

# 2010 Fall Cooking Class Schedule

## Meet the Chefs

**Carol Ritchie:** Your experienced chef instructor Carol has been preparing, presenting and instructing for over 20 years - with over 18 at The Kitchen Store. Carol is classically trained, she understands what it takes to prepare a wholesome meal in today's busy and economically demanding times – real food for real times for real people. She is Host of cable TV cooking show *Cookin' with Carol*—a 2001 James Beard Award Nominee for “Best Local Television Cooking Show.” Notable guests include Julia Child (taped at the Kitchen Store!), Martin Yan and Jacques Pepin. Carol is also a recipe developer, culinary consultant, and spokesperson, appearing on national television including CBS *Chef on a Shoestring*, QVC and *Cooking Live!* (Food Network). She specializes in classic technique, strategies for the quick-cook, Australian cuisine, and heart-healthy fundamentals.

Contact: [www.cookinwithcarol.com](http://www.cookinwithcarol.com)

**Debbie Meyer-Gore:** Debbie Gore is a local author and chef. She teaches interactive classes at the Kitchen Store and across the country. Debbie was the culinary event manager of the culinary schools for Market Street Stores in McKinney and Colleyville before becoming the Director of Culinary Services for the high tech international oven company, TurboChef. Today, she is a freelance writer, teaches culinary classes and speaks to companies and organizations about health and wellness in her *Recipe for Life* program.

Contact: [debbiemeyer@tx.rr.com](mailto:debbiemeyer@tx.rr.com)

**Sheila Larson:** Sheila is an experienced Pastry Chef and Culinary Instructor having started her career in Fine Dining in Dallas. She expanded her skills at various Country Clubs in Northern Wisconsin including experience at a private resort in the Virgin Islands. Her pastry skills range from wedding cakes to classic desserts and her passion is providing the best Baking and Pastry experience to her students.

Contact: [www.thekitchenstore.biz](http://www.thekitchenstore.biz)

## The Kitchen Store

4714 Little Road

Arlington, TX 76017

817-561-1200

[www.thekitchenstore.biz](http://www.thekitchenstore.biz)

\*All classes are \$45 per person per class

Hands-on experience in all classes! Class size is limited, sign up early!

***It's more important now than ever — save money — learn to cook at home!***

### **Saturday, September 11 Basic Knife Skills – Italian Menu**

*Presented by Chef Carol Ritchie*

11:00 am to 1:00 pm

This is where it all begins! Using a chef's knife is the first step to great cooking. Learn classic cutting/chopping techniques with these recipes: Eggplant Caponata Appetizer, Quick-Cook Pasta with Fresh Tomato and Basil Sauce, Mocha Panna Cotta with Amaretto-infused Fruit & Toasted Almonds.

### **Sunday, September 12 Eat More Fish! It's Easy and Cooks Fast**

*Presented by Chef Debbie Meyer-Gore*

1:00 pm to 3:00 pm

You want dinner on the table quick? Eat more fish, it's good for you! Orange Roughy with Parmesan Topping, Tilapia with Tomatoes and Okra, Salmon with Fresh Vegetables in Parchment, Snapper in Garlic Lime Butter. This class will help you add fish and *omegas* to your diet with flavor and flair!

### **Tuesday, September 14 Quick and Healthy Cooking**

*Presented by Chef Carol Ritchie*

6:30 pm to 8:30 pm

For the “rush hour cook”! Revitalize your cooking at home with a fresh and healthy approach. Hands-on participation with these versatile recipes: Salmon & Spinach Pasta Sauté, Seared Chicken Tender Salad with Caramelized Onions, Frittata with Ham and Vegetables, and Gourmet Portobello Mushroom Pizzas.

### **Saturday, September 18 Let's Do Lettuce Wraps and More**

*Presented by Chef Debbie Meyer-Gore*

11:00 am to 1:00 pm

Cooking Asian food can be fun. Want lettuce wraps like Changs? Good stir-fry? Join us in this class for Lettuce Wraps, Ginger Beef, Crunchy Eggrolls with Apricot Sauce and Peanut Chicken. Varying your menu to include new flavors keeps weeknight meals exciting!

### **Tuesday, September 21 Mediterranean Gourmet**

*Presented by Chef Carol Ritchie*

6:30 pm to 8:30 pm

The food from the Mediterranean is not only delicious but leans toward the healthy side, as it uses a variety of ingredients such as olive oil, whole-grains, beans, seafood, fruits and vegetables. You'll enjoy the fresh approach with these dishes: Greek Salad, Pasta with Fresh Tomato-Basil Sauce, Grilled Seafood with a White Bean Purée, and Rolled Baklava for dessert.

