

FOOD

TODAY'S TABLE: Classes for Contemporary Cooks Demonstration Cooking Classes

The following cooking classes are demonstration and include a generous tasting of food prepared by the chef and a copy of the evening recipes.

Menus are subject to change without notice



Payment Options

Register for our Tasting Menu: Choose any three demonstration classes and pay only \$108 (just \$36 per class.) You save \$24. Savings are available to students who register with payment for three classes at the same time.

Register a la carte: Pay as You Go for individual demonstration cooking courses at \$44 per class.

End of Summer Dinner in Southern Italy **NEW**

Southern Italian cuisine makes generous use of fresh regional specialties such as artichokes, lemons, tomatoes, eggplant, and capers. Tonight's southern Italian-inspired menu features Crostini with Roasted Tomatoes, Artichoke Paste, and Mozzarella; Spaghetti alla Puttanesca; Three Cheese and Artichoke Tortino; and Lemoncello Mousse with Fresh Berries.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 476-01 Thursday, 6:30-9 p.m., September 7

Fresh and Fast Weeknight Meals **NEW**

With hectic schedules it can be tough to find time to cook. Let us help you reinvent the way you think about cooking with our fresh, fast and nutritious recipes! Recipes covered include: One Pot Chicken with Couscous and Vegetable Mélange, quick Grilled Salmon Skewers with Gremolata, Red Lentil and Spinach Soup, and Orecchiette with Cauliflower, Onion and Sausage.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 477-01 Tuesday, 6:30-9 p.m., September 12



Brunch on the Upper West Side **NEW**

Located in the northwest of Manhattan, the Upper West Side is a paradise for food lovers. Our classic New York inspired recipes include: Matzo Brie, Everything Bagel and Salmon Strata, Latkes with Maple Sour Cream and Apple Walnut Sour Cream Coffee Cake.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 478-01 Thursday, 6:30-9 p.m., September 14

Tailgating **NEW**

Get ready for game day with recipes that will kick-off the ultimate tailgating experience! We're serving up the Hair of the Dog (breakfast hot dog), Grilled Quesadillas with Caramelized Onion, Shredded Chicken and Jalapeño Jack Cheese, and Grilled Pound Cake with Banana Caramel Sauce.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 480-01 Thursday, 6:30-9 p.m., September 21

Saturday Brunch **NEW**

Rise and dine this weekend for the ultimate brunch cooking class! Wake up to Challah French Toast with Drunken Strawberries, Smoked Salmon and Brie Frittata with Herbed Crème Fraîche, Banana Cream Pie Smoothie, Bacon and Potato Hash, and a complimentary champagne mimosa.

Students must be 21 years old and bring a valid driver's license to class.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 481-01 Saturday, 1-4 p.m., September 23



Fish Market Cookery **NEW**

Learn how to select and prepare quality seafood while exploring a vast array of cuisines and cooking styles. Recipes include Shrimp and Avocado Tacos, Moroccan-Style Salmon with Garlic Yogurt Sauce and Chickpea and Tomato Salad, and Char-Grilled Kabobs with Swordfish, Shrimp and Bacon.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 482-01 Tuesday, 6:30-9 p.m., September 26



Food Across America **NEW**

We're in pursuit of America's best grub! Take a road trip with us to Buffalo New York for an awesome Buffalo Chicken Grilled Cheese Sandwich. Next stop, New England for Corn and Crab Chowder. Then, head west to California for Hollywood Cob Salad with a final stop in New Orleans for decadent Bananas Foster.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 485-01 Thursday, 6:30-9 p.m., October 5

Global Chicken **NEW**

Chicken dishes are comforting family favorites, but can become repetitive over time. Learn some new and creative recipes to bring to the table! We will feature recipes such as: Weeknight Chicken Orzo Soup, Quick Chicken and Vegetable Stir-Fry, Grilled Chicken Satay with Peanut Sauce, and Andalusian Chicken.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 487-01 Thursday, 6:30-9 p.m., October 12

Hanging at the Hacienda **NEW**

Go loco with us this weekend as we sip sangria and learn how to cook with Latin ingredients! The hacienda is serving Grilled Lamb Chops with Walnut Salsa Verde; Mussels in Coconut and Sofrito Broth; Black Bean, Corn and Mango Salad with Toasted Cumin Vinaigrette; Easy Bean, Chorizo and Cheese Empanadas, and a complementary glass of sangria.

