

# Spring 2009

## Class Categories

*Herbs*

*2-Day Basic Techniques*

*Cooking from Your  
Pantry*

*Baking and Pastry*

*Wilton Cake Decorating*

*Summer Entertaining*

*At the Grill*

*Food & Wine Sampler*

*Ladies Lunch & Learn*

*Kids in the Kitchen*

*Visiting Guest Chefs*

*...and more!*



## COOKING SCHOOL

*“The Cooking School In The Country”*

Dear Friends,

Never has there been the interest in learning to cook as we have seen in the past year. This is not just driven by the economy, but because people are beginning embrace the idea of cooking at home to save money, eating locally grown foods and not eating processed food full of unwanted additives. I have developed a class series called “Cooking from Your Pantry”. It will help cooks with ideas to stock their pantries and kitchen to enjoy fast and fresh meals (and save money on your food dollars). This is how I cook on a daily basis, and you can too.

We have a wonderful variety of classes on our Spring-Summer class schedule. At Laurel Run Cooking School, our goal is to teach cooking techniques that will give you confidence in the kitchen. By sharing new ideas, tips and techniques, and exploring new flavors your cooking will become more exciting and enjoyable.

LOOKING AHEAD: Laurel Run will be closed in July & August with classes resuming after Labor Day. We will be offering CANNING classes in early September to teach how to preserve the summer’s bounty. While canning saves you a little money, it does provide you with natural and wholesome food and a great deal of personal satisfaction. Also, I am frequently asked if we do classes on GLUTEN FREE COOKING. A class is in the works to address this topic for those dealing with this challenge.

Enjoy your summer and happy gardening, cooking and eating!  
*Marcia DePalma*

LAUREL RUN’S MISSION STATEMENT: “The Three E’s: Educate, Entertain and Excite” We want our students to learn new skills, to have fun in the process and to go home excited about cooking!

**Laurel Run Cooking School**

*“The Cooking School In The Country”*

2600 North Ridge Road Vermilion, Ohio 44089

Tel: 440/984-LRCS (5727)

[www.laurelruncookingschool.com](http://www.laurelruncookingschool.com)

*Laurel Run Cooking School is a limited liability company. Est. 1996*

# April

## KIDS IN THE KITCHEN: *Baking & Decorating Easter Cookies*

**Saturday, April 4 \* 10:30AM-12:30PM**

**\$45 \* Make and Take**

**Karen Wirtz, Specialty Catering**

Our Jr. Chefs will be proud to offer these beautifully decorated Easter Cookies. Karen will demonstrate rolling & cutting out the perfect sugar cookie, frosting and piping techniques. Each child will roll and cut out cookies to bake and get one dozen pre-baked cookies in Easter shapes to decorate and take home. All decorating supplies, food, apron and cookies included PLUS receive 3 Easter cookie cutters. Light lunch served. Ages 6-8 are best accompanied by an adult.

## AN ITALIAN EASTER DINNER with the Fragassi Family

**Monday, April 6 \* 6:30-9PM**

**\$60 \* Demonstration/Dinner**

**Chef Carmella Fragassi, chef/owner La Campagna**

Easter dinner at Grandma's house was a day long feast filled with foods from the region. Join Carmella and her sisters as they cook, laugh, chop, and tell stories of dinner with their Italian Family. The delicious menu is has its base in tradition and symbolism. No Easter table in Italy would be complete without eggs, lamb, and bread. Menu: *Orange Salad, Three Pastas and Sauces, Lamb with Escarole and Asparagus, Bread, Italian Knot Cookies, Easter Ricotta Pie and Easter Bread.* Our last class the Fragassi Family was just as entertaining as it was delicious!

## INTERNATIONAL HORS D'OEUVRES

**Tuesday, April 7 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marcia Thomas, Cooking Instructor**

Inspired by her week at the Culinary Institute of America's "Appetizer Boot Camp", Marcia returns with five sensational flavor-packed hors d'oeuvres for your next party. After a discussion of hors d'oeuvres vs. appetizers, you will enjoy *Chai Smoked Shrimp, Green Curry Thai Meatballs, Fish and Shellfish Ceviche served in Cucurbit Cups, Shrimp Empanadas and Moorish Pork Kabobs.* Presentation and serving ideas. You are welcome to bring wine.

## LADIES LUNCH AND LEARN: *The French Crêperie*

**April 14 \* 10AM-1:30PM**

**\$45 \* Hands-On**

**Marcia DePalma, Cooking Instructor**

In Brittany, on the West Coast of France, crêpes are enjoyed at any meal. Savory and sweet fillings can be added to the crêpes, which in turn can be a delicious breakfast, lunch, or dinner. We will make *basic crêpe batter* then learn how to properly cook and store them. *Savory Ham, Mushroom and Cheese Crêpes with Mornay Sauce and Chicken with Herb Cream Cheese Filling with Sauce* with a light side salad makes a perfect French luncheon. Dessert *crêpes* will be *Classic Crêpes Suzette with Orange Sauce* (that we will flame) and *Nutella Crêpes with Raspberry Sauce*. A little French music and we are transported to France...