### **Wednesday, September 22 Chicken NEW Ways!**

*Presented by Chef Debbie Meyer-Gore*

11:00 am to 1:00 pm

Creamy Chicken with Capers, Best ever Chicken Stroganoff, Crispy Oven Fried Chicken and Chicken with Caramelized Onions. Enjoy completely different delectable ways to use the most versatile and economical meat...chicken!

# Cuisinart®

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## Private Classes

Don't see what you want? Gather your family, friends, and co-workers (10 minimum) for a fun-filled private cooking class at *The Kitchen Store*. For details, call 817-561-1200.

### **Sunday, September 26**      **Chicken NEW Ways!**

*Presented by Chef Debbie Meyer-Gore*      1:00 pm to 3:00 pm

Creamy Chicken with Capers, Best ever Chicken Stroganoff, Crispy Oven Fried Chicken and Chicken with Caramelized Onions. Enjoy completely different delectable ways to use the most versatile and economical meat...chicken!

### **Tuesday, September 28**      **Eat More Fish! It's Easy and Cooks Fast**

*Presented by Chef Debbie Meyer-Gore*      6:30 pm to 8:30 pm

You want dinner on the table quick? Eat more fish, it's good for you! Orange Roughy with Parmesan Topping, Tilapia with Tomatoes and Okra, Salmon with Fresh Vegetables in Parchment, Snapper in Garlic Lime Butter. This class will help you add fish and *omegas* to your diet with flavor and flair!

### **Wednesday, September 29**      **Let's Do Lettuce Wraps and More**

*Presented by Chef Debbie Meyer-Gore*      11:00 am to 1:00 pm

Cooking Asian food can be fun. Want lettuce wraps like Changs? Good stir-fry? Join us in this class for Lettuce Wraps, Ginger Beef, Crunchy Eggrolls with Apricot Sauce and Peanut Chicken. Varying your menu to include new flavors keeps weeknight meals exciting!

### **Saturday, October 9**      **Basic Knife Skills – Garnishing Techniques**

*Presented by Chef Carol Ritchie*      11:00 am to 1:00 pm

Kitchen knife skills is where it all begins... and presentation is key! Learn classic cutting/chopping and garnishing techniques hands-on. You'll practice your new talent transforming a plain chicken breast into a show-stopping grilled entrée with veggies, along with decorative Open-Face Sandwiches and Gourmet Grilled Pound Cake.

### **Sunday, October 17**      **Let's Do Lettuce Wraps and More**

*Presented by Chef Debbie Meyer-Gore*      1:00 pm to 3:00 pm

Cooking Asian food can be fun. Want lettuce wraps like Changs? Good stir-fry? Join us in this class for Lettuce Wraps, Ginger Beef, Crunchy Eggrolls with Apricot Sauce and Peanut Chicken. Varying your menu to include new flavors keeps weeknight meals exciting!

### **Tuesday, October 19**      **Quick and Easy Seafood**

*Presented by Chef Carol Ritchie*      6:30 pm to 8:30 pm

Learn how to select and prepare healthful, fresh seafood with these tempting recipes: Crab Cakes with Zesty Creole Sauce, Baked Salmon en Papillote, Garlic Shrimp and Scallop Sauté, and Crispy Catfish Nuggets.

### **Saturday, October 23**      **Halloween Baking – Fun and Delicious**

*Presented by Chef Sheila Larson*      11:00 am to 1:00 pm

With Halloween frightfully close, let's create some scary, spooky Halloween cookies and treats for those little (and the more mature) hobgoblins and angels. This class is especially suited for the young chef of the house.

### **Sunday, October 24**      **Wine and Cheese Lover's Cuisine**

*Presented by Chef Carol Ritchie*      1:00 pm to 3:00 pm

Be prepared for holiday entertaining with: Crispy Coated Goat Cheese Appetizer, Pear-Walnuts & Gorgonzola Salad, Swiss Cheese Stuffed Chicken with Red Peppers and Chablis Sauce, and Chocolate Swirl Cheesecake.

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## **Tuesday, October 26**      **Chicken NEW Ways!**

*Presented by Chef Debbie Meyer-Gore*

*6:30 pm to 8:30 pm*

Creamy Chicken with Capers, Best ever Chicken Stroganoff, Crispy Oven Fried Chicken and Chicken with Caramelized Onions. Enjoy completely different delectable ways to use the most versatile and economical meat...chicken!

