

# COOKING SCHOOL

AT SOUTHERN SEASON

CHAPEL HILL | JANUARY - MARCH 2017



# KIDS IN THE KITCHEN

Our Kids in the Kitchen program is designed to teach children the joy and value of cooking and to provide an interactive learning experience that gives children the confidence and opportunity to develop a lifelong love for cooking.

ages 8-12 years old



1/14 Saturday 11am \$40  
**KIDS IN THE KITCHEN: FLOUR POWER** 

**Cooking School Staff**

In this fun-filled culinary experience, children will learn how to mix, measure, and use tools properly in the kitchen, while making empanadas, biscuits and more. Let the flour fly as your child develops self confidence in the kitchen.

Menu: Pepperoni Bread; Empanadas; Biscuits; Garlic Knots  
cc1701141100

1/21 Saturday 11am \$40  
**KIDS IN THE KITCHEN: WAFFLE MAGIC** 

**Cooking School Staff**

Time to dig out the waffle maker! Cooking with this underused appliance is quickly becoming popular. Parents, you can feel confident in your child using a waffle maker, safely.

Menu: Cheesy Potato Tot Waffle; Zucchini Fritter Waffle; Pizza Waffle Pocket; Confetti Cupcake Waffle  
cc1701211100

2/4 Saturday 11am \$40  
**KIDS IN THE KITCHEN: EGG ROLLS AND FRIED RICE** 

Forget take-out. It's never too early to get kids interested in cooking at home. After this class, you will be able to enjoy classic take-out food that is healthier and tastes better. Home cooking is an enjoyable way to introduce new cuisines and then add your own spin.

Menu: BBQ Chicken Egg Rolls; Chinese Fried Rice; Apple Pie Egg Roll Sundae  
cc1702041100

2/11 Saturday 4pm \$40  
**KIDS IN THE KITCHEN: VALENTINE'S DAY BAKING** 

These kid-friendly recipes can be made ahead and shared with friends and family at home or school. Even picky eaters will have as much fun eating as they will creating.

Menu: Chocolate Covered Strawberries; Conversation Heart Pretzel Hugs; Strawberry Crinkle Cookies; Red Velvet Truffles; Valentine's Day Bark  
cc1702111600

3/5 Sunday 2pm \$40  
**KIDS IN THE KITCHEN: SUPPERTIME** 

Need a break from the kitchen? Let your child make dinner for the family with a menu that they can handle all by themselves.

Menu: Tomato Soup; Corn and Spinach Quesadillas with Carrots and Tzatziki; Banana Pudding  
cc1703051400

3/18 Saturday 11am \$40  
**KIDS IN THE KITCHEN: PIZZA FROM SCRATCH!** 

We will make dough, pull mozzarella and pick our favorite toppings to make the best homemade pizza they've ever had!

Menu: Pizza; Pizza Toppings; Salad Bar  
cc1703181100

1/4 Wednesday 5pm \$45  
**COOKING 101: MOTHER SAUCES** 

**Cooking School Staff**

Once you learn how to make these simple sauces, you will be able to experiment with flavors for endless sauce variations. From rich roux to béchamel, or espagnole to hollandaise, mastering these basic sauces will give you endless possibilities for new dishes.

Menu: Croque Madame; Chicken Pot Pie; Meatballs with Espagnole; Asparagus with Hollandaise; Basic Marinara with Pasta  
cc1701041700

1/5 Thursday 5pm \$45  
**SOUP'S ON!** 

**Cooking School Staff**

When the weather outside makes you want to hibernate inside, these one-pot meals simmering on the stove top will call your name. These recipes feel like a warm hug.

Menu: Beef and Barley; Creamed Cauliflower with Brussels Sprouts Hash; Apple and Celery Root with Fried Peanuts; Coconut Butternut Squash with Curried Couscous  
cc1701051700

## Welcome to The Cooking School

When you attend a class at The Cooking School at Southern Season, you'll not only enjoy a delicious and informative course, but you'll also be joining a community of cooking enthusiasts. The Cooking School is honored to connect our students with chefs from around the corner and around the country, who will share their favorite secrets, techniques, and recipes. In our evening classes, students (21 years and above) will be offered wine pairings carefully selected by our house sommelier. Also after your class, you'll get the opportunity to shop Southern Season with 10% off your entire purchase! See several classes you like? Join our Chef's Club program. When you attend ten classes, you'll receive \$45 off your next course! Hands-On classes are limited to 16 people. See page 11 for our registration and attendance policies.

1/7 Saturday 4pm \$45

**WINTER PASTA** 

**Cooking School Staff**

There is no substitute for fresh pasta. These warming dishes are simple, yet so delicious. You will learn how to make pasta from scratch, and techniques for rolling out and drying pasta. Finish with great sauces for dinners that will impress both family and friends.

