



Washington County Community College

Calais, Maine

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## Culinary Adventures

with Chefs Bobby & Suzie Lloyd

### Session Details and Supplies List

#### 1) Salads, Homemade Dressings and Basic Knife Skills

*What you'll learn: Basic Knife Skills, Salad Ingredients Beyond Lettuce, How to Make Dressings including Fruit Vinaigrettes, Buttermilk Peppercorn Ranch, Real Bleu Cheese, and Creamy Garlic Chili Avocado*

In this first class, we'll start with teaching basic knife skills and a few veggie cutting chef techniques for great salad vegetable presentations. Next, you'll learn how to make colorful and flavorful side and main course salads. We'll show you how various leafy veggies, chunky and sliced veggies, fruits, toasted nuts, meats and cheeses can all be great salad ingredients. Lastly, you'll learn how to make homemade fruit (raspberry, blueberry, strawberry, etc.) vinaigrette dressings, homemade buttermilk cracked black peppercorn ranch dressing, homemade bleu cheese dressing, and a creamy garlic chili avocado dressing. Even if you've never cut a veggie before, you'll walk out of this class with the confidence to put great salads together. Plus you'll go home with three homemade dressings (blueberry vinaigrette, buttermilk cracked black peppercorn ranch, and bleu cheese) that will make you toss out all of your bottled stuff!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Three 8-oz plastic storage containers (for the dressings)**
- 3) One 2-Quart plastic storage container for your freshly made salad**

## **2) Italian Night**

*What you'll learn: **How to Make Italian Marinara Sauce, How to Easily Prepare and Assemble a Lasagna including variations with Spinach, Meat & Mushroom, and Other Lasagna Varieties***

We'll tackle true Italian Lasagna in this class, a dish that many folks find intimidating, if not impossible, to make and bake perfectly. However, once we explain the basic assembly, the ratios of sauce to pasta, the type of pasta to use, and the individual components including the different cheeses, sauces, pastas, veggies, meats, mushrooms, etc., lasagna will no longer be scary. In fact, you'll be amazed at how simple it really is. We'll also make the basic marinara sauce in this class which will be used to make the Lasagna. Learning how to decorate your baked lasagna for a striking table presentation as well as how to properly portion it and plate it will round out the night. You'll go home with your own assembled Lasagna ready for the oven. ... and yes, there will be red wine! It's Italian night!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) A (10" x 14"?) deep dish Lasagna pan (preferable ceramic or Pyrex)**
- 3) One 1-Quart plastic storage container for your Marinara sauce**

### **3) Thai Night**

*What you'll learn: **How to Make an Authentic Thai Curry with Chicken, Venison, Pork and Seafood.***

When you walk into a Thai restaurant and smell the basil, garlic, ginger, chili, lime, and other wonderful aromas coming from the kitchen, it gets your appetite ready for the staple food in any Thai household – Thai curry. In this class, you'll learn that the ingredients for a true Thai curry are not hard to find locally, nor is Thai curry hard to make. We'll explain what the ingredients are, how they taste, and how to prep them for true Thai curry. We'll explain how Thai food gets its spicy heat but that it doesn't have to be made fiery hot. It can be made mild, medium or spicy hot depending on the kind of chili peppers you use and how many you put in. We'll also explain the different meats that you can use starting with common chicken and pork but then including such variations as venison, fish, shrimp and yes, even Maine lobster curry! We'll show you how to make the four basic Thai curries - red, yellow, green, and massaman then we'll choose one that we'll make in class. You'll go home with a wonderful Thai coconut ginger chicken curry that when served over Jasmine rice (that we'll show you how to make it) will be a new favorite hit with your family!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) One 2-quart plastic storage container (for your curry)**
- 3) Four 4-oz plastic containers (for your freshly chopped curry toppings)**
- 4) ONLY if you have one and want to learn to use it, bring your mortar & pestle. (note: it is not necessary)**

## **4) Mexican Night**

*What you'll learn: **How to Make Authentic Mexican Tacos, Burritos, Salsa, Refried beans, Chili Verde Sauce***

No, this is NOT a night of reproducing Taco Bell! That's not Mexican food! We'll show you how to make real Tacos that are small corn tortilla wrapped spiced meats (usually pork but beef, cabrito or goat, and wild boar are also commonly used) with avocado, cilantro, chilis, Queso fresco (Mexican cheese), and Chili Verde (a spicy green tomatillo sauce that we'll make in class!!!). We'll also make classic burritos filled with the fresh flavors of spiced meats, spring onions, herbs, chilis, various cheeses, red tomatoes, and fresh salsa (yes, we'll make this ourselves in class!!!). No Mexican meal would be complete without teaching you how to make fresh Refritos (re-fried pinto beans) which are simple to make and do not have the chemicals and added fat from the canned stuff! You'll go home with fresh salsa, Chili Verde sauce, refritos, spicy pork taco and burrito meat, and complete confidence that with a few added veggies from your local market, your home will smell like a beautiful kitchen on the sunny coast of Mexico.

