepare Sushi Rice, an important ingredient in the finished product, and use it to make a Rainbow California Roll topped with Tuna, Salmon, Cucumber, Avocados and a Spicy Mayo topped with Chili Oil and Lime. You'll learn to make Assorted Nigiri with Salmon, Tuna and Shrimp. You'll also learn about the garnishes that add an artistic element to sushi presentation, and the sauces that add a punch of flavor. Be sure to save room for the green tea ice cream. Come Hungry!

1st Annual Oktoberfest! ~ Come and go between 11:00am ~ 5:00 pm ~ 10/11 – *Free of Charge*

Come out for some tasty Bavarian treats and enjoy 15% off all German made products (Rosle, WMF, Schotts Zweisel Stemware, etc..) as well as special discounts on other items throughout the store! ***No reservations required***

Knife Skills and Beef Tenderloin class ~ 10/10 ~ 6:30p.m. ~ *Hands on knife Skills w/Cooking Demonstration* ~ \$65.00

Students are required to bring a Chef Knife, Paring knife and cutting board. The right knife can make all the difference in food preparation, but any knife is only as good as its edge. This seminar will give you the knowledge you need to keep your knives in top condition. This workshop will explore the techniques of using a honing steel to create the ultimate knife edge. We'll briefly touch on choosing the right knife for your needs, with a discussion of blade shapes, handle styles and cutlery lines. Following this discussion, our chef will move into the main course, BEEF TENDERLOIN and provide instruction on how to properly clean and roast a tenderloin. Come Hungry as you will enjoy a full meal!



Wine Excursion Dinner at Bone Fish Grill! 10/13 ~ 6:30pm ~ \$65.00

Back by popular demand! In partnership with Bone Fish Grill, Mia Cucina is offering a wine tasting dinner! Participants will enjoy an exclusive dinner complete with wine pairings from the Bone Fish cellar. Come Hungry! This offering is limited to 10 adults ages 21 and over.

Healthy Tailgating! ~ 10/14 ~ 6:30pm ~ *Demonstration* ~ \$50.00

Fall is in the air and with that comes football and tailgate parties! Our chef will teach you how to make your tailgate party a delicious affair without all the unnecessary fat! Students will feast on Texas Caviar and Pita Chips, Whole Wheat Turkey and Bacon Sliders, Baked Vidalia Onion Rings and Fat Free Key Lime Pie Tarts! These recipes will enable you to make your tailgate party a success while maintaining your healthy eating habits!

Vegetarian Indian Feast ~ 10/16 ~ 6:30 p.m. ~ *Demonstration* ~ \$50.00

Indian cuisine is characterized by its sophisticated and subtle use of many spices and herbs. A significant portion of Indian food is vegetarian, making it a great choice for those looking for rich flavors and complex proteins without meat. Our chef will show you how easy it is to prepare a fabulous vegetarian meal with global flavors. The menu begins with a Trio of Lassis (sweet, salty and mango), a chilled yogurt drink popular in India. Then we will make Arhal Dahl, a dish from northern India made with garbanzo beans or lentils simmered with spices. Next, we'll cook lemon rice, which is typically prepared with cashews or peanuts. We'll pair the rice with Palak Paneer, a mixture of cheese and spinach. Paneer, Indian cheese, is a staple that contributes dairy protein to many Indian dishes. For dessert, we'll make Sweet Semolina Halva, a confection of semolina, cardamom and apricot that lends itself to many variations. In class we'll prepare the basic version and discuss other additions to this versatile dessert. Whether you're a vegetarian or simply interested in world flavors, this class will wake up your taste buds.

Pan Asian Tour ~ 10/17 ~ 6:30 p.m. – *Demonstration* ~ \$50/00

This class celebrates Pacific Rim flavors in a delicious menu that you can cook at home and impress your friends! The menu starts with Yakitori Lettuce Wraps, Japanese marinated chicken, stir-fried baby vegetables, cilantro pesto and spicy chili sauce all rolled up in bib lettuce leaves. For the main course, Chef Dao will prepare a grilled Salmon with a Roasted Red Pepper and Chili butter sauce, accompanied by Steamed Baby Bok Choy with Hickory Bacon and Jasmine Rice. For a sweet finish, you'll have Caramelized Banana Spring Rolls with a Chocolate Ganache Sauce