## **Saturday, October 30**      **That's Italian!**

*Presented by Chef Debbie Meyer-Gore*

*11:00 am to 1:00 pm*

Come learn new and varied Italian dinners that are sure to please the family. Tuscan Bean Soup (Debbie's new favorite!), Lemon shrimp with Creamy Polenta, Pork Piccata, Chicken Saltimbocca (rolled stuffed chicken breasts). Impress your guests and your family with these delightful entrees.

## **Sunday, October 31**      **Soups and Hearty Fall Favorites**

*Presented by Chef Debbie Meyer-Gore*

*1:00 pm to 3:00 pm*

Back by popular demand, hearty meals for family and friends for the cold winter months. , Tomato Basil Soup, Corn Chowder, Cajun Chicken Gumbo and Pork Roast with Apple Cornbread Stuffing Learn to make these delicious hearty meals without breaking the bank!

## **Tuesday, November 2**      **Basic Knife Skills**

*Presented by Chef Carol Ritchie*

*6:30 pm to 8:30 pm*

This is where it all begins! Using a chef's knife is the first step to great cooking. Learn classic cutting/chopping techniques with these recipes: Chicken Fricassee, Gourmet Salad, Fruit-Topped Pound Cake à la Mode.

## **Wednesday, November 3**      **Great New Appetizers**

*Presented by Chef Debbie Meyer-Gore*

*11:00 am to 1:00 pm*

Whether for Cowboy games, Bunco, Pokeno or just company stopping in-these appetizers will have them bragging about you! Creamy Crab Dip, Bacon Tomato Tartlets, Thai Chicken Strudel, Puff Pastry Pinwheels, Crunchy Shrimp with Pineapple Dipping Sauce. New and different, your guests will rave!

## **Tuesday, November 9**      **Soups and Hearty Fall Favorites**

*Presented by Chef Debbie Meyer-Gore*

*6:30 pm to 8:30 pm*

Back by popular demand, hearty meals for family and friends for the cold winter months. , Tomato Basil Soup, Corn Chowder, Cajun Chicken Gumbo and Pork Roast with Apple Cornbread Stuffing Learn to make these delicious hearty meals without breaking the bank

## **Sunday, November 14**      **Beginner's Thanksgiving**

*Presented by Chef Carol Ritchie*

*1:00 pm to 3:00 pm*

Roasted Turkey and all the trimmings: Cranberry Sauce, Creamy Mashed Potatoes with Gravy, Sweet Potato Puffs, Cornbread Stuffing, Pumpkin Pie, plus tips on advance prep. Whether this is your first time cooking a Thanksgiving dinner, or you're a Thanksgiving dinner pro, in this class you'll discover lots of tips and ideas for entertaining and preparing the biggest meal of the year!

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## **Tuesday, November 16      Great New Appetizers**

*Presented by Chef Debbie Meyer-Gore*

*6:30 pm to 8:30 pm*

Whether for Cowboy games, Bunco, Pokeno or just company stopping in-these appetizers will have them bragging about you! Creamy Crab Dip, Bacon Tomato Tartlets, Thai Chicken Strudel, Puff Pastry Pinwheels, Crunchy Shrimp with Pineapple Dipping Sauce. New and different, your guests will rave!

## **Tuesday, November 30      Great New Appetizers**

*Presented by Chef Debbie Meyer-Gore*

*6:30 pm to 8:30 pm*

Whether for Cowboy games, Bunco, Pokeno or just company stopping in-these appetizers will have them bragging about you! Creamy Crab Dip, Bacon Tomato Tartlets, Thai Chicken Strudel, Puff Pastry Pinwheels, Crunchy Shrimp with Pineapple Dipping Sauce. New and different, your guests will rave!

## **Sunday, December 5      Tamales**

*Presented by Chef Carol Ritchie*

*1:00 pm to 3:00 pm*

See how easy tamales are to make with this treasured tradition. You'll learn how to mix and spread the corn masa, add the filling and assemble and steam the tamales. You'll even have time to prepare fantastic side dishes along with a chocolate dessert: Pork Tamales, Fluffy Spanish Rice, Guacamole, and Chocolate Chimichangas.

## **Saturday, December 11      Chocolate Workshop**

*Presented by Chef Carol Ritchie*

*11:00 am to 1:00 pm*

Everything chocolate! Be ready for the holidays! Learn how to make: Homemade Truffles, Chocolate Mousse in Chocolate Cups, Two-Layer Chocolate Cheesecake Brownies, and Chocolate Peanut Butter Cups.

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