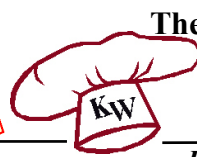


Available for:  
Special Occasions  
Corporate Team Building  
Birthday Parties

















# The Kitchen Workshop

Hands-on Cooking Classes

Be sure to reserve  
space for your Holiday  
Parties early!

## September 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Just for Young Adults</b></p> <p>Join our two-part class starting Sept. 18th for an introductory course that will last a lifetime</p>	<p><b>5</b></p> <p><b>Happy Memorial Day!</b></p>	<p><b>6</b></p> <p>6:00pm-9:00pm Grilling Class: A Mid-Summer's Grilling Night</p> 	<p><b>7</b></p> <p>11:00am-2:00pm The Summer Garden Bumper Crop</p> <p>6:00pm-9:00pm A Flash in the Pan: Pasta Sautés</p>	<p><b>8</b></p> <p>6:00pm-9:00pm Global Appetizers</p>	<p><b>9</b></p> <p>6:00pm-9:00pm Grilling Class: Burgermeister, Meisterburger</p> 	<p><b>10</b></p> <p>9:00am-noon Can It!: Small Batch Preserving</p> <p>2:00pm-5:00pm It's a Garden Bonanza</p>
<p><b>11</b></p> <p>10:00am-1:00pm Lions, Tigers, and Pears...Oh My!!!</p> <p>3:00pm-6:00pm Juicy Fruits</p>	<p><b>12</b></p> <p>6:00pm-9:00pm Olives: Mediterranean Gold</p> 	<p><b>13</b></p> <p>6:00pm-9:00pm Private Party: Dante Capitano</p>	<p><b>14</b></p> <p>11:00am-2:00pm Spice Rack 101</p> <p>6:00pm-9:00pm Spice Rack 101</p> 	<p><b>15</b></p> <p>6:00pm-9:00pm Not Your Typical PB&amp;J</p>	<p><b>16</b></p> <p>6:00pm-9:00pm "Wok" This Way!</p> 	<p><b>17</b></p> <p>9:00am-noon Multi-Tasking Meals</p> <p>2:00pm-5:00pm Parent and Child Cooking Italian Together</p>
<p><b>18</b></p> <p>10:00am-1:00pm <b>Kitchen Boot Camp</b> / Week1 Soups and Salads</p> <p>2:00pm-6:00pm <b>Young Adults Cooking Class:</b> And This Room Is Called The Kitchen!</p>	<p><b>19</b></p> <p>10:00am-1:00pm Pam and Company</p>	<p><b>20</b></p> <p>11:00am-2:00pm Say "Cheese!"</p>  <p>6:00pm-9:00pm Where's The Beef?*</p>	<p><b>21</b></p> <p>6:00pm-9:00pm Quick Meals For Soccer Moms*</p> 	<p><b>22</b></p> <p>6:00pm-9:00pm Al Greeno's Birthday Party</p> 	<p><b>23</b></p> <p>Pat Reeser / Paoli Hospital Auxiliary Kick Off</p>	<p><b>24</b></p> <p>10:00am-noon Basic Knife Skills Class </p> <p>1:00pm-4:00pm Fresh Pasta</p> <p>4:30-6:30 JoAnn Coleman Birthday Party</p>
<p><b>25</b></p> <p>10:00am-1:00pm <b>Kitchen Boot Camp</b> / Week2 Poultry</p> <p>2:00pm-6:00pm <b>Young Adults Cooking Class:</b> And This Room Is Called The Kitchen!</p>	<p><b>26</b></p> <p>11:00am-2:00pm Birds of a Feather</p> <p>6:00pm-9:00pm Birds of a Feather</p> 	<p><b>27</b></p> <p>6:00pm-9:00pm Hook, Line and Sinker*</p> 	<p><b>28</b></p> <p>11:00am-2:00pm It's Greek to Me!</p> <p>6:00pm-9:00pm Lisa Lord's Book Club</p> 	<p><b>29</b></p> <p>6:00pm-9:00pm Great Grains*</p> 	<p><b>30</b></p> <p>11:00am-2:00pm <b>Saveur "American"</b></p> <p>6:00pm-9:00pm Art's Recipe Box Favorites</p> 	<p><b>Back by popular demand!</b></p> <p><u>Kitchen Boot Camp</u> returns. A jam-packed ten-week course introducing the novice cook to solid techniques of the kitchen.</p> <p><b>Starts Sept. 18th</b></p>

To register for a class call 610.993.COOK (2665)  
or visit us on-line at

[www.kitchen-workshop.com](http://www.kitchen-workshop.com)

Located on Rt. 30 in the Paoli Depot Shoppes, Paoli, PA 19301 (Behind the Burger King)

Fee for class includes instruction, all food and beverages. Complimentary wine will be served during evening classes.



