

## Culinary Boot Camp

Tuesdays - January 5, 12, 19, 26  
Thursdays February 4, 11, 18, 25

This 4 week series will help you become a more proficient and experienced Chef at home. It does not matter what your present skill level is. Our Professional Chefs will bring your skills to the next level. **The four part series is priced at 250.00** or individual classes are 75.00 each (Individual classes may only be purchased 1 week prior to class based on availability).

### **The Art of the Knife and Herbology** Jan 5 / Feb 4

We will introduce some basic techniques and skills that will benefit you in future classes and for many years to come. When working in the kitchen, it is important to know that your hands are your most important tools; we will teach you how to work with the most common kitchen knives while learning to properly slice, dice, chop and gain confidence with your knives. We will also discuss basic cooking methods, seasonings, flavorings and seasonality of many ingredients.

### **Sauces "101"** - Jan 12 / Feb 11

"A great sauce defines a great chef" ... these are the words of famed French Chef Bernard Point. A properly prepared sauce can bring a dish to new levels of excellence or to new levels of dissatisfaction.

Let our chef show you the secrets of the professional Saucier while preparing leading sauces such as: Béchamel, Veloute, Espagnole, Tomato and the famous Hollandaise. Our chef will also discuss which dishes these sauces compliment and those that they do not!

### **Chicken "101"** Jan 19 / Feb 18

In this course, learn the basics of this versatile and delicious staple. We will teach you about the various cooking methods and some unique variations on old favorites. You will also learn about safe handling & how to utilize less costly cuts. Included is a selection of chef tested recipes for you to try at home.

### **Beef "101"** Jan 26 / Feb 25

Learn how to make superb dishes from some less expensive cuts. Our chef will show you the proper way to braise, and the benefits of different cooking methods. You will learn about where and how to buy the best cuts of meat and the difference between dry and wet aged beef. Our Chef will send you home with some of his favorite recipes.

~~End of Series~~

### **Wine and Cheese Tasting and Pairing** 75.00

Thursday January 21  
Come and enjoy an evening of fine wines and cheeses. Tonight's class will transport you to the heart of France where you will get to taste vintages and fromage from the various regions. Our Chef will teach you some of the rules of pairing and the histories behind what you are sampling.

### **Classical Sauces and Vinaigrettes** Thurs January 28

Learn all the Classical French mother sauces including Veloute, Espagnole, Béchamel, Hollandaise and Tomato which form the basis for hundreds of variations. We will also teach you how to make your own home-made Vinaigrettes.....Voilà!

Gift Certificates Available

## Recreational Cooking Classes Winter 2010

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

705-812-1869

### Couples Date Night

January 23 - 150.00 per couple  
No matter if you are just dating or have been married for years, here is the chance for a fun evening to try out some new recipes and have a nice dinner with your "better half".

Our evening will start with our chef helping you to prepare a gourmet dinner for 2, you'll both have to work at this, but we will take care of the clean-up!

After your meal comes together, we will set your table, light the candles and you get to enjoy each others company and the gourmet dinner you helped prepare!

### Pasta Workshop - Tuesday February 2, 2010 75.00

Discover the pleasure of fresh, simple to make, Handmade Pasta! You will learn how to change Flour and Eggs into the most flavourful pasta you have ever had! We will also show you some traditional sauces and garnishes.

### Girls Margarita Night - Friday Feb 5, 2010 75.00

This is a great night to go out with the girls! Our chefs will entertain you while you are making some Mexican Style Hors D'oeuvres and then you will get to enjoy an array of Margaritas with your friends while you tantalize your palette with your creations!

### Italian Classics Tuesday Feb 9th 60.00

Immerse your self in the heart of Italian cuisine right here at home. Learn the secrets of cooking with the freshest ingredients in traditional Italian recipes.

### Valentines

### Couples Date Night

175.00/couple - Feb 13<sup>th</sup> or 14<sup>th</sup>

Treat your other half to a night they will remember! Come and explore the cuisine of Italy and prepare a gourmet meal you will not soon forget. You will have your choice of menu items including Steak Diane, Salmon Wellington or Chicken Saltimbocca. Our chef will lead you on your romantic journey to prepare your dinner, and then you will get to enjoy at a candlelit table while our staff takes over.

Bon Appétit

### Thai Experience - 2 class series 125.00

**Tuesday February 16 & 23, 2009**  
Come and explore the art of Indochina. Journey to the various regions of Thailand, learn this unique style of cooking and experiment with the flavours and seasonings used in your favorite Thai restaurant. Thai food has a long exotic and spicy history; our chef will teach you some of the culture and how to prepare an exotic Thai Dinner in your own kitchen!

### Sushi Night - Tuesday February 23 75.00

Come and learn the fine art of Sushi. Our chef will lead you through the many exotic and unique styles of Sushi. You will learn how to make Traditional, Vegetarian, and Sashimi and learn how to meld different flavours.

### Home Chef International Series

### Thursday March 4, 11, 25 - Three Part Series - 495.00

### Mediterranean Magnificence

Explore the wondrous and hearty cuisine of Greece and the Islands. In this evening you will get to create a traditional meal that will tantalize all of your taste buds.

### French Cuisine

A true testament to Escoffier, This class will take you through the wondrous sauces of France as well as some great classics dishes and techniques.

### Italian Cuisine

Remember all those great dishes from your last vacation! Chef Jason with his passion for great cuisine will lead you on a journey of flavours that will transport you across the ocean to the heart of classic cuisine.

