

Shells & Bones

Cooking Classes and Demonstrations

Learn to prepare your favorite meal, improve your cooking skills and enhance your culinary journey. We offer hands-on and demonstration classes for small groups that are tailored to your interests. Tap into your imagination and our experience to design a personalized learning adventure.

Here are a few examples of learning opportunities:

- From stocks to sauces: Transform shells and bones into intensely flavorful stocks, soups and sauces
- Fish Basics: Overcome your fear of cooking fish through 3 basic and flexible dishes
- Prepare a seasonal dinner in your backyard from Surf and Turf to Paella on the grill
- Prepare a three course meal from the Country or Region of your choice including France, Italy, Spain, Mexico, Korea, Germany, Portugal, and Japan

All of our classes are custom-built around your interests and desires. Want to change the menu or item? Go ahead and the chef will learn the dish and teach you and your guests

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Current Class Offering Overview

From Stocks to Sauces

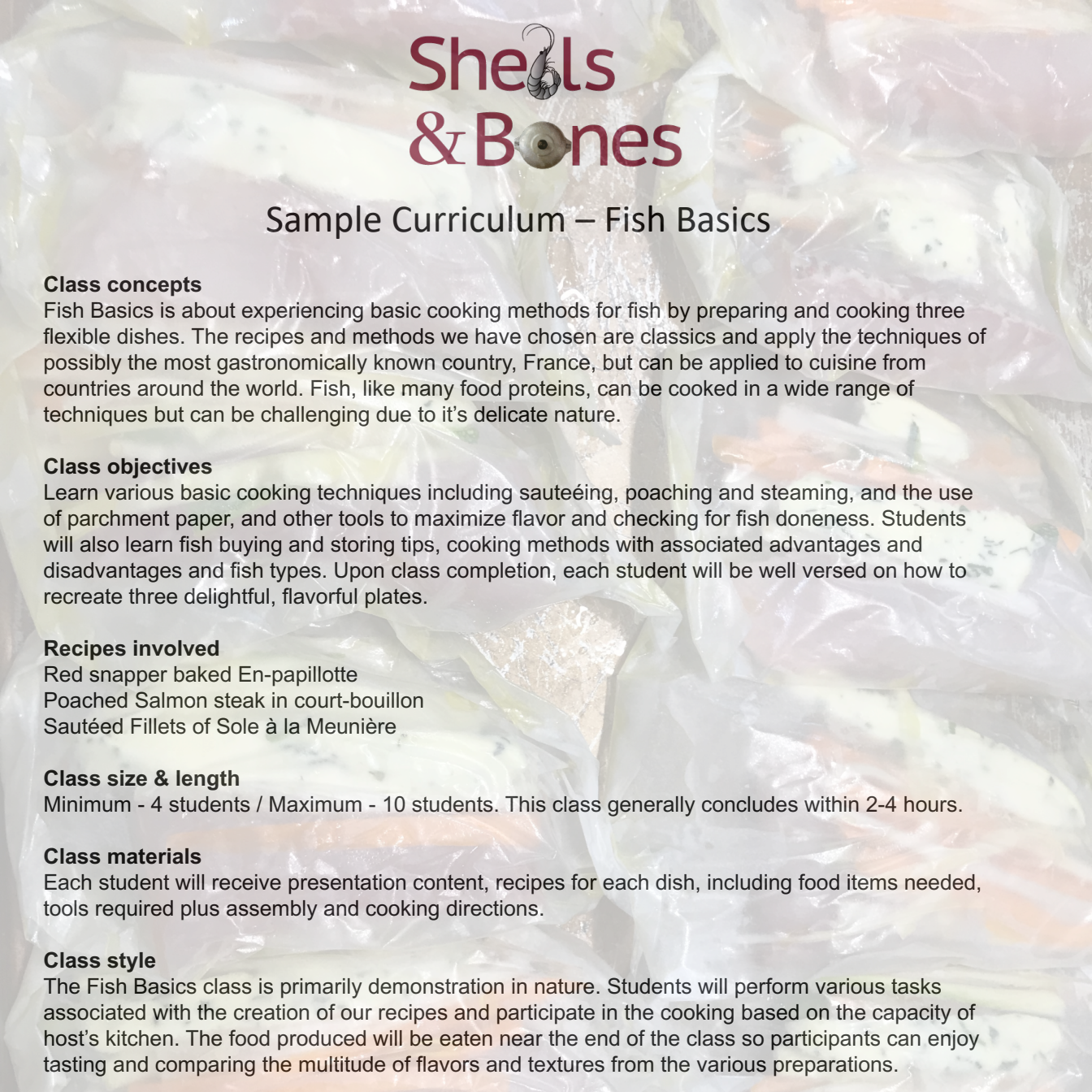
- Make chicken stock from chicken bones and learn to reduce to a flavorful jus
- Make vegetable stock from fresh produce and transform into a delicious soup
- Make fish stock from fish bones and transform it into a velvety sauce to put over fish filet

Fish Basics

- Learn helpful tips to buy and store fish, cooking methods with associated advantages and disadvantages and fish types
- Master three wet and dry cooking techniques: poaching, sautéing, and grilling
- See next page for detailed curriculum

Prepare a three course meal from a Country or Region (sample menu)

France	Italy	Spain
Mushroom duxelle, buckwheat blinis, mushroom foam	King Prawn and vegetable Fritto Misto with aioli sauce	Piquillo pepper stuffed salt cod brondade
Potato with Tomme de Savoie cheese	Linguini gorgonzola with sundried tomatoes and baby spinach	Patatas bravas with garlic alioli; tortillas españolas
Dark chocolate mousse, candied orange peel julienne with Cointreau	Zabaglione with marsala wine and seasonal fruit	Arroz con Leche with cinnamon and Madiera wine



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Sample Curriculum – Fish Basics

Class concepts

Fish Basics is about experiencing basic cooking methods for fish by preparing and cooking three flexible dishes. The recipes and methods we have chosen are classics and apply the techniques of possibly the most gastronomically known country, France, but can be applied to cuisine from countries around the world. Fish, like many food proteins, can be cooked in a wide range of techniques but can be challenging due to its delicate nature.

Class objectives

Learn various basic cooking techniques including sautéing, poaching and steaming, and the use of parchment paper, and other tools to maximize flavor and checking for fish doneness. Students will also learn fish buying and storing tips, cooking methods with associated advantages and disadvantages and fish types. Upon class completion, each student will be well versed on how to recreate three delightful, flavorful plates.

Recipes involved

Red snapper baked En-papillote
Poached Salmon steak in court-bouillon
Sautéed Fillets of Sole à la Meunière

Class size & length

Minimum - 4 students / Maximum - 10 students. This class generally concludes within 2-4 hours.

Class materials

Each student will receive presentation content, recipes for each dish, including food items needed, tools required plus assembly and cooking directions.

Class style

The Fish Basics class is primarily demonstration in nature. Students will perform various tasks associated with the creation of our recipes and participate in the cooking based on the capacity of host's kitchen. The food produced will be eaten near the end of the class so participants can enjoy tasting and comparing the multitude of flavors and textures from the various preparations.