

Jr. Chef Central[®]

Culinary Convention Sacramento '07

Class Descriptions

Track 1

Featured Cooking Class - Decorating Desserts: In this 'hand's on' cooking session, we'll start with plain, simple basics – cake, cupcakes and cookies, and turn them into the truly beautiful!

Sound Nutrition: Understand why what you eat is as important as how much you eat, and how to determine both in this double session.

Fresh & Seasonal (produce): From farm to table, learn what the terms 'seasonal', 'local', and 'organic' mean and the role each plays in ensuring a safe, bountiful and delicious fresh food supply!

Knife Safety: Learn about the wide variety of knives used in the kitchen, how, when and why to use and care for each; and which 'all purpose' knife would be best for you.

Track 2

Featured Cooking Class - Pasta from Scratch: In this 'hand's on' cooking session you'll mix, roll and cut dough to make fresh pastas to go with a multitude of sauces.

Dining Etiquette: Which fork goes with which knife, and how are they used together? Why can't I eat this with my hands? What do I do with my dirty napkin? How do I set the table? The secrets to good table manners are defined in this double session.

Essential Tools: How many pots, pans, spoons and spatulas does anyone really need in a kitchen? Discover which tools and equipment can multi-task and are the right size for you!

Fresh & Seasonal (produce): From farm to table, learn what the terms 'seasonal', 'local', and 'organic' mean and the role each plays in ensuring a safe, bountiful and delicious fresh food supply!

Track 3

Featured Cooking Class - Sushi Making: In this 'hand's on' cooking session you'll learn how to make perfect rice and the prettiest presentation of a variety of vegetarian sushi.

Sound Nutrition: Understand why what you eat is as important as how much you eat, and how to determine both in this double session.

Fresh & Seasonal (meats): From the sea and the farm to your table – how to pick the best meat and seafood for your recipes.

Knife Safety: Learn about the wide variety of knives used in the kitchen, how, when and why to use and care for each; and which 'all purpose' knife would be best for you.

Track 4

Featured Cooking Class - Bread Making: In this 'hand's on' cooking session, you'll learn to mix and shape different dough to create a selection of fresh breads and rolls.

Dining Etiquette: Which fork goes with which knife, and how are they used together? Why can't I eat this with my hands? What do I do with my dirty napkin? How do I set the table? The secrets to good table manners are defined in this double session.

Fresh & Seasonal (produce): From farm to table, learn what the terms 'seasonal', 'local', and 'organic' mean and the role each plays in ensuring a safe, bountiful and delicious fresh food supply!

Essential Tools: How many pots, pans, spoons and spatulas does anyone really need in a kitchen? Discover which tools and equipment can multi-task and are the right size for you!

Track 5

Featured Cooking Class - Grilling: In this 'hand's on' cooking session, you'll learn how to grill vegetables and fruits, make a variety of marinades and sauces, and discover how this technique gives food an entirely different flavor.

Food Presentation: Did you know we eat with our eyes first? How something looks makes a difference in how we feel about its taste.

Learn how to present everything you make look delicious in this double session!

Knife Safety: Learn about the wide variety of knives used in the kitchen, how, when and why to use and care for each; and which 'all purpose' knife would be best for you.

Fresh & Seasonal (produce): From farm to table, learn what the terms 'seasonal', 'local', and 'organic' mean and the role each plays in ensuring a safe, bountiful and delicious fresh food supply!

**We reserve the right to change, alter or otherwise revise classes.*