## COOKING FROM YOUR PANTRY Class I

*Save Food Dollars and Eat Better*

**Thursday, April 16 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marcia DePalma, Cooking Instructor**

Cooking at home has many benefits: we eat better, we save time and money by not running to the store everyday, and we spend time at the table with family. By stocking your pantry, freezer and refrigerator you can create meals in short order. In this class you

will learn what items to keep stocked in your kitchen, discuss the importance of menu planning and cover *Basic Recipes for Simple Soups, Salads, and Sautés with Sauces.* You will learn to cook more without a recipe and to cook with the seasons. Recipes and menu will be determined the night of the class to demonstrate cooking from our pantry.

## BREAD BAKING: *Beginners Guide to Whole Wheat Bread*

**Saturday, April 18 \* 10:30AM-2:00PM**

**\$65 \* Hands On/Make & Take**

**Kathy Lehr, Bread expert**

Are you tired of these airy, tasteless supermarket breads that claim to be "healthy" but are merely a step above "cotton bread"? Learn how to easily make healthy, whole grain breads in this class. We will begin with dough that you will shape and bake to create delicious *Seven-Grain Bread.* Next you'll learn how to take a *Basic Honey Whole Wheat Pan Bread* and add bigger flavors for "*Sunflower Whole Wheat Bread*". Lastly, you will probably not be buying many crackers after learning how simple it is to make a good cracker with our "*Seeded Wheat Cracker*". Please bring a cookie sheet to transport your goodies home.

## FOOD AND WINES of ARGENTINA

**Tuesday, April 21 \* 6:30-9PM**

**\$60 \* Wine Tasting and Dinner**

**Marcia DePalma, Cooking Instructor**

**Gary Twining, Certified Wine Educator**

The cuisine of Argentina is distinctive in South America because of its strong resemblance to Spanish, Italian and French rather than the other Latin American cuisines. We will make traditional *Empanadas*, small pastries of meat, cheese that are a common sight for parties. The Argentines love their traditional, "Asado", a technique for cooking cuts of meat on a grill or open fire which we will enjoy with *Grilled Flat Iron Steaks with their Chimmichurri Dipping Sauce with roast potatoes.* We will make the country's sweet obsession in *Dulce de Leche.* (a caramel -style sauce). Explore Argentina through their Food and Wine.

## BASIC COOKING TECHNIQUES Level I \* 2-Day Series

**Thursday, April 23 & Friday, April 24 \* 9:30AM-4:00PM**

**\$240 \* Hands On**

**Marcia DePalma, Cooking Instructor**

In this intensive 2-day hands-on class you will build a solid foundation of cooking skills. Each day you and your fellow students will prepare a lunch and five-course meal that will utilize several basic cooking foundations. You will learn kitchen and cooking organization (mise en place) knife skills, Fundamentals for reduction sauces, vinaigrettes, stock making, basic techniques of sautéing, roasting and braising; working with yeast and pastry dough. All the recipes chosen will utilize the above techniques. Class Requirements: Chefs Jacket and half apron, chefs knife (Santuko or 8" chefs knife) and boning knife. Laurel Run provides all food, supplies, and 3-ring notebook with class material. Class size is limited.

## WILTON CAKE DECORATING

*Basic Cake Decorating Course I*

**Saturday, April 25 \* 9:30AM-1:30PM**

**\$45 \* Hands-On (plus Basic Kit Need)**

**Barb Imes, Wilton Method Cake Decorator**

In this hands-on class you will learn the basics of cake decorating to create your own beautiful cakes. You will learn step-by-step: Cake preparation and icing consistency, correct bag position and pressure control. You will learn to make: shell borders, drop flowers, piping leaves & vines, sweet peas, dots and bows and finally roses. Frosting and ingredients supplied; students must have a *Basic Wilton Kit* that may be pre-ordered for \$20.00 (a 25% discounts to students). Refreshments served.

## LADIES LUNCH & LEARN: *April Showers Afternoon Tea*

**Tuesday, April 28 \* 10:00AM-1:30PM**

**\$45 \* Hands-On**

**Marcia DePalma, Cooking Instructor**

Join us for lunch and to learn new recipes and cooking techniques! Bring a friend for a fun day of cooking, learning and conversation as you prepare the following menu and then sit down to enjoy it with friends. We will create an English Afternoon Tea that you may use for a variety of entertaining, from bridal showers to birthdays. We'll make a variety of *Savory Tea Sandwiches and a Spring Soup, Laurel Run's Scones with Devonshire Cream, French Madeleine Cookies, Chocolate Dipped Strawberries, and Chocolate Pot de Cremes*. We will set the table with china and enjoy music!