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Two 8-oz plastic storage containers (for your salsa and Chili Verde sauce)**
- 3) Two 1-Quart plastic storage containers (for your refritos and spicy pork meat)**
- 4) Four 4-oz plastic containers (for your freshly chopped taco and burrito toppings)**

## 5) Korean Night

*What you'll learn: **How to Make Bulgogi (Grilled Marinated Beef), Roasted Seaweed, Homemade Fresh Kimchi***

Bulgogi (pronounced bull-GO-gee, hard "g") is a thinly sliced meat, usually beef but any red meat works, marinated in soy sauce, a little sweetener, ginger, garlic, spring onions, and sesame oil, then grilled or fried. It is the classic Korean main dish and can be made on a grill (best) or in a pan. We show you how to make this crazy good and simple dish. Then we'll show you how to cut, season and quick grill kim which is roasted seaweed that is served with the meal. Finally, we show you what fresh kimchi tastes like and show you how to make it! You'll go home with Bulgogi ready to grill or fry, roasted kim, and a jar of fresh kim chi.

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) One 2-Quart plastic storage container (for your Bulgogi meat)**
- 3) Three 8-oz plastic storage containers (for your Bulgogi marinade, roasted kim and kimchi)**

## 6) Filipino Night

*What you'll learn: **How to make Chicken Adobo and Pancit (Filipino Noodles with Chicken & Veggies)***

Of all our favorite Filipino dishes, there are two that stand out because they are very Filipino, very delicious, and very easy to make – Chicken Adobo and Pancit Canton. Pancit (pronounced PAHN-sit) is a noodle dish made with chicken broth, chicken meat, thin sliced veggies, noodles (or low-carb shirataki noodles), garlic, onion, and yes, fish sauce! Once the veggies are prepped and the chicken is cooked, we'll show you how to make this delicious dish, which can be a main dish or a side, in less than twenty minutes using all locally available fresh ingredients. Adobo is traditionally made using chicken or pork, but each family has one or two “secret” ingredients (we'll share some of these) that make their Adobo a little different. We'll teach you how to make our family Chicken Adobo using fresh chicken, soy sauce, garlic, onions, with a generous splash of apple cider vinegar which is classically served over rice (or low-carb cauliflower rice). It smells heavenly when cooking. You'll leave this class with a family sized portion of both Pancit and Chicken Adobo ... and with complete confidence that you can easily make these dishes at home!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Two 2-Quart plastic storage containers (for your Adobo and Pancit)**

## **7) Caribbean Night**

*What you'll learn: **How to make Grilled Caribbean Pork Tenderloin, Jamaican Black Beans, Lime Cilantro Rice, Mango Salsa***

This night is magical! You'll learn how simple Caribbean flavors are marinated into meat, how to grill pork tenderloin, and how to slice it for a perfect presentation. You'll learn to make black beans with that unique Jamaican flavor in a slow cooker! You'll learn how to make various Caribbean fruit salsas including that Caribbean classic, Fresh Mango Salsa. Finally, we'll make lime cilantro rice and show you how easy it is. You'll go home with marinated pork tenderloin ready to grill, a delicious mango salsa, and black beans ready to slow cook to perfection.

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Your slow cooker or crock pot, preferably 4-quart or bigger**
- 3) One 2-Quart plastic storage container (for your marinated pork tenderloin)**
- 4) One 1-Quart plastic storage container (for your fresh mango salsa)**

## 8) Indian Night

*What you'll learn: **How to make True Indian curry, Paneer (homemade cheese), Palak Paneer (Indian creamed spinach with cheese)***

Indian cooking has always had an aura of complexity because of all of the spices, the spice toasting and grinding, the clarified butter, all the prep, and the myriad of steps needed to make a proper Indian curry or side dish. While there are some unique spices, they are easy to dry toast in a pan and grind. You'll learn how in this class! Yes, there are steps to the cooking process, but anyone who can read a recipe can easily follow these simple steps. In this class, we'll take you through the steps to prepare a basic and delicious Indian curry using boneless chicken thighs. You'll also learn how to make your own pressed cheese from regular milk. Finally, we'll use that cheese to make Palak Paneer which creamed spinach with cheese cubes and Indian spices. At the end of this class, Indian cooking will be demystified. You'll go home with a wonderful Indian chicken curry, your homemade Palak Paneer and, most importantly, you'll leave with confidence that with either an old fashioned mortar & pestle or a more modern electric spice grinder, you can make Indian food at home that is every bit as good as anything available in an Indian restaurant!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Two 2-Quart plastic storage container (for your Palak Paneer and chicken curry)**
- 3) Bring these ONLY if you have these, they are not necessary ...**
  - **Your electric coffee grinder you use for spices**
  - **Your mortar and pestle**

## 9) Texas Night

*What you'll learn: **How to make Authentic Texas Chili with undertones of Chocolate and Coffee, Homemade Texas Rubs, Homemade Texas Sweet BarBQue Sauce, and Texas-style Spare Ribs***

