

SEASONINGS

Bon Vivant School of Cooking

April to June 2010

SPRING SERIES COURSES

THE MASTERING THE BASICS CERTIFICATE COURSE -- Spring Quarter

Tuesdays, starting April 13, 2010 7-10pm
Instructor and Host: Louise Hasson 9 Credits

This certificate course is for both the experienced and the beginning cook. Gain the confidence to try new foods. Learn the best cooking techniques. Taste the finest ingredients in the marketplace and find the best sources for obtaining them. Explore the best tools and learn how to use them, while building your baseline of solid cooking knowledge and a portfolio of reliable and tasty recipes. Acquire the skills you need to enjoy cooking and to feel successful in the kitchen.

Apr 13	Equipment, Knife Skills, First Courses
Apr 20	Salads, Herbs, Oils & Dressings
Apr 27	Chicken Dishes/Braise, Sauté, Roast
May 4	Vegetable Techniques
May 11	Fish and Shellfish
May 18	Side Dishes/Pasta & Rice
May 25	Frittata & Omelettes
Jun 1	Red Meats & Cooking with Wine
Jun 8	Desserts/Baking, Art of Flambé



Try our new spring
baking class!

GREAT PARISIAN BAKERY ARTS

Wednesday, April 14 7-10pm
Instructor: Suzanne Hunter Hands on class

Host: Jytte Tuttle, Lake Forest Park 2 Credits

LEARN THE SECRETS OF A FRENCH PATISSERIE

Join Chef Suzanne Hunter as she guides you into the rich and delicate world of Parisian bakery arts. Create melt-in-your-mouth French almond **Macarons** in a multitude of flavors such as lemon, pistachio, vanilla, chocolate and raspberry. Make **French marshmallows**, often sold in ropes standing up in a glass in French bakeries, that are worlds away from the bland sweets of your youth. Delve into **Chocolate Grand Marnier Soufflé** baked in an orange, a French restaurant standard with a twist. Experience **Canelés de Bordeaux**, a very old classic French cake with a creamy vanilla interior. **Tart Tatin**, a caramelized upside down pear tart with a crunchy crust, will be your new favorite dessert. *French Almond Macarons; French Marshmallows; Chocolate Grand Marnier Soufflés Baked in Oranges; Canelé de Bordeaux (a cake with a rich custardy interior); and Pear Tart Tatin.*

SPRING SERIES CLASSES

INTERNATIONAL CUISINE COURSE

Thursdays, starting April 8, 2010 7-10pm
Instructor and Host: Louise Hasson, Seattle 9 Credits

Understand the relationships between geography and gastronomy through this course in International cuisine. When you experience the food of a country, you share its spirit and its heritage.

Apr 8 A REMARKABLE CHINESE BANQUET

Cook and dine the Chinese way with proper tools, ingredients, and techniques. *Sizzling Rice Soup, Rainbow Salad, Barbecued Spareribs, Cashew Chicken, Steamed Rice, Almond Float and Almond Cookies.*

April 15 THINK GREEK DINNER!

Lemons, spices, eggplant and phyllo pastry create some of the most delicious food. *Avogolemono Soup (Lemon-Egg), Spanakopita (Spinach Phyllo Pastry), Moussaka (Eggplant), Ionian Salad, Rizogalo (Creamy Rice Pudding).*

April 22 BEST OF ITALIAN CUISINE

Authentic Italian classics at their finest. *Antipasto, Quick Tomato Sauce, Cannelloni, Broccoli Parmesan and Biscuit Tortoni (Homemade Ice Cream).*

April 29 MIDDLE EASTERN FLAVORS

Armenians are known for their healthy cuisine, easy to prepare yet interesting and exotic. *Vegetable Barley Soup, Cumin Meat Balls, Cracked Wheat with Noodles, Hot Armenian Salad, Eggplant Salad, Dried Fruit Compote.*

May 6 RUSSIAN SPECIALTIES

The opulent cuisine of a Russian Tea Room, hearty fare with an aristocratic flair. *Clear Beet Borscht, Beef Stroganov (the original classic), Braised Vegetables à la Russe (Julienne Carrots and Onions with Cayenne), Baba au Rhum (Rum yeast cake with fresh fruit and cream).*