## KNIFE SKILLS: Vegetables

**Tuesday, April 28 \* 6:30-9PM**

**\$55 \* Hands On/Class Size Limited to 12**

**Chef Michael Edwards**

Learning to properly use your knife is an essential skill that will give you confidence and help you to enjoy cooking more. In this hands-on class you will learn how to sharpen and hold this essential kitchen tool. You will be chopping, dicing, slicing and mincing as you prepare a variety of vegetables, which we will then blanch, caramelize, roast, and sauté. We'll make *classic French Onion Soup, blanched/sautéed Julienne Carrots and Zucchini in Garlic Butter, roasted Sweet Potatoes and Vegetable Pizza*. Class Requirements: Cooks knife or Santoku knife. All other food supplies included.

## COOKING FROM YOUR PANTRY Class II

**Thursday, April 30 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marcia DePalma, Cooking Instructor**

This class will continue to build on the information in Class I. Using ingredients from your kitchen stock, we will make *Basic Recipes for Main Dish Pastas, Quick and Healthy Casseroles and Simple Stirfrys*. Recipes and menu will be determined the night of the class to demonstrate cooking from our pantry. Filled with many tips and techniques.

# May

## A MOTHER'S DAY GARDEN PARTY

*(Our Annual Spring Tradition)*

**Saturday, May 2 \* 11:00AM-1:30PM**

**\$48 \* Demonstration**

**Marcia DePalma, Cooking Instructor**

Bring Mom or someone special to this beautiful class where the herb garden is the inspiration for lovely menu. Upon arrival enjoy *Della Robbia Punch, Cream of Carrot & Orange-Ginger Soup with Crème Fraîche and Pansies, little Tarts of Herb, Cheese and Artichoke with Edible Flower Salad, golden Phyllo-wrapped Tarragon Chicken Breast with Champagne Butter Sauce and Seasonal Vegetables* from the farmers market. Enjoy creamy *Lemon Coeur à la crème*, French for "heart with cream," a classic dessert made in a special heart-shaped mold with holes in it. Enjoy recipes, cooking tips, lovely food, music and the pleasure of good company.

## 10<sup>th</sup> ANNUAL "COOK'S HERB GARDEN"

**Monday, May 4 \* 6:30-9PM**

**\$55 \* Herb Class/ Take Home Herbs**

**Marcia DePalma, Cooking Instructor**

You don't need an acre of land or a lot of experience to grow herbs successfully. In our 10th annual herb class we will highlight seven

popular culinary herbs most often used in cooking. Receive a 3-ring binder filled with information about the individual growing needs and harvesting methods for these herbs. You will take home locally grown herbs of *Sweet Basil and Parsley*, and perennials *Greek Oregano, Rosemary, Sage, Chives, and Thyme* and enjoy some of Laurel Run's favorite recipes using each one of them.

## ENTERTAINING Meze: Mediterranean Small Plates

**Tuesday, May 5 \* 6:30-8:30PM**

**\$48 \* Demonstration**

**Chef Michael Edwards**

Meze, or "small plates" are appetizers in Greek cuisine. Meze are a traditional offering at Greek restaurants and bars. There are numerous examples of meze, and Chef Edwards will offer some of his favorites. Perfect for casual entertaining these recipes are sure to become part of your appetizer repertoire. *Greek Meatballs, Moussaka, (using beef or lamb) Mussels Saganaki, Phyllo Cheese Triangles, Skewered Lamb with Tzatziki Sauce, Marinated Olives, Greek Salad and Almond Shortbread*. You are welcome to bring wine.

## KIDS IN THE KITCHEN: MOTHER'S DAY

### Decorating Cookies & Afternoon Tea Parent/Child Class

**Saturday, May 9 \* 10:30AM-1:30PM**

**\$60 \* Make and Take**

**Karen Wirtz, Specialty Catering**

Child and Mom will spend time together decorating beautiful Teapots, Purses, Bonnets, and Flower Cookies under the guidance of our Cookie Artist, Karen Wirtz. She will demonstrate rolling & cutting out the perfect sugar cookie, frosting and piping techniques. Each child will get one dozen pre-baked cookies to decorate with Mom. After they are finished, everyone will enjoy Tea served with *Laurel Run's Scones and Cream, Tea Sandwiches, and Apricot Bavarian Cream and Cookies*. All decorating supplies, food, apron and cookies included PLUS receive 3 Spring Cookie Cutters.

## LADIES LUNCH AND LEARN:

*A Day in May Spring Luncheon*

**Tuesday, May 12 \* 10:00AM-1:30PM**

**\$45 \* Hands-On**

**Marcia DePalma, Cooking Instructor**

Bring a friend for a fun day of cooking, learning and conversation as you prepare the following menu and then sit down to enjoy it with friends. You learn many cooking tips and techniques with our menu. With the herbs and flowers beginning to appear, our menu will be filled with bright spring flavors. Menu: *Cream of Asparagus Soup with Chive Blossoms, Salad of Romaine with Walnuts, Pears, Gorgonzola and Raspberry-Balsamic Drizzle, Orange-Almond Chicken Cutlets with Couscous and seasonal vegetable*. Dessert will be *Caramel Upside Down Apricot Tart* using puff pastry.