Students must be 21 years old and bring a valid driver's license to class.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 488-01 Saturday, 1-4 p.m., October 14

Fall in Love with Veggies **NEW**

Explore how to make meatless meals that are delicious and satisfying. Let us inspire you with boldly flavorful recipes such as: Coconut Curry Butternut Squash Soup, Roasted Eggplant with Cumin and Pomegranate Molasses, and Grilled Garden Vegetable Packets.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 489-01 Tuesday 6:30-9 p.m., October 17

Eataly **NEW**

Preparing Italian food does not have to be complicated or involved. We'll share the fundamentals of Italian cooking, while keeping "less is more" in mind. Recipes include: Buccatini with Quick Skillet Heirloom Tomato Sauce, Stuffed Zucchini with Sausage and Fontina Cheese, and Lemony Amalfi Coast Grilled Shrimp and Orzo.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 490-01 Thursday, 6:30-9 p.m., October 19

Upper Crust **NEW**

Gallettes, sweet and savory tarts, and pizza are the focus of our "Upper Crust" baking skills class. Explanations, valuable tips and step-by-step instructions will be taught while our chef prepares Asparagus and Ricotta Puff Pastry Tart, Fruit Gallettes, and individual Rustic Tuscan Pizza (Schiacciata).

Tuition: \$10 + general fee \$34. Total \$44

GCUL 491-01 Tuesday, 6:30-9 p.m., October 24



Delicious Destinations: Spain **NEW**

There are many regional cooking styles throughout Spain, all based around fresh and flavorful ingredients. Let us captivate your taste buds with Spain's gastronomic riches! Tonight's menu features Manchego Cheese Tapas, Iberian Chicken with Chorizo, and Sherry, Shaved Fennel and Blood Orange Salad.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 492-01 Thursday, 6:30-9 p.m., October 26

Thanksgiving Sides that Steal the Show **NEW**

Don't get stressed about planning one of the most important meals of the year! Our sides are all make-ahead and will satisfy the whole family. Show-stealing recipes in tonight's class include: Creamy Corn Bread Pudding, Streusel Topped Sweet Potato Casserole, Brussel Sprouts with Bacon, and Blue Cheese and Ginger-Infused Cranberry Orange Sauce.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 493-01 Thursday, 6:30-9 p.m., November 2

Weekend on the Mediterranean Sea **NEW**

Come with your friends for a delicious afternoon sampling foods that evoke the spirit of the Mediterranean Sea! Enjoy a variety of Mediterranean specialties such as Serrano Ham Tapas, Sicilian Seafood Fra Diavolo, Cannellini Bean Salad, and Almond Cake with Whipped Mascarpone Cream, all with a complementary glass of wine.

Students must be 21 years old and bring a valid driver's license to class.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 494-01 Saturday, 1-4 p.m., November 4

Baking Basics **NEW**

Learn the skills needed to make pastry dough for pies and Rugelach and all of the secrets to making pastry cream and tender crumb cake. Sweet treats covered in this class include: Roasted Banana Pastry Cream, Mile High Banana Cream Pie, Rugelach, and Ultimate Crumb Cake.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 496-01 Thursday, 6:30-9 p.m., November 9

Indian Spice House **NEW**

Spices are the hallmark of Indian food, but to achieve authentic flavor you have to understand how to use them properly. This is the perfect class to learn about the core ingredients of modern Indian food! We are serving Chicken Tikka Masala, Cucumber Yogurt Raita Salad, Indian-Spiced Cauliflower and Potatoes, Channa Masala, and Cumin Seed Jeweled Basmati Rice.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 497-01 Tuesday, 6:30-9 p.m., November 14

American Steak House Classics **NEW**

Join us as we prepare all of your favorite steak house dishes, such as perfectly grilled New York Strip Steak with Herbed Compound Butter, Potatoes au Gratin, Creamed Spinach, and Boozy Bread Pudding.

Tuition: \$10 + general fee \$34. Total \$44

GCUL 498-01 Thursday, 6:30-9 p.m., November 30

REGISTER NOW!

Register now with your
Visa, Master Card, Discover/Novus

Call 732.906.2556





All About Bacon **NEW RECIPES**

Calling all bacon and prosciutto lovers! This class will teach you creative new ways to include these cured meats in your cooking repertoire. Featured recipes include: German-Style Braised Pork Chops, Asian Bacon-Wrapped Chicken Poppers, Prosciutto-Wrapped Asparagus, and Sweet and Salty Caramel Ice-Cream Sundaes with Crispy Prosciutto Crumbs.

Tuition: \$10 + general fee \$34. Total \$44
GCUL453-02 Tuesday, 6:30-9 p.m., December 5

Gifts from the Kitchen **NEW RECIPES**

Nothing is more thoughtful than receiving a homemade gift from your heartfelt kitchen. Learn how to make tasty gifts such as Sweet and Salty Roasted Pecans, Triple Chocolate Chunk Walnut Cookies, Parmesan Herb Bread, and Pesto Three Ways.

Tuition: \$10 + general fee \$34. Total \$44
GCUL 252-03 Thursday, 6:30-9 p.m., December 7

Surf and Turf **NEW RECIPES**

Learn the secrets to cooking restaurant-quality steaks and seafood in the comfort of your own home. Our chef will prepare: Steak au Poivre, Maryland Crab Cakes, Lobster Mac and Cheese, and Molten Chocolate Cake.