May 13 PASTA FROM SCRATCH

Participate in the making of tender homemade pasta and tasty sauces. Soul food with Italian flair. *Pasta al Uovo Fatta in Casa, Agnolotti Bianco, Italian Tomato Sauce, Sauce Alfredo, Gorgonzola Sauce, White Clam Sauce.*

May 20 LET'S ENTERTAIN - FRENCH

Elegant & easy - a divine French dinner party. *Sesame Cheese Pastries, Rack of Lamb, Shrimp & Orange Salad, Glazed Carrots, Gratin Dauphinoise, Pears Belle Hélène.*

May 27 ENTERTAINING NORTHERN ITALIAN STYLE

The epitome of Northern Italian cuisine, light yet refined. *Scampi alla Veneziana; Gnocchi di Papate (Potato Dumplings), Scallopine al Limone (Veal), Peperonata (Sweet Red Peppers), Creme al Limone (Lemon Cream and Strawberries).*

June 3 TASTE OF SPAIN

Transport the sunshine and spice of Spain to your table, featuring the famous national dish of Spain, Paella. *Empanadas (Meat Pastries), Paella a la Valenciana, Ensalada Mixta (Garden Salad), Flan de Naranja (Orange Caramel Custard).*

SINGLE CLASSES

SAVEUR MAGAZINE COOKS SPANISH CLASSICS

Saturday, April 17

10am-2pm

Instructor: Louise Hasson

Hands on class

Host: Louise Hasson, Seattle

2 credits

JOIN US AS WE VOYAGE THROUGH SPAIN

Savor the tastes of this authentic cuisine. Learn the age-old techniques for preparing a complete menu of Spanish classics. From a traditional kitchen in Valencia, rich with the aroma of spicy *paella* cooking over the fire, to the crowded, boisterous *tapas* bars of Andalusia and Basque, this class will take you on a journey to explore the regions, culture and culinary specialties of a country rich in history and flavor.

Tortilla Española; Espinacas con Garbanzos (Spinach with chickpeas); Alcachofas en su Salsa (Artichokes in their own sauce); Paella de Marisco (Shellfish paella); Patatas a la Riojana (Potatoes stewed with paprika & chorizo); Gelat de Crema Catalana (Burnt cream ice cream); Carquinyolis (Catalan biscotti).

HANDS-ON SUSHI FOR EVERYONE

Monday, April 19

7-10pm

Instructor: Suzanne Hunter

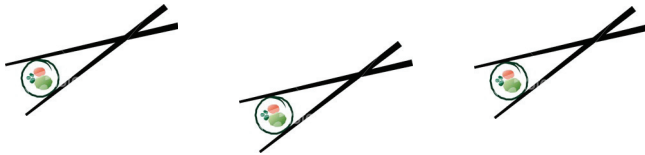
Hands on class

Host: Terry Humann, Edmonds

2 Credits

MAKE SUSHI LIKE A PROFESSIONAL

In this **hands-on class**, Chef Suzanne Hunter will teach you more about Sushi than you ever expected. As an added bonus, you will have the opportunity to get comfortable with the actual shaping of many elegant varieties of sushi. This class contains many styles of sushi so it will be an introduction to a kind of sushi that anyone can enjoy, including: **Makisushi**, or rolls filled with vinegared rice, smoked salmon & vegetables, wrapped in **Nori** (seaweed); **Inari** (delectable vegetarian stuffed tofu pouches) with shitake mushrooms and carrots; **California Rolls** with crab and avocado; and **Edomae-sushi** (a formed sushi topped with cooked shrimp). We will, of course, include a **raw Tuna Sushi**, as that is many people's favorite. **We'll end with a dessert of a chocolate and cake-like sushi roll.**