Menu: Potato Gnocchi with Butter Roasted Tomatoes; Bucatini with Pumpkin and Sausage; Roasted Mushroom Ravioli with Red Wine Braised Short Ribs  
cc1701071600

1/8 Sunday 2pm \$45

**BISCUITS VS. CORNBREAD** 

**Cooking School Staff**

Every good Southern cook has their own recipe for biscuits and cornbread. What is the secret to cornbread that is both moist and crusty? Is it the flour, how you work the dough, or the cast iron pan? In this hands-on class you will learn the secrets for light, flaky biscuits to what is the best cast iron pan to use to prepare these down-home treats.

Menu: Southern Buttermilk Biscuit; Herbed Egg and Cheese Strata; Orange Honey Compound Butter; Country Ham; Skillet Cornbread  
cc1701081400

1/10 Tuesday 5pm \$45

**THE NAKED BITE** 

**Cooking School Staff**

Rev your motor and detox your body. Learn how to prepare raw foods that are unprocessed and filled with essential minerals and vitamins. These tasty recipes will make you feel fabulous through clean and thoughtful eating.

Menu: Carrot Ginger Soup; Mango Avocado Collard Wrap with Spicy Peanut Sauce; Sour Cherry Chia Seed Pudding  
cc1701101700

1/11 Wednesday 5pm \$45

**CHILI ROUND UP!** 

**Cooking School Staff**

Comfort food is what brings family and friends together. Whether you like your chili with beans or without or Texas-style with hunks of beef instead of ground, these chili recipes will become your hands-down favorites for a Super Bowl party or just a quiet night by a fire.

Menu: Chili Con Carne; Chicken and White Bean Chili; Pumpkin and Collard Greens Chili with Black Beans; Cornbread; Chocolate Pudding  
cc1701111700

1/12 Thursday 6pm \$50

**DELICIOUS SUPER FOODS** 

**Sheri Castle**

Let's embrace the new you in the New Year. Don't be intimidated by the term "super foods." Cookbook author and favorite guest chef, Sheri Castle is here to introduce them and share ways to incorporate super foods into your everyday diet.

Menu: Twice Baked Sweet Potatoes; Mediterranean-Inspired Stuffed Red Peppers with Tuna Fillets; Cauliflower and Root Vegetable Curry; Dark Chocolate Mousse with Berries  
cc1701121800

1/15 Sunday 3pm \$50

**HEARTY WINTER SOUPS** 

**Lucindy Willis**

"Do you have a kinder, more adaptable friend in the food world than soup? Who soothes you when you are ill? Who refuses to leave you when you are impoverished and stretches its resources to give a hearty sustenance and cheer? Who warms you into the winter and cools you in the summer? Yet who also is capable of doing honor to your richest table and impressing your most demanding guests? Soup does its loyal best, no matter what undignified conditions are imposed upon it. You don't catch steak hanging around when you're poor and sick, do you?" – Judith Martin (Miss Manners)

Menu: Stuffed Potato Soup; Yancey House Tortilla Soup; Jambalaya; Hello Dollies  
cc1701151500

1/17 Tuesday 6pm \$50  
**MED INSTEAD OF MEDS**   
**Ellen Clevenger-Firley**

Is 2017 going to be the year you finally make delicious changes to your diet? Join Dr. Carolyn Dunn, NC State University Professor of Nutrition Education and Department Head, and Ellen Clevenger-Firley, Registered Dietitian and trained chef, to start your year off right! Not only is the Mediterranean diet a tasty way to eat, drink and live, but it's also a realistic and sustainable way to reduce disease-causing inflammation and help you achieve and maintain a healthy weight. Learn simple techniques to introduce the Mediterranean way of eating into your life.

**Menu:** *Super Tomato Soup; Lentil Sliders; Spicy Roasted Cauliflower; Whole Wheat Couscous Salad; Spanish Almond Cake; Fruit Chaat*  
**cc1701171800**

1/19 Thursday 6pm \$50  
**THE DIABETES COMFORT FOOD COOKBOOK**   
**Robyn Webb**

Robyn Webb is an award-winning cookbook author, nutritionist, culinary instructor and the food editor at Diabetes Forecast Magazine. She is the author of 14 cookbooks and has a passion for Puglia, Italy and the Mediterranean diet.

**Menu:** *Tuscan Bean Soup; Garlic Oil Sauce with Pasta; Provençal Chicken*  
**cc1701191800**

1/21 Saturday 5pm \$50  
**INDIAN FEAST**   
**Rupen Rao**

Mumbai-born Chef Rupen Rao is the author of Indian Cooking From My Mom and Indian Cooking Popular Restaurant Dishes. He also blogs, conducts cooking classes in and around Washington, D.C., and has his own line of spice blends. Learn how to add Indian flare with spice and technique to your table.

**Menu:** *Butter Chicken (Murg Makhani); Spicy Lamb Curry (Lal Maas); Corn and Spinach (Saag); Cumin Scented Basmati Rice (Jeera Chawal); Masala Chai*  
**cc1701211700**

Students in evening courses will be offered wine pairings, specially selected by our house sommelier

1/22 Sunday Noon & 3pm \$50  
**BASIC KNIFE SKILLS**   
**Brian Adornetto**

Proper knife skills can make all the difference when cooking. Join Brian, a personal chef, food writer and graduate of the Institute of Culinary Education in Manhattan, to learn basic cutting and chopping techniques, how to hold a knife properly and how to care for and sharpen your knives in this wildly popular class. Feel free to bring your personal chef's knife, otherwise, one will be provided. A light snack will be served.