## CHICKEN 101

**Tuesday, May 12 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marilou Suszko, Cooking Instructor**

Whether you're new to the kitchen or an "old pro," this class will help sharpen your skills when it comes to the preparing chicken. You'll learn 5 different techniques along with recipes for preparing whole birds or specific cuts. In our *Classic Roasted Chicken* recipe, you can get a tasty, perfectly done bird to the table in an hour or less, while *Weeknight Stuffed Chicken Breasts* arrives start to finish in less than half that time. Use economical cuts for *Chicken Legs Braised with Tomatoes, Onions and Garlic* and explore the versatility of chicken cutlets in *Classic Chicken Piccata and Rolled Chicken Breasts with Goat Cheese and Sun Dried Tomatoes...*and along the way, we'll show you how to make delicious chicken stock!

## COOKING WITH FRESH HERBS

Harvesting, Preserving and & Cooking

**Thursday, May 14 \* 6:30-8:30PM**

**\$48 \* Demonstration**

**Marcia DePalma, Instructor**

There's no better way to add flavor to your cooking than to include fresh herbs. Learn how and when to begin harvesting herbs and how to dry or freeze them for later use. Learn to make many *basic recipes for Herb Butters, Vinegars, Marinades, Herb Pastes, and Vinaigrettes*. We will make and enjoy several of our favorite recipes using herbs from the garden. This is a valuable class for the beginner herb gardener.

## WILTON CAKE DECORATING COURSE II

**Saturday, May 16 \* 9:30AM-1:30PM**

**\$45 \* Hands-On**

**Barbara Imes, Wilton Method Instructor**

In Course II you will learn to make Royal Icing and how to make the following flowers and designs: *Rosebud, Apple Blossom, Violet & Violet Leaf, Victorian Rose, Daisy, and Pansy*. Decorative designs: beautiful *Basket Weave, reverse Shell Border, and Rosette*. Wilton Course II Kit needed and may be pre-ordered for \$20.00 (a 25% discounts to students on kits). Refreshments served.

## ITALIAN FARMHOUSE COOKING: A Spring Menu

**Monday, May 18 \* 6:30-9PM**

**\$55 \* Dinner/Demonstration**

**Carmella Fragassi, chef, La Campagna Restaurant**

When the Fragassi family sat down at Grandma's table, the menu was based on what was in season and on the farm. Learn to cook and enjoy the traditions of Italian farmhouse cooking with the seasons. Menu: *Pork and Fava Bean Soup, Homemade Pasta with seasonal ingredients, Stuffed Chicken with Walnuts from the mountains of Trentino, roast potatoes, seasonal vegetable and Pugliese Bread*. A simple dessert of *Homemade Biscotti* finishes our meal. You are welcome to bring wine. Join Carmella and her sisters as they cook, laugh, chop, and tell stories of dinner with their Italian Family.

## AT THE GRILL: Seafood

**Tuesday, May 19 \* 6:30-9PM**

**\$55 \* Demonstration**

**Chef David Lowe**

Learn to properly grill fish and shellfish as Chef Lowe instructs you at the grill with four delicious entrees. Menu: *Tequila-Lime Shrimp Appetizer, Shrimp Kabobs with Mango-Pineapple Rice Pilaf, Cedar-planked Salmon with Citrus Butter and Lemon-Almond Couscous, and Abi Tuna with Wasabi Butter and Lemony Slaw*. You are welcome to bring wine. All entrees are brilliant in color and flavor. Grilling classes are conducted outdoors on our grilling patio, food served inside. Please dress according to the weather.

## LUSCIOUS LEMONS

**Wednesday, May 21 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marilou Suszko, Cooking Instructor**

The sunniest of all fruits takes center stage in this class. Learn to make *Preserved Lemons*, destined to be a staple in your pantry. We'll use them in our *Lively Lemon Mediterranean Salad and Tabbouleh*. Enjoy the flavors of fresh lemon juice in *Sear Roasted Salmon Fillets with Lemon Ginger Butter* (a great technique for preparing salmon) and *Sticky Lemon Chicken*...simple, delicious—simply delicious! Live in any dish with a wonderful *Citrus Salt*. Finish the evening with a *Lemon Posset*, a simple dessert that delivers great results with little effort.

## CHEESECAKES: Sweet and Savory

**Thursday, May 21 \* 6:30-9PM**

**\$48 \* Demonstration**

**Kathy Lehr, Baking/Bread Expert**

Sweet or Savory Cheesecakes are perfect for summer entertaining and the picnic months. Kathy will walk you through step-by-step in making a savory cheesecake with *Mushroom Duxelle Cheesecake* and a *Roasted Red Pepper and Pesto Cheesecake* (serve as a first course or appetizer). A cup of coffee will pair well with the *Lemon Almond Creme Brulee Cheesecake* or the *Chocolate Peanut Butter Cheesecake*. Kathy will answer baking questions you may have.