CUT AND COOK KNIFE SKILLS WORKSHOP

Saturday, April 24

10am-2pm

Instructor: Barry Dahlbeck

Hands on class

Host: Louise Hasson, Seattle

2 Credits

SHARPEN YOUR KNIFE SKILLS, REFINE YOUR COOKING TECHNIQUE & ENJOY LUNCH IN AN INTIMATE CLASS

Get the edge on selecting, caring for and using fine knives. Increase your own agility and confidence as **Barry Dahlbeck** demonstrates proper technique. Then practice together as you do the prep, cook the meal and enjoy a relaxed lunch! **Class size is limited to 8** to ensure adequate personal attention for each student. *Salsamole with blue corn chips, Sunburst Soup, Breast of Chicken with Tomato Cream Sauce, Oranges with Blackberry Sauce.* **Please bring your apron, cutting board and favorite knives to class. Since this class includes a sit-down lunch, it runs a bit longer.**

SINGLE CLASSES

NEW NORTHWEST CUISINE

Monday, April 26

7-10pm

Instructor: Louise Hasson

Hands on class

Host: Louise Hasson, Seattle

2 Credits

CELEBRATE THE DELICIOUS HARVEST OF FRESH NORTHWEST INGREDIENTS AND LOCAL PRODUCTS

This inspired menu developed by **Louise Hasson** has become one of our finest celebrations of Northwest cuisine. Featured is a seasonal menu of local cheeses, fresh seafood, wild salmon, garden greens, edible flowers, sea beans (when available), apples, berries, and nuts, all the best of Northwest produce, woven into a dinner that never fails to amaze out of town guests. Even local palates will enjoy discovering the diverse and wonderful ingredients available in our own Northwest. Each dish has a stunning presentation that gives you the opportunity to become an artist with every plate.

NW Cheese Tasting, Seafood with Raspberry Mignonette, Fresh Local Salmon with Hazelnut Beurre Blanc Sauce, Field Garden Salad with Blueberry Vinaigrette, Garden Herbs and Flowers, Golden Potato and Apple Gratin, Chocolate Decadence with Creme Anglaise and Northwest Berries.

CELEBRATE CRAB

Wednesday, April 28

7-10pm

Instructor: Mark Schoenthaler

Hands on class

Host: Jennifer Abermanis, Bothell

2 credits, plus \$12.00 Luxury Fee

ENJOY FAMOUS, LOCAL DUNGENESS CRAB!

What could be sweeter than the flavor of fresh succulent local crab? A festival is always in order for the prime season of this prized Northwest delicacy! **Chef Mark Schoenthaler**, owner of *Roux Seattle*, will teach you how to crack and clean Dungeness crabs. Chef Mark will discuss how to identify and select the freshest crabs, and what cooking techniques deliver the utmost flavor. *Crab Towers; Spicy Gazpacho with Crab; Papaya Stuffed with an Asian Crab Salad; Mark's Famous Crab Cakes with Mango Salsa; Roasted Shrimp Stuffed with Crab with a Thai Lime Butter; Lemon Meringue Tart.*

SAVEUR COOKS ITALIAN CLASSICS

Saturday, May 1

10am-2pm

Instructor: Louise Hasson

Hands on class

Host: Louise Hasson, Seattle

2 credits

ENJOY TRADITIONAL ITALIAN CUISINE AT ITS BEST

Bon Vivant is thrilled to partner with **SAVEUR Magazine** to present this unique **hands-on** opportunity. This exciting class will take you on an exploration of **la cucina italiana**, Italy's sophisticated and varied culinary repertoire. Learn time-honored traditions used to prepare a complete menu of earthy Italian Classics, from the gloriously simple fare of the home kitchens of Bologna and Puglia to the rich desserts of Venetian *caffes*. Your registration includes a tote bag with samples and discounts and a one-year subscription to **SAVEUR Magazine**.

Crostini with Paté; Lasagne Verdi al Forno, Pasta Verde (pasta from scratch), Ragù alla Bolognese, Bechamel Sauce; Pollo alla Cacciatora; Cime di Rapa Affogate alla Pugliese (Broccoli Rabe with Wine Sauce); and Tiramisu.

