

Cooking 101 Building the Basics with Chef Alex

Feel confident in the kitchen by building your culinary foundation by working on the core fundamental of cooking: The Basics.

These classes are offered in the comfort of your kitchen. The host of the first lesson gets a complimentary kitchen consulting session. Is your kitchen set-up to flow smoothly? If not we'll offer advice to help you get the most out of your kitchen. Value \$95.00

Each of the following classes is approximately 2.5 hours long.

These classes are designed with your busy schedule in mind and their sole purpose is to get you back into the kitchen and back to the dining table.

Fresh, simple, easy and delicious meals.

Knife skills and Chicken Prep

\$49.00 per person

\$125.00 for individual

Having proper knife skills is the difference between a successful meal and a stressful one. You'll slice, dice and julienne like the pros by learning the proper technique of handling, holding and sharpening of a knife.

Then you'll learn how to cut a chicken down, de-bone it and proper handling.

Afterwards we'll make a delicious meal utilizing the cut vegetable and chicken.

Soups and Sauces

\$49.00 per person

\$125.00 for individual

These culinary basics will improve and enhance your cooking skills and give you a strong foundation for delicious soups and sauces. We'll discuss the 5 Mother sauces and their origin and then create 4 simple and easy sauces and 2 mouth-watering soups that will help turn any meal into something fantastic.

Of course we're going to eat!

Sautéing, Sautiéing and Sautiéing

\$56.00 per person

\$132.00 for individual

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The high heat, low fat method of cooking is perfect for quick, healthy and delicious meals. The sauté way of cooking is an important tool from home cooks to Executive Chefs around the world.

The menu planned will allow us to cover all the major aspects of mastering this technique.

Sautéed Salmon with lemons and capers, Chicken Marsala, Sauteed Zucchini with peppers and onions and a Pan seared Pork Escalope with a red wine reduction.

Food is included in all classes. When you book a class for 5 or more the host is free.

Contact Chef Alex @ 866-882-8175 or send an email to alex@alexcoaches.com