## FIVE FRESH IDEAS FOR SUMMER SALADS

**Monday, May 26 \* 6:30-9Pm**

**\$48 \* Demonstration**

**Marcia DePalma, Cooking Instructor**

Simply put, we all want something new and exciting to bring to the table for picnics and graduation parties. You will enjoy these new recipes to add to your repertoire. All layered with flavor and color, you guests will also be intrigued with the eye-catching presentations. *Chili-Orange Cold Noodles* with spicy chili/orange oil with crunchy peanuts and cilantro (addictive is all I can say), bright Italian *"Panzanella Salad"* with tomatoes, cubes of grilled crusty bread with olive oil, garlic, basil capers, garlicky *Lemon-Aioli Potato Salad*, colorful *Tri-Colored Slaw* with zesty dressing, (perfect with hamburgers) and *"Celebration Salad"* with vibrant-colored blanched vegetables and cheeses presented in a mosaic of colors, all dressed in a refreshing *Lemon-Garlic Vinaigrette*.

## MASTER THE GRILL: Marinades and Rubs

**Wednesday, May 27 \* 6:30-9:00PM**

**\$55 \* Demonstration**

**Chef David Lowe, Instructor**

Join Chef Lowe as he discusses the fundamentals and correct use of marinades and rubs for *Beef, Chicken, Ribs and Salmon* along with *Summer Vegetables with Herb Oil Marinade*. Recipes: *Asian Grilled Salmon with Rice Timbales, Teriyaki Flank Steak with Grilled Sweet Potatoes, Rubbed & Barbecued Chicken with Honey Glaze and Succulent Ribs*. Chef Lowe is a wealth of culinary information. You are welcome to bring wine to enjoy with your meal. Grilling classes are conducted outdoors on our grilling patio, food served inside. Please dress according to the weather.

# June

## ENTERTAINING AT THE GRILL: Tastes of Barcelona

**Tuesday, June 2 \* 6:30-9PM**

**\$50 \* Demonstration/Dinner**

**Marcia Thomas, Cooking Instructor**

For your next summer party, impress your guests with the Tastes of Barcelona by preparing Spanish *Seafood Paella* on the grill! The menu will include *"Ensalada Con Queso"*, a roasted red pepper salad tossed with grilled onions and topped with warm goat cheese, and *"Paella"* with clams, mussels, shrimp and chicken. Enjoy refreshing *"White Sangria"* and a *"Summer Berry Flan"* that is as beautiful as it is delicious and garnished with fruits of the season.

## AT THE GRILL *Big Flavors for Summer Meals*

**Wednesday, June 3 \* 6:30-8:30PM**

**\$48 \* Demonstration**

**George Soos, Cooking Instructor**

Join popular instructor and experienced cook George Soos as he shares his techniques at the grill when making three flavor-packed entrees for summer meals. You will enjoy serving to family and friends *Grilled Salmon with a Wasabi-Soy Marinade and Oriental Soba Noodle Salad, Thai Pork Burgers with a Lime Mayo and Asian Slaw, and Pork Fajitas with Grilled Veggies and all the 'fixins'*. You are welcome to bring wine.

## SENSATIONAL SUMMER SANDWICHES

**Thursday, June 4 \* 6:30-9PM**

**\$48 \* Demonstration**

**Marcia DePalma, Cooking Instructor**

Not just any sandwich, these internationally inspired sandwiches are filled with rich vibrant flavors of their regions. *Italian Chicken & Red Pepper Panini on Grilled Rosemary Bread, hearty Cuban Sandwich with roast pork and pickles, Grilled Vegetable Sandwiches with Spanish Romesco Sauce, French-inspired Pan Bagna*, a hollowed out loaf of bread filled with roasted peppers, olives, meat and cheese. These sandwiches are a meal unto themselves! A simple salad and a cool beverage...and dinner is served.

## TARTS, PIES AND GALETTES

**Saturday, June 6 \* 10:00AM-1:30PM**

**\$65 \* Hands-On/Make & Take**

**Kathy Lehr, Baking/Bread Expert**

In this hands on class you will make *one basic dough* that can be used to make sweet and savory dishes alike. Working in teams you will make *Summer Strawberry Pie* followed by a simple *Mushroom, Onion and Cheese Galette* and a savory tart of *Quiche Lorraine*. (You will enjoy all of these in class). At the end of the class, you will take home a mini *Quiche Lorraine, Galette* and the dough to create your own masterpieces!