**Noon** cc1701221200  
**3pm** cc1701221500

1/23 Monday 5pm \$45  
**PASTA!**   
**Cooking School Staff**

Rolling pasta with the family is a memory-making experience that will have the kids asking to do it again soon. In this class, our cooking school staff will share their tips for perfecting this Italian tradition.

**Menu:** *Fettuccini with Corn, Scallions and Goat Cheese; Pea and Pancetta Ravioli with Lemon Beurre Blanc; Spaghetti with Pesto Cream*  
**cc1701231700**

1/24 Tuesday 5pm \$45  
**ENERGY BOWLS**   
**Cooking School Staff**

Energy bowls are packed with delicious nutrition and hearty enough for even the most active lifestyle! Transform your mealtime into a delicious, energy-boosting bowl with these recipes. Learn the basics and begin to put your own combinations together.

**Menu:** *Best Self Raspberry Breakfast Bowl; Quinoa Cobb Salad with Spicy Tahini Dressing; Mediterranean Bowl with Roasted Red Pepper Sauce*  
**cc1701241700**

1/25 Wednesday 5pm \$50  
**GLOBAL CHICKEN**   
**Amanda Cushman**

Chicken is one of the most widely-used proteins in the world. It is a blank canvas that a cook can spice up with any flavor profile or cuisine in mind. In this class, Amanda will take your taste buds on a whirlwind tour of several countries and will have you throwing out your chicken tenders.

**Menu:** *Asian Sweet and Spicy Sticky Chicken; Moroccan Chicken Tagine; Italian Chicken Stuffed with Prosciutto and Basil; Mediterranean Skewered Lemon Herb Chicken with Tzatziki; Brown and Wild Rice Pilaf*  
**cc1701251700**

1/26 Thursday 6pm \$50  
**WINTER SALADS**   
**Sheri Castle**

Cold weather does not have to mean fewer fresh salads. Sheri will show you how to use great winter fare that will be pleasing to both the eye and the palate. From the classic pairing of pears and blue cheese to the promise of warmer months with tropical flavors, we will learn salads are not just for lettuce.

**Menu:** *French Lentils with Walnuts and Goat Cheese; Cannellini Bean with Pepperoni Crisps; Chicken with Red Cabbage, Pears and Blue Cheese; Tropical Pork Tenderloin Salad*  
**cc1701261800**

1/28 Saturday 11am \$50  
**SECRETS OF A TEST KITCHEN: HOW TO MAKE DELICIOUS FOOD EASY**   
**Breana Lai**

Breana, the Associate Food Editor at EatingWell Magazine and a registered dietitian, visits us from Vermont to share one of her favorite aspects of her job: working in the test kitchen. In this class you'll learn the process—and secrets—of developing delicious recipes that exemplify healthy eating and living.

**Menu:** *Muffin Tin Quiche with Potatoes, Spinach & Smoked Cheddar, Southwestern Black Bean Burgers; Tea-Rubbed Chicken with Stir-Fried Baby Bok Choy with Scallion Sesame Oil; Pad Thai "Chopped Salad" with Cabbage, Carrots & Shrimp; Roasted Cauliflower & Potato Coconut Curry Soup*  
**cc1701281100**

1/28 Saturday 5pm \$50  
**THREE EASY BREADS - EACH TWO WAYS**   
**Abby Dodge**

Abigail Dodge is a James Beard nominated & IACP winning author & baker. A popular food writer, instructor, media personality and longtime contributing editor to Fine Cooking magazine, she is the author of 10 cookbooks including the award-winning, *The Everyday Baker*. In our first of two days with Abby, you will learn three basic doughs for bread and she will teach you how to manipulate each of those into two different types of bread- six total!

**Menu:** *Rich and Delicious Egg Bread - Cinnamon Swirl Loaf and Twisted Herbed Dinner Rolls; Oatmeal Honey Bread - Loaf and Savory Monkey Bread; Whole Wheat Peasant Bread - Free-form and English Muffin*  
**cc1701281700**

With the purchase of each class you will receive a 10% store purchase coupon\*  
 \*good for one week after class

1/29 Sunday 2pm \$50  
**CITRUS EXTRAVAGANZA**   
**Abby Dodge**

On day two of Abby's visit she will demonstrate how to incorporate citrus into our winter recipes which will brighten up even the gloomiest of days.

**Menu:** *Lemony Chicken Paillard with Olives, Feta & Microgreens; Orange Cornmeal Chiffon Cake with Orange Glaze; Gingered Lemon Tart with Poppyseed Crust & Frozen Berry Sauce; Mixed Citrus Terrine*  
**cc1701291400**

1/30 Monday 6pm \$50  
**FOOD TRUCK CARAVAN: BORICUA SOUL**   
**Toriano Fredericks**

The Soul Patrol is a 1999 Freightliner MT55 Tool Truck that brings Puerto Rican Inspired Soul food to a street near you. Visit our classroom for an opportunity to get to know Toriano and see what motivates him to drive around the Triangle every day.