This is one of our favorite classes! It's all about the wonderful flavors that we remember from spending almost ten years in Texas! You'll start with making a true Texas Rub - that wonderful concoction of dry spices that we rub onto meat then let it sit awhile before cooking. You'll use that rub on a rack of ribs before baking them, and while they are baking, we'll make homemade Texas BarBQue sauce to slather on the ribs just before they're finished baking. And no Texas night would be complete without Chili, that ubiquitous Texas Red in a Bowl. Beans (pintos) are always served but in Texas they are served on the side, not in the chili. You add them as desired. We'll teach you how to make our family recipe for Texas Chili complete with all of the tips and tricks for adjusting the consistency, the spicy heat, and the various flavors and how to bring them out. We'll use the classic Texan combo of beef and pork for meat, but if you have venison, moose, bear, cabrito (goat), lamb or wild boar, they all work just as well ... and cabrito and wild boar are genuinely authentic Texas chili ingredients! You'll see how easy it is to make good Texas Chili at home. You'll go home with delicious Texas chili that will not have that "chili in a can" taste! You'll also take home a rack of rubbed and sauced Texas Spare Ribs! Yummy! Mostly, you'll leave with the confidence that great ribs and great chili are not difficult at all!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) One 2-Quart plastic storage container (for your chili)**
- 3) One 6-Quart large plastic storage container (for your rack of ribs)**

## **10) Football Snacks**

*What you'll learn: **How to make Texas Bacon Chili Poppers, Crispy Wings with Various Sauces, Sausage & Cheese Balls***

It's Football Season!!! That means great football games (Go Black Bears!!! Roll Tide!!! Go Buckeyes!!!) but mostly it means great Football Food!!! Our Texas bacon chili poppers are always a favorite during the season. Fresh Jalapenos sliced lengthwise and filled with mixed cheeses and herbs, then wrapped in bacon and slow baked! OMG! You'll learn how to make them! Then we move on to Wings! We'll show you how to season them, bake them crispy, then how to sauce them. These are crazy easy and taste better than restaurant wings! We'll talk about the various sauce options for wings from hot to sweet and BarBQ to curry. Lastly, we'll make sausage and cheese balls which when combined with wings and chili poppers and your favorite adult beverage of choice make for a perfect college football Saturday or Sunday afternoon with the pro teams! You'll go home with chili poppers, wings, sausage & cheese balls, and most importantly, confident the snacks this football weekend will be awesome, and you'll be making them!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Three 1-Quart plastic storage containers (for your poppers, wings and sausage & cheese balls)**

## **11) Soup Night**

*What you'll learn: **How to make Gramma Kluka's Slovak Chicken Soup, Creamy Cheesy Potato Soup with Bacon, Old Fashioned Ham & Bean Soup***

Whether we're not feeling great or it's just too cold to go outside, there's nothing like a bowl of hot soup to remind us of home. There are tricks to good soup, and you'll learn them all here from making clear broth to hearty stock. In this class, we'll start with making chicken stock, then you'll learn how to make the best (East European) chicken soup you've ever had full of chicken meat, veggies, flavors, noodles of your choice and a dash of cream for richness. We'll also make a thick and creamy potato soup with three kinds of cheese, a full pound of bacon and spring onions. With a loaf of crusty brown bread, this (German origin) soup is a meal in itself! Last, no soup night would be complete without old fashioned Ham & Bean soup being made from scratch using leftovers from a bone-in ham dinner. Simple but delicious, this hearty soup smells heavenly when cooking and uses every part of the ham. You'll go home with generous portions of each of these three soups and the confidence to reproduce them in your home!

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Three 2-Quart plastic storage containers (for your three soups)**

## 12) Cheesecake Night

*What you'll learn: How to Make Basic Cheesecake plus variations such as dark chocolate, blueberry, white chocolate, and vanilla orange, also Cheesecake Sauces such as Blueberry, Raspberry and White Chocolate Banana Cream.*

OK, who doesn't love cheesecake? ... but it's hard to make and always cracks on top, right? ... not with our methods. By the time you're finished with this class, you'll be an expert! Our basic cheesecake recipe is super easy and quick, and we'll show you a trick to cooking your cheesecake that makes it all but idiot-proof (you almost can't over-bake it and it never cracks!) We'll also teach you how to make Wild Maine Blueberry cheesecake, dark chocolate fudge cheesecake, vanilla-orange cheesecake, and white chocolate cheesecake. You'll also learn how to make toppings like blueberry & raspberry sauces as well as white chocolate banana cream sauce for adding that extra layer of flavor that will have your family begging for more. You'll go home with a fully made cheesecake ready to bake in your oven and wild Maine blueberry sauce for the topping.

*What you'll need to bring:*

- 1) Your large cutting board and your favorite knife (or knives)**
- 2) Ten-inch Spring form Pan (for your cheesecake)**
- 3) One 1-quart plastic storage container (for your Maine Wild Blueberry Sauce)**

### **13) Jams and Jellies**

*What you'll learn: **How to make Wild Maine Blueberry Jam, Raspberry Jam, Sweet Coconut Jam, Basic Jellies, Basic Fruit Jams***

*... more on this one later*

### **14) All Things Pickled**

*What you'll learn: **How to make** Sweet Bread and Butter Pickles, Classic Dill Pickles, Indian Pickled Cauliflower, Pickled Carrots, Pickled Beets and Eggs*

*... more on this one later*