SINGLE CLASSES

DUMPLINGS: INTERNATIONAL COMFORT FOODS**Monday, May 3****7-10pm****Instructor:** Carole Cancler**Hands on class****Host:** Dawn Morse, Kirkland**2 Credits****WRAP YOUR FINGERS AROUND THESE SATISFYING FLAVORS!**

Chef Carole Cancler will explore filled pasta shapes from several cultures, including ravioli and pot stickers. We will begin with a short lesson on making your own dough, as well as sources for buying ready-made wrappers. Together we will make several fillings suitable for spring and spend time learning how to form the distinctive shape of each type of dumpling. Finally, we will eat our **flavorful** creations and learn about the countries and cultures that prepare these wonderful dumplings!

Italian Seafood Ravioli with Red Pepper Sauce; **Uzbek (Russian)** Manti with Lamb and Yoghurt-Cilantro Sauce; **Croatian** Strukli with Spinach and Ricotta; **Asian** Potstickers with Chicken and Vegetable Filling; and a **Polish** Pierogi Dessert with Cherries.

TUSCANY'S GREATEST HITS**Wednesday, May 5****7-10pm****Instructor:** Conni Brownell**Hands on class****Host:** Connie Anderson, Kirkland**2 credits****ENJOY BRUSCHETTA, PIZZA, PASTA & STEAK**

If you love Italy, but a trip to Europe is not in your spring budget, enjoy the flavors of Tuscany at Bon Vivant. **Chef Conni Brownell**, owner of the *Charmed Radish Catering*, has created a new Tuscan menu that is perfect for summer grilling. Learn how to make both *bruschetta* and *pizza* on the grill (or in the oven). Use oregano and rosemary to enrich a marinade for grilled steak. Explore the earthy, salty flavor of fennel pollen with home-made *tagliatelle* noodles. Rich *zabaglione* custard with berries completes the meal.

White Bean and Prosciutto Bruschetta; Grilled Pizza with Arugula and Pears; Orange and Fennel Salad; Fresh Made Tagliatelle Pasta with Fennel Pollen; Marinated Grilled T-Bone Steak; and Zabaglione with Fresh Berries.

BEST OF ASIAN BEEF ENTRÉES**Wednesday, May 12****7-10pm****Instructor:** Suzanne Hunter**Hands on class****Host:** Jennifer Abermanis, Bothell**2 Credits****FLAVORFUL BEEF DISHES ON A BUDGET**

Do you love to eat beef in a restaurant but get bored cooking it at home? **Chef Suzanne Hunter** will show you a variety of great marinades that make Asian beef preparations so tender and flavorful. Try an array of beef dishes that will give you a great selection of meals to make at home. With simple ingredients, you can add a vegetable and steamed rice and have dinner ready in no time. You'll also love the price; many of these dishes can be made with less expensive cuts of meat without sacrificing any of the wonderful flavor.

Korean Beef Bulgogi with Lettuce and Hot Chili Paste; Singapore Beef Satays with Peanut Sauce; Vietnamese Roasted Beef Sandwiches with Cucumber, Chilies, and Fried Shallots on a Baguette; Mongolian Beef Hot Pot; Japanese Beef and Scallion Rolls; Thai Coconut Rice with Fresh Mangos.

SINGLE CLASSES

TOUR THE PIKE PLACE MARKET:**THE SOUL OF OUR CITY****Saturday, May 15****from 8:00-9am to 11:15am****Guide:** Louise Hasson**1 Credit****Meeting Place:** Meet at Tully's at 1st & Virginia**PARK WITHOUT HASSLE, GET THE BEST PRODUCE, AND DISCOVER GREAT RETAIL SHOPS!**

Discover the art of shopping successfully at our historic Pike Place Market. Join **Louise Hasson, Director of Bon Vivant School of Cooking**, for this in-depth two-hour+ tour of the best public market in the county featuring those special nooks and crannies known only to experienced cooks and gourmets. The tour begins promptly at 9 am in front of **Tully's at 1st & Virginia**. You are welcome to arrive between **8:00- 8:30** and Louise will treat you to a cup of coffee (or other beverage) and a pastry before departure. You will find that there are good parking lots with early-bird offers in that immediate area. We recommend that you do not park at a meter since our event lasts about 3 hours and you may want to shop afterwards.