**Menu:** *Pickled Okra Hushpuppies and Tostones; Pernil with Yellow Rice and Collards; Nana's Pound Cake Tres Leches*  
**cc1701301800**

1/31 Tuesday 6pm \$50  
**TASTE OF THE TRIANGLE: CAROLINA INN**   
**Jeremy Blankenship**

Chef Blankenship has returned to Carolina Inn and Southern food after a stint with the Cajun focused LaPlace in Hillsborough. With this menu, Chef Jeremy will bring to life the wonderful flavors that the South has to offer - and then some.

**Menu:** *Lowcountry She-Crab Soup; Winter Salad with Buttermilk Vinaigrette and Pickled Vegetables; Braised Beef Short Ribs with Southern Collards and Grits*  
**cc1701311800**

2/1 Wednesday 5pm \$45  
**RISOTTO**   
**Cooking School Staff**

This popular dish from Northern Italy is a staple that is the ultimate comfort food. Something as simple as rice is cooked to a creamy consistency and can elevate a plain meal into something special. See what gives risotto its classic silky, velvety characteristics that will make you the star of your next dinner party.

**Menu:** *Basic Risotto; Asparagus & Mushroom Risotto; Chicken and Leek; Cauliflower "Risotto"; Quick Sorbet*  
**cc1702011700**

2/2 Thursday 6pm \$50

**TASTE OF THE TRIANGLE: IL PALIO** 👁

**Teddy Diggs**

Chef Diggs of Il Palio will bring a taste of the Roman countryside to Chapel Hill and to our classroom. He honors the tradition of Italian hospitality by using the best local and Italian ingredients and preparing them in a simple way that focuses on the food. You will be saying “abbondanza” at the end of this class!

Menu: *Tonnarelli Cacio e Pepe; Spaghetti Alio, Olio, e Peperoncino; Rigatoni Pasta Carbonara; Pasta alla Gricia; Bombalotti all' Amatriciana*  
cc1702021800

2/5 Sunday 2pm \$50

**THE JEWISH/SOUTHERN MASH-UP** 🍷

**Emma Laperruque**

In this class you will learn how easy it is to balance heritage and local culture. Jewish/southern has started to show up on the food scene. Let Emma show you how to use common Jewish ingredients and incorporate them into a traditional southern meal that surprises your friends and family.

Menu: *Everything Biscuit with Lox and Caper Butter; Matzo-Fried Green Tomatoes with Horseradish-Buttermilk Dressing; Fried Chicken and Waffled Latkes with Hot-Honey Sauce; Banana Pudding with Matzo Wafers*  
cc1702051400

2/6 Monday 6pm \$50

**FOOD TRUCK CARAVAN: BUDDHALICIOUS** 👁

Buddhalicious brings Southeast Asian food to the Triangle area. They offer food that is as vibrant and colorful as their truck. The best flavors from places like Vietnam, Laos, Thailand and Singapore combine to satisfy any Asian cravings you may have. The dishes that will be prepared tonight will make you rethink Asian fusion food.

Menu: *Thai Shrimp Larb Salad; Lemongrass Beef with Papaya Salad; Banana with Coconut Tapioca*  
cc1702061800

2/7 Tuesday 5pm \$45

**LET THE GOOD TIMES ROLL!** 🍷

**Cooking School Staff**

“Laissez les bons temps rouler” is the joy-of-living attitude of South Louisiana that means “let the good times roll.” The month of February is the best time to see this philosophy in action. Come join us for a night of “what may care” and damn good food!

Menu: *Duck and Andouille Gumbo; Cajun Potato Salad; Cajun Rice Pilaf; Beignets with Café au Lait*  
cc1702071700

2/8 Wednesday 6pm \$50

**TASTE OF THE TRIANGLE: ROYALE** 👁

**Chef Jeff Seizer**

New to the Triangle, Chef Jeff has joined an accomplished team to open up Royale in downtown Raleigh. It is the combination of American Bistro fare with European and French influences that makes his cooking special. These are the experiences that you will find when you visit our classroom too.

Menu: *Hand Pulled Mozzarella with Bitter Greens and Pesto; Bucatini Caccio e Pepe; Duck à l'Orange*  
cc1702081800

2/9 Thursday 6pm \$50

**WINTER FIRESIDE SUPPER: A LITTLE SOUTHERN, A LITTLE ITALIAN** 👁

**Sheri Castle**

This meal will make you want to stay in, rent a movie and snuggle up by the fire with your favorite someone. Sheri brings together her love for Southern and Italian food that will have everyone coming back for seconds... or maybe a midnight run for a cold meatloaf sandwich!