## 4<sup>th</sup> ANNUAL "A GUY AND A GRILL"

**Monday, June 8 \* 6:30-9PM**

**\$50 \* Demonstration**

**David Chippi, Cooking Instructor**

Grilling is often a man's choice cooking style, but not every man *knows how* to properly cook on the grill! Dave, who wears out a Weber grill every 2 years, will discuss getting to know your gas grill and the difference between propane, charcoal, and natural gas cooking. He will help you form a game plan for grilling for family or a party. Learn to make fall-off-the-bone *Barbecue Ribs, perfect Ribeye Steaks, Beer Can Chicken, Seasoned Roasted Potatoes, and Grilled Vegetable Medley*. You are welcome to bring beer or wine to enjoy.

## LADIES LUNCH AND LEARN

*Strawberries in June*

**Tuesday, June 12 \* 10:00am-1:30pm**

**\$45 \* Hands-On**

**Marcia DePalma, Cooking Instructor**

Bring a friend for a fun day of cooking, learning and conversation as you prepare the following menu and then sit down to enjoy it with friends. *Menu: Salad with Strawberries, Sugared Almonds and Pansies with Lemon Muffins, Hazelnut-encrusted Chicken Breast with Raspberry Sauce, Fruited Rice Pilaf, and Spring Vegetable*. For dessert we will make *Chocolate Dipped Strawberries* and our popular *Strawberries in Merlot & Black Pepper Sauce over Ice cream*. Weather permitting we may set up in the orchard.

## ALASKAN KING SALMON

**Tuesday, June 9 \* 6:30-9PM**

**\$50 \* Demonstration**

**Kate McIntyre, Kate's Fish at the West Side Market**

**Carmella Fragassi, chef, La Campagna Restaurant**

Fish expert Kate McIntyre from Kate's Fish and Carmella Fragassi, chef, team up to discuss and cook the best of the best in salmon in season: wild caught Alaskan Salmon. Kate will discuss Alaskan salmon and Carmella will cook it in a variety of recipes. Recipes will be provided at class for the techniques used that night. This will be an informative and fun class with the two of them.

## DUTCH OVEN COOKING

**2<sup>nd</sup> Annual Dutch Oven Cooking Class**

**Wednesday, June 10 \* 6-9:00PM**

**\$48 \* Demonstration/Class Size Limited**

**Marcia DePalma, Cooking Instructor**

The three-legged Dutch ovens were considered a necessity for survival in the early history of America and now their popularity has a new generation of cooks enjoying them. Join me outdoors by our new Cottage by the pond as we set up camp and create a delicious menu. You will learn the history of the Dutch Oven, its care, and how to manage the coals to stew, cook and bake. We will enjoy *Savory Bean 'n Bacon Soup, Old Fashioned Chicken and Dumplings, Yeast Hot Rolls with homemade butter, Fudge Brownies* and a *Fruit Cobbler*. The entire class is outdoors so please dress accordingly.

## GRILLING 101

**Thursday, June 11 \* 6:30-9PM**

**\$50 \* Demonstration**

**Marilou Suszko, Cooking Instructor**

Get a jumpstart on grilling this summer and perfect your technique over the flame. We'll introduce you to the grilling basics and techniques, which translate to any recipe. We'll focus on the proper way to grill whole chicken breasts, beef and the best burger ever. *Sample Thai Grilled Chicken Breasts with a spicy, sweet and sour Dipping Sauce served with a cooling Cucumber and Peanut Salad; Grilled Flank (my favorite!) with Grilled Minted Summer Squash and a Red White and Blue Burger* (stuffed with blue cheese and topped with grilled red onions) and *Grilled Fries*. You'll also learn to make grilled *Flatbreads* to accompany any meal. Join us around the grill with a glass of wine or beer and get in the mood for summer!

## WILTON CAKE DECORATING COURSE III

**Wedding Cakes**

**Saturday, June 13 \* 9:30AM-1:30PM**

**\$45 \* hands on**

**Barbara Imes, Wilton Method Instructor**

In Course III you will take your cake decorating skills to another level with instruction for assembling and decorating Wedding Cakes. You will make flowers with stamens, lace, bead borders, brush embroidery, ruffle borders and garland, and more not mentioned. Course III Kit is \$22.50 (25% discount). Refreshments served.

## KIDS IN THE KITCHEN: *Strawberries!*

**Tuesday, June 16 \* 9:30AM-11:30AM**

**\$55 \* Hands-On/ Make & Take**

**Ages 8 & up/Class Size Limited**

**Marcia DePalma, Cooking Instructor**

It's June, summer vacation, and strawberries are in! Our cooks will learn to make *Salad with Strawberries and Almonds*, bake *Strawberry Shortcakes with homemade whipped cream, Homemade Strawberry Freezer Jam* and learn to work with chocolate to make *Chocolate Dipped Strawberries*. NOTE: Each student will take home a pint of jam and a dozen chocolate dipped strawberries.