Alchemy Spice Party! ~ 10/18 ~ Come and go between 11:00 ~ 3:00 p.m. ~ *Free of Charge*

Come out and taste some fun and exciting goodies made with the freshest spices provided by Chattanooga's own Alchemy Spice Company! Think Kickin Chili and Ancho Cherry Chocolate Brownies! The perfect treat for a crisp fall afternoon or tailgate party! Representatives from the company will be on hand to answer questions about this wonderful product! ***No reservations required***

Paella Party! ~ 10/21 ~ 6:30 p.m. ~ *Demonstration* ~ \$50.00

Spanish food is "down to earth" and uncomplicated, based on simple, locally available ingredients. Because Spain is surrounded on three sides by water, fresh seafood is always plentiful in the markets and is eaten daily. Our Chef will teach you how to create this Spanish classic featuring shrimp, calamari, chorizo, portabellas and other authentic ingredients. This class will focus on the simplicity and freshness of Paella that is sure to please your toughest crowd!

Food and Wine Pairing ~ 10/23 ~ 6:30pm ~ *Demonstration* ~ \$65.00

This class will focus on the art of pairing great wines with just the right foods to bring out the flavors in both. Participants can expect to sample 5 amazing wines accompanied by just the right dishes to send your taste buds soaring. You will be instructed on the basics of pairing and come away with a better understanding of how the right combination can bring out the best flavors in both. *(This class is limited to those 21 and over)*

Pressure Cooking Fundamentals! ~ 10/24 ~ 6:30p.m. ~*Demonstration* ~ \$50.00

Cooking in a pressure cooker is a fast, easy and healthy way to prepare a meal in no time at all. Pressure Cookers save up to 70% in cooking time and are easy to use – just load, lock, cook and release! Our chef will demonstrate how easy it is to make delicious Butternut Squash Apple Bisque, Coq Au Vin and for dessert Spiced Apples served over French Vanilla Ice Cream. You'll be amazed at how fast and easy it is to make an entire meal with one pot!

Cooking with Jack Daniels! ~ 10/28 ~ 6:30pm ~ *Demonstration* \$65.00

Back by popular demand! Visit Lynchburg without leaving Chattanooga! This class offers a fantastic meal infused with Tennessee's favorite square bottle-black label whiskey. From appetizer to dessert, this menu incorporates "Old No. 7" in ways you may have never imagined. Come hungry and maybe even thirsty, this one will be a real treat. Enjoy a fun and delicious meal with Chef Jon Denver. Chef Jon knows Jack! *(This class is limited to those 21 and over)*

All Things Pumpkin ~ 10/29 ~ 6:30pm ~ Participation ~ \$40.00

Happy Halloween! This class will focus on everything Pumpkin! Students will start by 'gutting' their pumpkins and scooping out the seeds and flesh that will ultimately be turned into Spicy Toasted Pumpkin Seeds and Roasted Pumpkin Soup with Chipotle Cream. After all pumpkins are cleaned and prepped, Rob (the owner's hubby and award winning pumpkin carver) will provide 1x1 instruction on how to create the scariest and most creative pumpkins imaginable!

Mia Cucina Class Policies

All classes unless otherwise noted are \$50.00 per person and last approximately 2.5 hours. Maximum capacity is limited to 12 attendees. To register for classes, please call us at 265-4474 or stop by the store. You must pay for classes at the time of registration. As we have limited availability, class fees are non-refundable. **Please treat your paid class reservation as you would theatre tickets and understand that once you have purchased the class we cannot issue refunds.** However, if you have a change of plans more than 10 days prior to the class, we will issue you a Mia Cucina gift card that can be used for other classes or store merchandise. Changes to your schedule within 10 days of the class cannot be accommodated, but if you are unable to attend, you may send someone else in your place. All students receive a 10% discount on merchandise the day of the class. Mia Cucina reserves the right to substitute instructors, menus or ingredients if necessary. Classes may be rescheduled or cancelled if minimum enrollments are not met. If we cancel a class, we will refund your class fee. Classes, unless otherwise noted, are open to ages 14 and over. An adult must accompany attendees under the age of 18. Class fee includes instruction, printed recipes and a full meal of the food prepared in the class as well as coffee, tea and water. Some hands on classes include foods to take home.

Hamilton Corners

265 ~ 4474

www.theplaceforcooks.com