Menu: *Carrboro Minestrone with Black Pepper Cornbread Croutons; Stuffed Italian Meatloaf Roulade; Sweet Potato Grits; Forever Cooked Broccoli Romanesco; Cranberry and Pecan Pound Cake with Warm Orange Custard Sauce and Blood Orange Sorbet*  
cc1702091800

2/11 Saturday 11am \$50

**WEIGHT CONTROL MADE DELICIOUS** 🍷

**Marc Edwards**

Yes, you can have your cake and eat it too—at least in moderation. In this lively and educational hands-on class, Dr. Marc Edwards, a family physician and trained cook, will show you how to apply the ancient wisdom of Ayurveda to eat your way to health and vitality. Learn more about him and Ayurveda at qatoqi.com/ayurveda.

Menu: *Fenugreek Cake; Kamut Berries with Swiss Chard and Pomegranate; French Lentils with Carrots and Fennel; Roasted Butternut Squash with Kalonji and Paprika; Fresh Yogurt Drink*  
cc1702111100

2/12 Sunday 5pm \$100 (for two)

**VALENTINE'S DATE NIGHT** 🍷

**Cooking School Staff**

What better way to say “I love you” than with a meal you cooked together? It’s a perfect way to spend Valentine’s Day with someone you love. Our little secret: We do all the grocery shopping and pot scrubbing but it was your idea so you get the credit!

Menu: *Pan con Tomate; Scallops au Gratin; Stuffed Shells; Roasted Asparagus; Brownie and Raspberry Trifle with a Glass of Something Bubbly*  
cc1702121700

2/14 Tuesday 6pm \$100 (for two)

**ALL YOU NEED IS LOVE - & CHOCOLATE** 🍷

**Cooking School Staff**

John Lennon would have written this lyric if only he had realized that chocolate could be featured in every course of your Valentine’s Day meal. Bring your Valentine and make this meal together. Add chocolate and you have a perfect ending to a perfect date.

Menu: *Cranberry, Spinach and Pear Salad with Chocolate Vinaigrette; Skirt Steak with Charred Cauliflower and Shishito Peppers with Picada Sauce (Chocolate Pesto); Wild Rice; Red Velvet Truffles & Chocolate Covered Strawberries*  
cc1702141800

2/15 Wednesday 5pm \$50

**SIMPLE SHEET PAN DINNERS** 🍷

**Ellen Clevenger-Firley**

Was one of your New Year’s resolutions to eat at home more often? Join Chef Ellen Clevenger-Firley for a weeknight-friendly sheet pan dinner with minimal fuss and minimal dishes! Even including a sheet pan dessert!

Menu: *Maple Glazed Fall Vegetables and Italian Sausage; Asian Salmon with Bok choy, Green Cabbage and Shiitake Mushrooms; Parmesan Chicken with Roasted Romaine Salad; Roasted Pineapple with Pineapple Magic Ice Cream*  
cc1702151700

2/16 Thursday 5pm \$50

**CAJUN CREOLE** 🍷

**Katie Coleman**

Let these meals from the Big Easy get your tongues wagging. With a blend of city Creole and that country Cajun you will see how the food of Louisiana spreads that love of life in their food as well as their music.

Menu: *Red Beans and Rice; Crawfish Etouffee with Dirty Rice; Corn Maque Choux; Bananas Foster*  
cc1702161700



2/19 Sunday 2pm \$50

**CHOCOLATE!** 🍷

**Brian Adornetto**

The Aztecs knew a good thing when they saw it but it was the Spanish that added sugar and invented the sweet form. Whether it is milk, dark, or powdered the love affair that we have with chocolate never gets old. In sweet or savory dishes chocolate brings a depth of flavor to food that is unrivaled. These recipes are show-stoppers at any table and will remind you that Valentine’s Day should be every day.

Menu: *Chocolate-Balsamic Truffles; Mousse au Chocolate; Individual Warm Chocolate Cakes; Rocky Road Brownies*  
cc1702191400

2/21 Tuesday 5pm \$45

**CAST IRON COOKING** 🍷

**Cooking School Staff**

See why cast iron cookware is handed down through generations and is a prized possession among many Southern cooks. Seasoned with years of cooking and loving care, cast iron is as valued as grandma’s china or sterling. Let us show you why it is the most versatile cookware you can own.

Menu: *Fried Chicken; Herb Biscuits; One Pot Beans; Anything Upside Down Cake*  
cc1702211700

2/22 Wednesday 6pm \$50

**THAI AT HOME** 👁

**Amanda Cushman**

With a menu that is as aromatic as it is flavorful, Amanda will walk you through how to use Asian ingredients to achieve that delicate balance of sweet, savory, salty and spicy flavors that Thai cooking is famous for.

Menu: *Chicken Satay with Spicy Peanut Sauce; Tom Yam Gung (Shrimp and Lemongrass Soup with Chiles); Mee Krob (Fried Rice Noodles with Lime Leaves); Tofu*  
cc1702221800

2/23 Thursday 6pm \$50

**A CHICKEN IN EVERY POT** 👁

**Sheri Castle**

Chicken is not just for throwing on the BBQ or winging it up with a hot sauce. Every good Southern cook needs to have a great chicken and dumpling recipe in her recipe book. Sheri will show you how to make a wide range of dishes that will dress up the mildest of birds.