## BEST STEAKS FOR THE GRILL

**Tuesday, June 16 \* 6:30-9PM**

**\$50 \* Demonstration**

**Chef David Lowe**

Summer and steaks on the grill...the beginnings of a perfect meal? Only if you know which steaks offer the best flavor and tenderness. In this class Chef Lowe will discuss different cuts of steak and which ones are best suited for the grill, how to properly season, grill, cut and serve four cuts of steak. *Bone-In Strip Steak (Rib Eye) with Sweet Potato & Bacon Hash Browns, Flat Iron Steak with zesty Chimichurri Sauce, Black Beans and Rice, Teriyaki Flank Steak with Sesame Rice Timbales Top Sirloin with Blue Cheese Butter and herb Grilled Potatoes.*

## COOKING WITH HERBS Beautiful Basil

**Thursday June 18 \* 7-9PM**

**\$48\* Demonstration**

**Marcia DePalma, Cooking Instructor**

A kitchen garden without basil would be hard to imagine. The foods transformed by this popular herb are many. Tonight's class will focus on basil's growing needs, harvesting, preservation and the food it enlivens! Laurel Run's favorite "*Summer Spaghetti with Fresh Tomatoes, Basil and Capers*" is sure to become a summer favorite, and *Tuscan Tomato Soup with Basil, Country Bread and Olive Oil*. We will make classic *Pesto* to use in our favorite appetizer, *Goat Cheese, Sun Dried Tomato & Pesto Torte* and create a main dish *Stuffed Chicken Breast with Pesto and Mozzarella*. This is our 10<sup>th</sup> year glorifying Basil!

## AT THE GRILL: Grilled Steak Sandwiches and Sides

**Tuesday, June 23 \* 6:30-9PM**

**\$48 \* Demonstration**

**Chef David Lowe**

Make summer entertaining easy with these mouthwatering steak sandwiches. Chef Lowe will make discuss grilling meat to ensure tenderness and the proper time to carve it for moistness. Enjoy *Spice-rubbed and Grilled Sirloin Sandwich with Zesty Corn/Poblano Pepper Relish, Italian Steak Sandwich on Ciabatta Rolls with Gorgonzola/Roasted Red Pepper Mayo with Country Potatoes, and Marinated and Grilled Flank Steak Sandwich with Classic Remoulade Sauce with Grilled Corn*. Invite a friend over for a cold beer and one of these sensational sandwiches!

## KIDS IN THE KITCHEN:

### Summer Bugs Cookie Decorating

**Wednesday, June 24 \* 10am-12:30pm**

**\$45 \* Make and Take**

**Karen Wirtz, Specialty Catering**

Kids will learn to mix, roll, and bake delicious cookies in the shape of Summer Bugs (dragonflies, butterflies and more). They will learn to PAINT with chocolate to decorate the cookies and finish them in a variety of decorative ways. Karen will assist rolling & cutting out the perfect sugar cookie, frosting and piping techniques. All decorating supplies, food, aprons and cookies included PLUS receive 3 Summer Bug Cookie Cutters. Light lunch served. Ages 6-8 are best accompanied by an adult.

## REGISTRATION & CANCELLATION POLICY

### HOW TO REGISTER...

Registrations can be made on-line on our website or by phone. If you register by phone, you may pay with a Visa or MasterCard. If you choose to pay by check, please note that checks must be received 5 days before the class *or your reservation will be cancelled*. We cannot guarantee your seat until payment is received. We do not accept payment at class when we are busy prepping.

### CANCELLATION POLICY...

All class reservations are non-refundable, much like purchasing a ticket for a cultural or sporting event. If you need to cancel a class, we require a 4-day notice to receive a credit. This credit is good for 6 months. After 4 days, no credit will be issued. If you are unable to attend a class, we encourage you to send someone in your place. If you cannot fill your seat we will send you the recipe packet from the class. Please mark your class dates on your calendar, as we do not call with reminders.

Classes with insufficient enrollment will be cancelled no later than 5 days before the class. In these instances, students will be notified by phone and receive a full refund. If we cancel a class due to inclement weather you will be notified as soon as that decision is made and a refund issued. If we hold a class, there are no refunds due to weather.

We reserve the right to modify classes or menus as dictated by the market and available ingredients.

## What to Expect at Our Classes

*Demonstration classes* allow you to sit back and relax while you watch and learn from the instructor.

*Hands-On* classes provide allow you to do the cooking. Event classes such as our Cooking with Friends allows you to help cook, then sit down to enjoy the meal with fellow guests. You are welcome to bring wine; a waiver must be signed before class. All classes include generous food samples and recipe packets. Portion sizes range from class to class from generous samples to meal size portions.

Seating is on a first come-first serve basis. If you are coming with a group we will do our best to reserve a table for you if we are notified in advance.

Since the temperature in the school fluctuates with cooking, please bring a sweater should you get cold when the air conditioning is on.