INTRODUCTION TO THAI BASICS**Monday, May 17****7-10pm****Instructor:** Louise Hasson**Demo and Dining****Host:** Louise Hasson, Seattle**1 credit****WAKE UP YOUR PALATE TO THE DISTINCT AND TANGY FLAVORS OF GREAT THAI CLASSICS**

When you understand what are the key Thai ingredients and where to get them, you are on the way to a much more interesting and spicy life. With exotic ingredients such as lemon grass, lime leaves and coconut milk and the delicate taste of red pepper, Thai food tantalizes the palate and shakes us out of the taste doldrums. We may be far from the tropics, but we can still enjoy the spirit of this tropical paradise via our dinner plate. **Louise Hasson** will prepare these popular favorites:

Tom Kha Gai (Chicken Coconut Soup), Pad Thai (Rice Noodles with Shrimp), Yam Pla Muk (Calamari Salad), Gaeng Peht Neua (Red Beef Curry) with Kabocha Pumpkin.

FRENCH BISTRO FOODS**Wednesday, May 19****7-10pm****Instructor:** Mark Schoenthaler**Hands on class****Host:** Connie Anderson, Kirkland**2 credits****CLASSIC FRENCH RECIPES YOU WILL LOVE AT HOME**

If you enjoy traveling to France or dream about visiting Paris some day, you'll love these robust French meals. Simple food beautifully prepared is what French bistro food is all about. These recipes are easy to make after work and create a satisfying meal. Join **Chef Mark Schoenthaler** in the kitchen as he puts his talented spin on these delicious classics. *Frisée Salad with Lardons and Poached Egg; Steak & Frites; Croque Monsieur & Croque Madame (Grilled Sandwiches); Coq au Vin (Chicken Cooked in Wine); Steamed Mussels with Sausage, Tomatoes and Paprika; Coquilles Saint Jacques (Scallops with Velouté Sauce); Burnt Cream with Fresh Ginger Chantilly Cream.*

SINGLE CLASSES

SHOWSTOPPER CAKES FOR THE CASUAL BAKER**Saturday, May 22****10am-2pm****Instructor:** Carole Cancler**Hands on class****Host:** Jytte Tuttle, Lake Forest Park**2 Credits****TRY THESE SIMPLE YET IMPRESSIVE DELIGHTS**

Chef Carole Cancler, owner of *Private Chef, Inc.*, presents five stunning cakes for the nonchalant baker. The cake recipes are easy and delicious. The focus of this class will be tips and tricks for assembly and presentation to create cakes that are real showstoppers! Even if you are an inexperienced baker, you can knock the socks off your guests with the great presentation these cakes create! As an experienced baker you will love adding these delightful cakes to your repertoire. Good baking does not have to be complicated to be fabulous. *Hazelnut Torte, Ricotta Nutmeg Cake, Strawberry Bavarois, Zucchini Spice Cake Roll, and Chocolate Demise.*

BIG TEXAS GRILL**Monday, June 7****7-10pm****Instructor:** Jefe Birkner**Hands on class****Host:** Dawn Morse, Kirkland**2 Credits****EXPERIENCE THE THRILL OF THE GRILL**

In Texas, barbeque means cooking with smoke, low and slow. However, not everyone has 6 or 8 hours to devote to the perfect ribs and brisket, so this class will not only offer tips and guidelines for doing it right when you have time, but will also set you up for great **Quick Grilling Texas Style**. Cook alongside **Chef Jefe Birkner**, an instructor at the **Art Institute of Seattle**, who has a lot of great information to share with you about succulent, flavorful grilling. *Quick Smokey Ribs (a tender rack with that smokey flavor done in 2 quick steps); Jerk Rub Chicken (Real Caribbean Barbacoa); Barbequed Garlic Shrimp with a Tomato and Garlic Marinade; Corn and Red Pepper Salad; Mango Habanero Barbeque Dipping Sauce; Fresh Fruit Salad with Candied Ginger.*

**INDIAN BREADS AND SPREADS****Saturday, June 12****10am-2pm****Instructor:** Madhuparnee Sarkar**Hands on class****Host:** Jytte Tuttle, Lake Forest Park**2 Credits****ENJOY CLASSIC INDIAN FLAVORS WITH UNIQUE****FLATBREADS**

Chef Madhuparnee Sarkar will teach you three Indian flatbreads: baked *Naan*, griddled fried *Paratha*, and deep fried *Bhatura Kulcha*. Pair these satisfying breads with chicken, cauliflower, chickpea and spinach spreads for an amazingly flavorful meal. Mix and match for lunch or dinner, or prepare them all in advance with rice for a great buffet dinner. Semolina pancakes make a nice sweet finish to the meal.