Menu: *Sheri’s Famous Chicken and Dumplings; Sheri’s Even More Famous Chicken and White Bean Chili; Brazilian Chicken Stew; Fancy Banana Pudding (this time, the eggs come first)*  
cc1702231800

2/25 Saturday 4pm \$50

**GLUTEN FREE: CASSEROLES** 🍷

**Lane Calaway**

Lane Calaway, head baker at Imagine That GF Bakery, returns to show us how to make comforting winter casseroles without canned cream of mushroom soup and pasta. Take these recipes home to keep you full and satisfied this winter.

Menu: *Sausage Broccoli Rice; Chicken Enchiladas; Chili Polenta Pie; Farmer's Pie*  
cc1702251600

2/26 Sunday 2pm \$50

**MARDI GRAS DINNER** 👁

**Lucindy Willis**

It's a Mardi Gras party tonight at the Cooking School! "Laissez les bon temps rouler" as you cook up some wonderful Cajun/Creole specialty dishes that will fill your house with mouthwatering aromas. Lucindy will show you how she used to produce her large gatherings during this month of celebration. All you need to add are masks and beads and the party will be complete.

Menu: *Crab Stuffed Shrimp Wrapped in Bacon; Roasted Cornish Hens with Citrus-port Cherry Sauce; Wild Rice and Apple Stuffing; Bananas Foster*  
cc1702261400

2/28 Tuesday 6pm \$50

**TASTE OF THE NC COAST: CATCH** 👁

**Chef Keith Rhodes**

Keith Rhodes, a James Beard nominee for Best Chef Southeast, is chef and owner of Catch, a modern seafood restaurant in Wilmington, North Carolina. Rhodes' enthusiasm for North Carolina seafood is contagious, and his passion for modern cuisine has made him Wilmington's unofficial spokesperson for wild-caught and sustainably-raised seafood.

Menu: *Yum Talay; Thai Seafood Salad; Crab Cake; Root Vegetables; Lobster Curry; Pecan Cake; Coconut Hard Sauce; Smoked Pineapple; Pralines*  
cc1702281800

3/2 Thursday 5pm \$50

**MANGER BIEN ET JUSTE** 🍷

**Katie Coleman**

We use French phrases in the English language to heighten the expectation of the experience. Terms like creme brulee, hors d'oeuvres, a la mode might be intimidating, but, as Katie will show, French cuisine can be quite approachable once you've learned a few tricks

Menu: *Gougeres; Salad Lyonnaise; Seared Duck with French Lentils; Earl Grey Lavender Pot de Crème*  
cc1703021700

3/4 Saturday 11am \$50

**KING SOLOMON'S TABLE: A CULINARY EXPLORATION OF JEWISH CUISINE** 👁

**Joan Nathan**

Author of *Quiches, Kugel and Couscous: My Search for Jewish Cooking in France* and ten other cookbooks, Joan Nathan is an award winning author and joins us to celebrate the upcoming May release of her latest title. Her list of accolades is extensive and her dedication to the Jewish community is clear. Treat yourself for an evening to hear Joan speak of her passion and knowledge of Jewish food.

Menu: *Carciofi alla Guida, Fried Artichokes Jewish Style; Fesenjan (Walnut and Pomegranate Chicken Stew) with Saffron Rice; Upside Down Fruit Cobbler*  
cc1703041100

3/6 Monday 5pm \$45

**NOT YOUR AVERAGE GRILLED CHEESE!** 🍷

**Cooking School Staff**

The meltdown is on! Put away the plastic-wrapped cheese slices and white bread and let the staff at the cooking school show you how to get your grilled cheese repertoire together.

Menu: *Roasted Tomato Soup; Spinach and Artichoke on Rye; Bacon Guacamole Cheddar Waffle Sandwich; Pot Roast and Smoked Gouda with Pickled Onions on Focaccia; Raspberry & Chocolate with Mascarpone on Brioche*  
cc1703061700



**BOOK YOUR PRIVATE PARTY IN THE COOKING SCHOOL!**

Our Cooking School is also available for tailored private parties, or company functions to allow you and your guests to explore your culinary imagination.

Minimum group of twelve.

Contact the Cooking School Manager at 919-913-1241 today to start planning a fun event that is sure to be remembered by all.

3/11 Saturday 4pm \$55

**THE RAGE OF PARIS 2016: CONTEMPORARY SWEETS FROM THE CAPITAL OF SWEET** 👁

**Nick Malgieri**

Today, no one can go to Paris and fail to be seduced by the array of elegant and rich treats available throughout the city. This is a selection of pastries and desserts from some of the greats.

Menu: *Miroir au Chocolat; Paris Brest aux Noisettes; Tarte au Citron Vert; Petit Pots aux Fruits Rouges; Macarons aux Trois Chocolats*  
cc1703111600

3/12 Sunday 2pm \$55

**SICILIAN SPECIALTIES, SAVORY & SWEET** 👁

**Nick Malgieri**

Sicily abounds in delicious and exotic baking influenced since the Tenth Century by various invaders, rulers, and foreign chefs. Take a tour of Italy's largest island province with Nick as he shares its distinct flavors.