Tuition: \$10 + general fee \$34. Total \$44
GCUL 212-03 Tuesday, 6:30-9 p.m., December 12

Christmas in Italy **NEW**

Food is a means for establishing and maintaining traditions among Italian families. Tonight's Christmas dinner menu consists of Caesar Salad with homemade dressing and croutons, Seafood Pasta with Clams and Scallops, Beef and Wild Mushroom Marsala, and Biscuit Tortoni.

Tuition: \$10 + general fee \$34. Total \$44
GCUL 503-01 Thursday, 6:30-9 p.m., December 14

- New Cooking Series -

natural kitchen

When it comes to cooking naturally, it's all about finding what works for you and your family. This series of classes helps you answer the question, "how can I cook smarter"? The philosophy of the Natural Kitchen is discovering how to cook with wholesome ingredients. Learn the skills to make your everyday meals healthier and tastier by incorporating fruits, vegetables, grains, legumes and lean proteins. This series is a guide to cooking smarter with sensible whole foods!

Natural Kitchen

Chef's Recipes: Butternut Squash Hummus, Moroccan Vegetable and Quinoa Tagine, Grilled Flank Steak with homemade Chimichurri Sauce, and Tropical Mango and Turmeric Smoothie.

Tuition: \$10 + general fee \$34. Total \$44
GCUL 483-01 Thursday, 6:30-9 p.m., September 28

Natural Kitchen

Chef's Recipes: Heirloom Tomato Salad with Quick Pickled Cucumbers and Green Goddess Dressing, French Vegetable Ratatouille Stew, Whole Grain Farro, Skinny Baked Shrimp Scampi with Parmesan Crumbs, and homemade Cherry Lemonade.

Tuition: \$10 + general fee \$34. Total \$44
GCUL 483-02 Tuesday, 6:30-9 p.m., October 3

Natural Kitchen

Learn how to prepare Sofrito, a Latin recipe for a puree of fragrant seasonings and vegetables. We will then incorporate the Sofrito into: Cauliflower and Black Bean Rice, White Chicken Chili, and Guacamole with Tortilla Chips. Finish the evening off with delicious Sweet Potato Brownies!

Tuition: \$10 + general fee \$34. Total \$44
GCUL 483-03 Thursday, 6:30-9 p.m., November 16

FOOD

Hands-On Cooking Classes

Cook side-by-side with a professional chef and learn hands-on kitchen skills directly from the expert. If you are 18 years or older, we invite you to join us – to cook, chat and sharpen your skills.

Menus are subject to change without notice



NOTE

Hands-on Cooking courses do not qualify for the discount “Tasting Menu” for Today’s Table.

Stir Frying and Dumpling Techniques

NEW HANDS-ON

This class will take you on a culinary journey through Asia, while teaching specific techniques that will get you thinking like a chef. Recipes covered in class include: Garlicky Eggplant, Thai Chili-Basil Pork, Dan Dan Noodles, and Steamed Pork Dumplings. You will work in groups in this class, which is a mix of hands-on and practice demonstration.

Tuition: \$20 + general fee \$58. Total \$78

GCUL 479-01 Tuesday, 6:30-9:30 p.m. September 19

National Chile Month

NEW HANDS-ON

There’s more to chili than just ground beef and kidney beans! This class is filled with innovative recipes to add to your recipe box such as: Lamb and Black Bean Chili, Vegetarian Bean and Harvest Vegetable Chili, White Chicken Chili and a surprise dessert. You will work in groups in this class, which is a mix of hands-on and practice demonstration.

Tuition: \$20 + general fee \$58. Total \$78

GCUL 486-01 Saturday, 1-4 p.m., October 7

Olives, Lemons, and Za’atar

NEW HANDS-ON

Za’atar is a Middle Eastern spice blend used to flavor meats, olives, breads and vegetables. Discover how easy it is to prepare Za’atar at home and learn how to use it to flavor delicious recipes such as Falafel with Tahini Sauce, Za’tara Chicken Kebobs, and Israeli Salad. You will work in groups in this class, which is mix of hands-on and practice demonstration.

Tuition: \$20 + general fee \$58,. Total \$78

GCUL 495-01 Tuesday, 6:30-9:30 p.m., November 7

Get Ready for Holiday Entertaining

NEW HANDS-ON

Our chef’s recipes and hostess tips will inspire you to throw your own elegant holiday bash! We will cook: Latin Shrimp and Avocado Tortillas, Bruschetta with Mozzarella, Figs and Grilled Onions, Puff Pastry Appetizers, Cinnamon Sugar Chips with Eggnog Dip, and a complementary glass of winter sangria. You will work in groups in this class which is a mix of hands-on and practice demonstration.

Students must be 21 years old and bring a valid driver’s license to class.

Tuition: \$20 + general fee \$58,. Total \$78

GCUL 499-01 Saturday, 1-4 p.m., December 2