# Meet Laurel Run's Instructors



**Marcia DePalma**, Owner of Laurel Run Cooking School and staff cooking instructor. Marcia studied under the tutelage of the renowned Zona Spray at the Western Reserve School of Cooking. Marcia and her husband Dan travel extensively and she draws much of her inspiration for classes from these travels. She enjoys teaching classic technique for French, Italian, Spanish and German cuisine. She is a member of the International Dutch Oven Society and has been a member of the International Association of Culinary Professionals (IACP) since 1999.

**Chef David Lowe** is a graduate of the Culinary Institute of America in Hyde Park, NY. He worked in Manhattan after graduation at the famed Union Square Café and currently works for Premier Produce in Cleveland. He is a Staff Instructor and has been teaching at Laurel Run Cooking School for 5 years.

**Marilous Suszko** has been an instructor at Laurel Run since 2001. She is the author of *Farms and Foods of Ohio: From Garden Gate to Dinner Plate* which includes 123 recipes using locally grown ingredients and stories about the farmers who bring them to our tables. Look for her on episodes of *Our Ohio*, a weekly television show about farms, food and people in Ohio, which airs on your local PBS station. She is also a member of the Ohio Ecological Food and Farm Association and is the president of the Cleveland Chapter of Les Dames d'Escoffier.

**Marcia Thomas** attended the Personal Chef program at Loretta Paganinni's Cooking School and does in-home catering parties. She recently attended an "Appetizer Boot Camp" at the Culinary Institute of America. She brings her catering expertise to Laurel Run with her creative entertaining ideas.

**George Soos**, An accomplished cook, George learned to cook at home and was trained as a meat cutter while working at Cleveland's West Side Market. He has continued to hone his cooking skills with classes at the Hotel Inter-Continental in Paris, The Greenbrier Resort in West Virginia and participated in Gourmet Magazine's Chef's Challenge in Beaver Creek, Colorado. He has just returned from a trip to Germany where he cooked with restaurant owner and family member for 3 days. This is George's third fall teaching.

**Gary L. Twining**, a Certified Wine Educator, has taught wine classes at Laurel Run since 2004. He has taught at Ohio State University's Continuing Education and many other locations.

**Chef Michael Edwards**, Executive chef at Sandusky Yacht Club for 6 years, executive chef at Nor Easter Club for 7 years. He has been the Culinary Arts instructor for 13 years at Sandusky High School and EHOVE Career Center.

**Kathy Lehr** is an educator, restaurant consultant, and bread expert. She was mentored by French chef, Danielle Forrestier who was Julia Child's bread consultant. Along with being a graduate of the Zona Spray Cooking School, she has also received training by other leading bread authorities such as Jeff Hamelman, Peter Reinhart, and James MacGuire. Over the past 19 years Kathy has developed a style of teaching which makes bread making easy for anyone from the novice to the professional. Her recently released DVD, "Classic French Bread and More..." takes you step by step through the art of bread making.

**Karen Wirtz**, owner SpecialtyCateringonline.com

**Barbara Imes**, cake decorator and certified instructor, Certified Wilton Method.

## Guest Instructors & Chefs

**Carmella Fragassi**, Chef & Owner, La Campagna restaurant.

**Kate McIntyre**, Owner, Kate's Fish West Side Market.

## Private Cooking Classes

Is your business, organization or group of friends looking for a fun evening of food and fellowship or just something different to do? Try one of our private *Cooking With Friends* classes. We can custom design a class to fit your taste, interest and skill level. Laurel Run's *Cooking With Friends* classes have proven to be a delicious and relaxing evening in the kitchen. Call 440-984-5727 (LRCS) today for more information.



COOKING SCHOOL

*"The Cooking School In The Country"*

2600 North Ridge Road  
Vermilion, Ohio 44089

Spring  
2009

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## LAUREL RUN COOKING SCHOOL, Ltd.

2600 North Ridge Road, Vermilion, Ohio 44089 440/984-LRCS (5727)

Owned & operated by Marcia DePalma since 1996, Laurel Run has been featured in the Wine Buzz and Ohio Magazine and televised on The Food Network's 'Top 5' in October 2004, 2005 and 2006.

Located on eleven acres in historic Brownhelm Twp., it is just five miles south of Vermilion, four miles west of Amherst, and 30 minutes from downtown Cleveland.

Cooking classes are conducted in a 1600 sq. ft. Carriage House, complete with a 30-person classroom, demonstration counter & kitchen, a prep kitchen & Kitchen Shoppe.

<http://www.laurelruncookingschool.com>

### How To Find Us...

#### From Cleveland...

I-90/Rt. 2 West to the Baumhart Road exit. Drive one mile south to North Ridge Road intersection. Turn right.

#### From Sandusky...

Rt. 2 East to the Baumhart Road exit. Drive one mile south to North Ridge Road intersection. Turn right.

#### From the Turnpike...

From the Vermilion Exit #135. At the bottom of the exit, turn left and travel two miles to the North Ridge Road intersection. Turn left.