

COOKING CLASS DISHES

Chef Jon Sears recommends you start with dishes from the **Introductory Category**. During the first session, he will observe how comfortable you are in the kitchen working with knives and fire.

Menus can be altered to adapt to food allergies and ingredient preferences.

Please choose one dish per class unless otherwise specified.

Example: Introductory - Japanese

<p style="text-align: center;">INTRODUCTORY <i>choose 1</i></p> <p style="text-align: center;">Italian Chicken Milanese Wine Caper Sauce, Mashed Potatoes, Pesto Tomato Mozzarella Salad</p> <p style="text-align: center;">Japanese Chicken Teriyaki Bento Asparagus Stir Fry, Iceberg Salad, Miso Sesame Dressing, Rice</p> <p style="text-align: center;">Thai Green Curry, Prawns or Chicken Zucchini Eggplant Stir Fry, Jasmine Rice, Toasted Coconut</p>

AMERICAN REGIONAL

choose 1

Southern

Shrimp and Grits,
Cheddar, Bacon, Collard Greens,
Root Vegetables, Down Home Gravy

East Coast

Steamed Clams, Garlic,
Lemon, White Wine, Linguine,
French Bread

Cajun Gumbo

Chicken, Sausage, Long Grain Rice,
Bacon Hushpuppies

ASIAN

choose 1

Chinese

Steamed Sea Bass,
Soy Ginger Broth, Bok Choy,
Pork Shrimp Dumpling, Cilantro

Japanese

Chicken Teriyaki Bento,
Asparagus Stir Fry, Iceberg Salad,
Miso Sesame Dressing, Rice

Thai

Green Curry, Prawns **or** Chicken,
Zucchini Eggplant Stir Fry,
Jasmine Rice, Toasted Coconut

CALIFORNIAN

choose 1

Dungeness Crab Cioppino

Prawns, Clams, Halibut, Red Wine,
Sourdough Cheesy Garlic Bread

Pan Roasted Chicken

White Corn, Sautéed Mushrooms,
Mashed Potatoes, Basil Sauce

Spiced Duck Breast

Pinot Noir Soaked Cherries,
Caramelized Onions, Parsnip Puree,
Sautéed Spinach, Red Wine Sauce

EUROPEAN

choose 1

French

Steak Frites,
Rib Eye, Fried Potatoes,
Béarnaise, Spinach, Fried Onions

Italian

Chicken Milanese,
Wine Caper Sauce, Mashed Potatoes,
Pesto Tomato Mozzarella Salad

Spanish Tapas

Fried Squid Romesco,
Chorizo Garlic Shrimp,
Artichoke de Aioli

FOIE GRAS

choose 2

Demitasse O' Love

Foie Gras Soup, White Truffle,
Black Pepper Crouton

Seared Foie Gras

Caramelized Pineapple,
Mai Tai Sauce, Toasted Brioche,
Balsamic Syrup

“Mambo King”

Seared Foie Gras,
Jerk Crust, Smoky Plantain Puree,
Vanilla Rum Sauce, Plantain Chip

Foie Gras Sauce

for Meat or Game

HEALTHY

choose 1

Low Fat

Pan Roasted Salmon,
Silken Tofu Lemon Sauce, Asparagus,
Dill Rice Pilaf, Almonds

Energy Boost

Seared Tuna, Fresh Wasabi,
Tofu, Seaweed, Dashi, Green Tea Rice

Low Sodium

Vegetable Quinoa Salad,
Bragg Liquid Amino Dressing

LATIN

choose 1

Mexican

Carne Asada,
Marinated Grilled Skirt Steak,
Ensalada Fresca, Guacamole,
Salsa Verde, Queso Fresco,
Tortillas

Cuban

Braised Pork Belly,
Black Beans, Rice, Plantains,
Pineapple Mojo

Argentinean

Churascoco Style Beef,
Roasted Potatoes, Corn,
Chimichurri Sauce

- MEDITERRANEAN -

choose 1

Greek

Roasted Oregano Lemon Chicken,
Spanokopita, Spinach, Feta, Phyllo,
Greek Salad

Persian

Grilled Rosemary Lamb Kebabs,
Lemon Basmati Pilaf,
Cucumber Mint Yogurt, Pita

Egyptian

Hummus, Tabbouleh,
Falafel, Babaganoush, Tahini, Lebne,
Flat Bread, Sumac, Fresh Herbs,
Feta

MENU OF THE MONTH

Menu of the Month

SALADS

choose 3

Rolling Lettuce Chicken

Hoisin, Green Onion, Cilantro

Warm Herb Goat Cheese Tart

Caramelized Onions, Mache,
Honey Lavender Vinaigrette,
Pistachios

Coconut Shrimp Ceviche

Tomato, Red Onion, Jalapeño,
Plantain Chips

Warm Cabbage Salad

Bacon, Blue Cheese,
Red Wine Vinaigrette,
Toasted Walnuts

SAUCES

choose 3

Wasabi Teriyaki

Chimichurri

Jerk

Thai Geen Curry

French Herb

Dill Cream

White Wine, Garlic, Lemon

SOUPS

choose 3

Mushroom, Shallot, Thyme

Smoked French Onion

Potato Leek

Asparagus

Cauliflower

Thai Coconut Chicken

Chinese Corn Chicken

SPECIAL PARTS

choose 3

Pork Belly

Sweetbreads

Cheeks

Oxtail

Bone Marrow

Foie Gras

TROPICAL

choose 1

Hawaiian

Kalua Pig, Lomi Lomi Salmon,
Tuna Mac Salad, Poi, Chili Water

Caribbean

Jerk Chicken, Black Beans, Rice,
Cucumber Slaw, Plantains,
Jerk Sauce

Pacific Rim

Roasted Mahi Mahi,
Coconut Macadamia Nut Crust,
Creamy Teriyaki Vinaigrette,
Pickled Cucumber, Rice

VEGETARIAN

choose 1

Vegan

Crispy Smoked Tofu, Red Beans,
Brown Rice, Miso Sake Glaze

Pescetarian

Crispy Skin Salmon,
Sesame Ponzu Sauce,
Wasabi Sweet Potato Puree

Non Meat

Wild Mushroom Risotto,
Asparagus, Parmesan, White Truffle



CHEF JON SEARS