Garlic Naan (North Indian Baked Flatbread); Paratha (Whole-grain Wheat Griddle-fried Flatbread); Bhatura Kulcha (Deep Fried Leavened Flatbread); Saag Paneer (Spinach with Indian Cheese); Choley (Curried Chickpeas); Murgh Makhani (Punjabi Butter Chicken); and Sanjori (Sweet Semolina Pancakes).

SINGLE CLASSES

QUICK & EXCITING STREET FOODS**Monday, June 14****7-10pm****Instructor:** Suzanne Hunter**Hands on class****Host:** Terry Humann, Edmonds**2 Credits****TASTE THE BEST OF VIETNAM & THAILAND**

In Thailand and Viet Nam, food stalls with woks or grills line the roads. These street foods are fun to make at home because they use simple, budget ingredients in low-key preparations. Cook alongside **Chef Suzanne Hunter** and learn techniques common to both countries such as cooking fish in banana leaves. These dishes are a mixture of refreshing salads and spicy stir fries, perfect for summer evenings in Seattle. *Vietnamese Cold Noodle Salad with Basil, Mint, and Cilantro; Thai Spinach Rolls with Chilis, Dried Shrimp, Toasted Coconut, Peanuts, Lime and Ginger; Green Papaya Salad with Carrots, Limes, Tomatoes, Long Beans and Peanuts; Vietnamese Eggplant in a Scallion, Basil, Lemon and Garlic Sauce; Halibut in Banana Leaf with Lemon Grass Coconut Milk Curry; and Pork with Sweet and Hot Peppers, Tomatoes, Garlic and Lime.*

FOLLOW A CHEF FROM MARKET TO KITCHEN**Thursday, June 17****6 pm Market Tour, 7-10 pm Class****Instructor:** Chef Mark Schoenthaler**Hands on class****Host:** Jytte Tuttle, Lake Forest Park**2 Credits****TOUR THE FARMER'S MARKET BEFORE YOU COOK**

How does a chef choose his purveyors and create his menus? Meet **Chef Mark Schoenthaler** at the **Lake City Farmer's Market** and find out. This class will focus on shopping from the market and learning how to use the inspiration of the bounty of the season. Mark will focus on cooking dishes that support the **"eat local movement"** and a spontaneous spirit. Enjoy all that you have prepared afterward.

Pea and Mint Soup with Lemon Cream; Spring Greens with Fresh Herb Vinaigrette and Goat Cheese Fritters; Grilled Asparagus with Tarragon Mayonnaise; Roasted Cornish Game Hens with Wild Flower Honey; Strawberry Rhubarb Compote with Vanilla & Cardamom.

SWEET AND SAVORY CREPES**Wednesday, June 23****7-10pm****Instructor:** Conni Brownell**Hands on class****Host:** Jennifer & Brandon Mason, Kirkland**2 Credits****SPRING FLAVORS SHINE IN THESE CREPE DISHES**

Crêpes are surprisingly simple and great fun to make for family and friends. If you enjoy improvising in the kitchen, you will love the versatility of crêpes. Chef **Conni Brownell**, owner of the *Charmed Radish Catering*, will teach the classic French crêpe technique and explore Southwestern, Asian, and Mexican fillings. Spring produce will shine in Strawberry Rhubarb Crêpes. *Crêpes à la Florentine with Spinach and Mushrooms; Cornmeal Crêpes with Roasted Corn and Poblano Chili Sauce; Asian Bok Choy and Pork Crêpes; Creamed Chicken and Asparagus Crêpes; Crêpes with Strawberries and Rhubarb; and Mexican Hazelnut and Chocolate Crêpes.*

CUT AND COOK KNIFE SKILLS WORKSHOP**Saturday, June 26, 10am-2pm**

PLEASE SEE DESCRIPTION OF APRIL 24 CLASS