~~End of Series~~

### Friday Night Out - Tapas and Sangria Party 75.00

Friday February 26<sup>th</sup>  
Tapas are an integral part of the Spanish lifestyle. Tapas can be served as an appetizer, quick snack, side order or as a complete and exotic meal. Learn some amazing ways to create appetizers or a complete dinner - Tapas Style! Tapas are a great way to entertain. They are wonderful for dinner parties, bridal/baby showers or for your family. Straight from Spain and the cuisines of the sun, you'll learn how to create your own at home. ....Ole!!

### Gourmet Indian Cuisine Tuesday March 2 60.00

Join us and learn the life prolonging benefits to healthy Indian Cooking. Indian cooking is unique, colorful & healthy. The Chef will also discuss the medicinal uses of Indian spices in recipes. Learn some healthy dishes such as Vegetable Tofu Curry, Vindaloes, Samosas, Chai Tea and more. Don't miss this opportunity!

### Southwestern Culinary Tour Tuesday March 9 75.00

Spice it up! This class will teach you all about peppers! If you like spicy foods and foods of the regional southwest, this is the class for you! In this class you will prepare Tortilla Soup, Ancho Marinated Beef Tenderloin with Sautéed Watercross, and Tortilla Encrusted Chicken Breast!

**All classes are Hands On and limited to 15 students! You will receive a complete set of notes from each class!**

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### Parent and Child Easter Chocolate

Saturday April 3, 1:00 – 3:00  
This fun program is designed for children 6 – 12 years of age. Come out and learn how to make all those delicious Easter treats that you thought only the bunny had the recipes for!  
75.00 Per parent and child.  
Limited space.

The Art of the Grill Tuesdays April 6, 13, 20 200.00  
This 3 class series will have you mastering the grill for the upcoming summer months. You will learn some award winning techniques for ribs, salmon, chicken, fruits and vegetables. You will learn about marinades, rubs, smokes, fires and everything charred!

Sign up early and come hungry!  
Fusion Cuisine Tuesday April 27 60.00

Fusion Cuisine is the art of combining different cultures and ingredients that complement each other and reflect the local pallets. This is not a "throw mango on everything class", our Chefs will teach you about balance and compliments to some basic ingredients to create a magnificent dish.

**Baking and Patisserie** January 30<sup>th</sup> – March 5<sup>th</sup>  
**Saturday Mornings - 9:00 - 12:00**  
This NON-VOCATIONAL program will take your skills to new levels. In this level 1 program you will learn by doing. Our Chef will teach you the basics of the patisserie kitchen. Some of the topics covered are cake preparation, pate a choux, Pastry Creams, Croissant dough, properties of ingredients and mixing techniques. 495.00

**TEEN SERIES** Fridays Jan 15, 22, 29 - 7:00 - 9:00  
3 class series - 150.00

This is a great series for teens that have an interest in cooking. This course is great for teens at any level of ability. Our professional Chefs will teach some basic and advanced techniques to help your teens gain the confidence in the kitchen to expand their horizons.

**Mothers Day Special** Sat. May 15<sup>th</sup> - 1:00 - 4:00  
Give mom the gift of time and cooking! This class is a class designed for you and Mom to enjoy the day and learn some great recipes. Our chef will teach you some great brunch and Hors D'oeuvres recipes that you can recreate at home. Some of the recipes will be : Frittata, Crab Rangoon & Crème Brulee. Come and spend some quality time and create some great recipes. 125.00 per group of 2

**Fathers Day Special**  
Sat. June 26<sup>th</sup> 10:00 – 2:00  
This a great class to spend some quality time with Dad in front of the BBQ. This class will show you some great techniques for grilling and smoking. Our award winning BBQ Chefs will teach about rubs, marinades, salts and flavor profiles to help make Dad the "KING" of his "Q".

### The Art of the Q"

150.00 per group of 2

### Booking Information

All of our classes are taught at our Downtown Barrie location at Historic 94 Dunlop Street West.  
All of our evening classes begin at 7:00 PM and range from 2 - 2 1/2 hours (depending on class size).

Our classes are non-refundable, however if you are unable to attend a class that you registered for, just give us 48 hours notice and you will be issued a credit for a future class.

You may book by phone at 705-812-1869  
We accept Visa, MasterCard, Amex and Debit payments.

**Gift Certificates** - Cooking classes make great gifts, you can purchase our certificates and the recipient can choose which class they attend.

### **Liaison College's Diploma Programs**



The Opportunities are endless! Our specialized diploma programs offer an intense grounding in basic theoretical knowledge of modern and classic cookery coupled with a major component of Hands-on kitchen training. You will be taught by one executive chef in each level to insure a consistent philosophy of culinary technique. Learn the art and skill of your passion professionally.

### Monthly Start Dates

### *Reasons to Attend Liaison College*

- Small Class sizes
- **Hands On Learning with Certified Culinary Professionals**
- Flexible Start Dates
- **Full and Part Time Programs**
- **Lifetime Career Placement service at all 10 Campuses**
- **Up to date curriculum and equipment**
- **95+% job Placement history**
- **Tax Deductible Tuition**
- **Payment plans from as low as 193.00/month**

Liaison College has graduated over 5000 Chefs. We have been training chefs for over 10 years

### **Gift Certificates make Great Christmas Gifts!**

**Give someone the gift of Cooking!**

# 705-812-1869

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# LIAISON COLLEGE



## Recreational Cooking Classes

### Winter 2010

### Barrie Campus

### 94 Dunlop Street West

### 705-812-1869

### Toll Free - 1-877-812-1869

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## Feed Your Passion!