Menu: *Sfincione; Impanata de Pesce Spada alla Messinese; Cassata alla Siciliana; Pan di Spagna; Italian Sponge Cake; Zeppole di ssn Giuseppe; annoli alla Palermitana*  
cc1703121400

3/14 Tuesday 6pm \$50

**IRISH COOKING** 👁

**Sheri Castle**

Sheri will show us that there is more to Irish cooking than corned beef and cabbage. There is rich culinary heritage that is now shaping the cuisine. Sheri will transport you to the Emerald Isle with her hearty dishes that will have you saying "Erin Go Bragh" by the end of class.

Menu: *St John Gogarty's Potato-Bacon Cakes with Cumberland Sauce; Shepherd's Pie with Beef; Buttery Skillet Cabbage; Chocolate Stout Cake*  
cc1703141800

3/15 Wednesday 5pm \$50

**GLUTEN FREE: VEGETARIAN** 🍷

**Lane Calaway**

It is not easy to try and maintain a lifestyle that is both vegetarian and gluten free. Chef Lane will share his secrets to making tasty, healthy and satisfying food that doesn't leave you feeling like you are missing out on anything.

Menu: *Broccoli Cheese Fritters; Sweet Potato and Lentil Stew; Truffled Kale and Potatoes; Macaroons*  
cc1703151700

3/18 Saturday 11am \$50

**MOUSSE, MACARONS AND MERINGUE** 🍷

**Gwen Cummings-Maller**

In this hands on class Chef Gwen will teach you classic desserts that are made with egg whites. There is no reason to be intimidated by the three Ms, and Gwen will show you why. You will leave our classroom feeling ready to explore the new world of white fluffy pastry.

Menu: *Mini Pavlovas; Milk Chocolate Mousse; Easy Baked Alaska; French Almond Macarons*  
cc1703181100

3/19 Sunday 3pm \$50

**THE NEW VEGETARIAN PLATE** 👁

**Lucindy Willis**

Vegetarian doesn't mean throw the garden into the steamer and squeeze a little lemon over it! Everyone has a twist to approaching this way of eating. Come see what Lucindy is doing with her "no meat" menu.

Menu: *Cheese Hushpuppies with Fennel Pickles and Green Goodness Dressing; Artichoke Pâté; Shaved Cauliflower, Apples and Pomegranate Salad with Lime Vinaigrette; Butternut Squash Mac & Cheese; Maple Glazed Brussels Sprouts; Roasted Beets with Orange*  
cc1703191500

3/20 Monday 6pm \$50

**INDIA - NORTH AND SOUTH** 👁

**Amanda Cushman**

Both regions of Indian cooking are married in this class. The breads and curries that are spiced with garam masala and represent the best flavors from the North are mingled with the rice, lentils, and stews and spiced with tamarind that the South is known for. Amanda will show you how easy it is to use these big bold flavors at your next dinner.

Menu: *Chicken Vindaloo, Pink Lentil Dahl with Spice Infused Ghee; Southern Indian Green Beans with Urad Dal; Spiced Potato Patties with Tamarind Date Chutney; Indian Ricotta Pancakes with Cardamom Syrup and Pistachios*  
cc1703201800

Join our Chef's Club! Purchase 10 classes and receive \$45 off your next class!

3/22 Wednesday 5pm \$45

**PESTO** 🍷

**Cooking School Staff**

The garden has perked up and is coming back to life. Before you know it, you will have more herbs than you know what to do with. Join us for an evening of ideas for your summer bounty. Learn how to stretch these out so that you can keep a little summer going into winter.

**Menu:** *Basic Basil; Spring Pea Pesto Crostini; Sage and Pistachio on Whole Wheat Penne with Roasted Tomatoes; Roasted Potatoes with Sun-Dried Tomato Pesto; Kale and Walnut Pesto Toast with Fried Egg; Sweet Mint and Almond Pesto Over Vanilla Ice Cream*  
cc1703221700

3/25 Saturday 11am \$50

**SKINNY SOUTHERN** 🍷

**Breana Lai**

Southern food often gets a bad rap for being unhealthy. Many of the South's iconic dishes can still be very tasty and nutritious at the same time. In this class, Breana shows you how to keep the flavor while creating a modern take, and crank up the nutrition, on Southern classics.

**Menu:** *Nutty Pimiento Cheese Balls; Mac & Cheese with Collards; Two Pepper Shrimp with Creamy Pecorino Oats; Sprouted Wheat Biscuits; Maple Pecan Tart with Dried Cherries*  
cc1703251100

3/25 Saturday 5pm \$100 (for two)

**DATE NIGHT: COUPLE GRILLING** 🍷

**Brian Adornetto**

Join us on the balcony of our cooking school with your special someone to make a memorable and delicious meal with Chef Brian.

**Menu:** *Grilled Radicchio with Fontina and Balsamic-Oregano Vinaigrette; Grilled Asparagus Amandine; Grilled Filet Mignon with Bearnaise Butter; Grilled Hazelnut Spread and Strawberry Croissant*  
cc1702251700

3/26 Sunday 4pm \$50

**SOUTHERN SMOKE BBQ** 🍷

This husband and wife team from Garland, NC has quickly become the go-to for fantastic Southern faire – sometimes with an Italian twist. A deep-rooted passion for fine food and the outdoors motivated husband and wife duo Matthew and Jessica Register to start Southern Smoke BBQ of NC, which boasts two barbeque sauces that are becoming quite a hot commodity in eastern NC.

**Menu:** *Beans n' Greens; Pork Chop with Tomato and Collard Ragu over Parmesan Polenta; Good Ole Pie*  
cc1703261600

3/28 Tuesday 5pm \$45

**SPRING HAS SPRUNG!** 🍷

**Cooking School Staff**

Spring brings us a new bounty to get excited about all over again. Say goodbye to the heavy stews and root vegetables and let's celebrate the new green life in the garden together!

**Menu:** *Ham and Pea Croquettes with Pickled Radish and Celery Salad; Bass with Roasted Asparagus and Mushrooms with Spring Pea Pesto; Sweet Potato and Coffee-flavored Liqueur Custard*  
cc1703281700

3/29 Wednesday 6pm \$55

**TASTE OF THE TRIANGLE: MANDOLIN - "THE WORLD'S MINE OYSTER"** 👁

**Chef Sean Fowler**

Mandolin is a Raleigh neighborhood restaurant that serves only the freshest of ingredients that often come from their own garden. Chef Fowler, who hails from such establishments as Le Bernardin and Fearington House, builds the menu based on what is available. The food is as beautiful as it is delicious. Chef Fowler joins us this March to celebrate the oyster.

**Menu:** *Grilled, Wild NC Oysters with Mr. Soul's Mignonette; Oysters Mandolin; Cornbread and Oyster Stuffing with Mushroom Velouté; Parsnip Mousse with Meyer Lemon, Sabayon, and Ginger Tuile*  
cc1703291800

3/30 Thursday 6pm \$50

**OLD-FASHIONED, FAMILY FRIENDLY CASSEROLES THAT DON'T DISAPPOINT** 👁

**Sheri Castle**

Remember the Women's League and Church Fellowship cookbooks of yesteryear? Those will put you in the mood for this evening of soul-satisfying, tummy-filling food. You need to come just to find out what milk dip is!

**Menu:** *Straight-Up Poppy Seed Chicken; Greek Baked Ziti; Ridiculously Easy Chicken Chilaquiles; Sweet Potato Sonker with Milk Dip*  
cc1703301800

3/31 Friday 12pm \$30

**LEARN AT LUNCH: THE ASIAN GALLERIES - REIMAGINED** 👁

**Ackland Museum**

The Ackland Art Museum has thoughtfully reinstalled its galleries of Asian art, presenting its renowned collection from across the Asian continent in a whole new way. Join the museum's associate curator Bradley Bailey as he shares a presentation of the two components to the exhibition. This is a one hour class.

**Menu:** *Spring Rolls, Egg Custard Pots with Asparagus and Peas; Butternut Squash Dal*  
cc1703311200

## OUR REGISTRATION AND ATTENDANCE POLICIES

We understand that life happens and emergencies do occur. However, we hope you understand our commitment to all of our students and the preparation that goes into creating a successful class. For this reason, we ask that if you are unable to attend a class, you must notify us 48 hours in advance of the scheduled class time to receive a refund or credit towards another class. Within 48 hours of a class, all cancellations are non-refundable. If you cannot attend a scheduled class, we encourage you to send someone in your place. In this case, please call ahead and notify us of the participant change.

On the other hand, if for any reason Southern Season needs to cancel or reschedule a class, you will be notified 24 hours prior to the class and given the option of attending the rescheduled class, credit for another class, or a full refund. We reserve the right to cancel classes due to chef illness or insufficient enrollment, and will give you 24 hours of notice if this is the case. If we cancel a class due to inclement weather, we will notify you as soon as that decision is made and fully refund your registration. If the class is held, there will be no refunds due to the weather.



# SOUTHERN SEASON®

Southern Season is the premier destination for specialty food, gift and entertaining items. Since its creation in 1975, Southern Season has been known for the breadth and quality of its gourmet food, wine, housewares and cookware. A food lover's paradise with exciting and innovative products from vendors local to international, we offer thousands of items sold in-store and online.

With a belief in Southern hospitality and a passion for the art of entertaining, we pride ourselves upon great tasting and distinct products offered by a knowledgeable and friendly staff ready to help you find exactly what you need. In addition, our famous cooking school has helped thousands of home cooks reach new levels of culinary skills and our award-winning restaurant dishes up a modern take on classic Southern cuisine.

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## VISIT US TODAY!

Chapel Hill, North Carolina  
University Place  
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Chapel Hill, NC 27514

Questions for the Cooking School?  
Call 877-929-7133 or visit  
[southernseason.com/cooking-school](http://southernseason.com/cooking-school)

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