**The Kitchen Workshop**  
Hands-on Cooking Classes

- **Tuesday, September 6, 2005 ~ 6:00pm-9:00pm Grilling Class: A Mid-Summer's Grilling Night** \$49.00  
Description: Can you believe that summer is almost over? Please join us for one of our last popular grilling classes this year. Avid or new grillers alike will pick up new tips, tricks and recipes from this popular class.  
Menu: Grilled Peach, Prosciutto and Goat Cheese Pizza...Grilled Spice-Rub Flank Steak...Grilled Balsamic Vegetables with Goat Cheese...Grilled Pineapple with Tequila-Brown Sugar Glaze
- **Wednesday, September 7, 2005 ~ 11:00am-2:00pm The Summer Garden Bumper Crop** \$49.00  
Description: Being chased by giant zucchini, bushels of tomatoes, and dozens of ears of corn? Stop the madness and sign up for this class using the bounty of the summer garden!  
Menu: Spicy Gazpacho...Shrimp and Corn Chowder...Tomato and Ricotta Salata Bruschetta...Chicken Cheddar Quesadillas with Tomato and Corn Salsa...Corn Fritters with Warm Tomato Salad...Zucchini Bread...Corn Pudding
- **Wednesday, September 7, 2005 ~ 6:00pm-9:00pm A Flash in the Pan: Pasta Sautés** \$49.00  
Description: Are you always pressed for time but want to feed your family a healthy and delicious dinner? Join us this evening for an informative class featuring pasta from the sauté pan. Not only are the dishes great-tasting, they all only require one pan to make!  
Menu: Linguine with Leeks, Prosciutto and Lemon...Penne with Sausage, Swiss Chard and Pine Nuts...Pasta Shells with Chicken, Mushrooms and Capers
- **Thursday, September 8, 2005 ~ 6:00pm-9:00pm Global Appetizers** \$49.00  
Description: Fasten your seat belts! Enjoy an evening of delicious and uncomplicated recipes for what people are always looking for: new recipes for...appetizers! This time with a delightful "global" flair and the best part, they can all be made ahead of time.  
Menu: Tzatziki...Chicken Satays with Spicy Peanut Dipping Sauce...Hummus...Caponata...Tropical Spring Rolls with Spicy Dipping Sauce...Curried Pecans
- **Friday, September 9, 2005 ~ 6:00pm-9:00pm Grilling Class: Burgermeister, Meisterburger** \$49.00  
Description: Are you always striving for that perfect burger from your grill? Attend this tasty class to find out what types of beef can best be used to make a succulent burger like no other. We'll also make some not-so-ordinary burgers as well as several accompaniments to top your perfect burger.  
Menu: The Perfect Beef Burger...Asian-Style Turkey Burger with Pickled Cucumbers...Lamb Burgers with Mint-Yogurt Sauce...Salmon Burgers with Dill Tartar Sauce
- **Saturday, September 10, 2005 ~ 9:00am-noon Can It!: Small Batch Preserving** \$49.00  
Description: Learn the joys of preserving the bounties of summer to be enjoyed when the winds are howling and the snow is drifting come the long months of winter. We'll be focusing on safety issues regarding canning and making many delicious treats which you'll be able to take home with you.  
Menu: Plum Butter...Apple Butter...Bread and Butter Pickles...Spicy Dill Pickles...Tomato Sauce...Pickled Hot Chiles
- **Saturday, September 10, 2005 ~ 2:00pm-5:00pm It's a Garden Bonanza** \$49.00  
Description: We'll be discussing how to select and use the many prolific fruits and vegetables of the summer season. So if you're being chased by a giant tomato or zucchini, this class is for you.  
Menu: Chilled Corn Soup with Shiitake Mushrooms...Baked Tomatoes with a Provencal-Style Crumb Topping...Chicken Breasts with Tomato a la Marengo...Chicken Cheddar Quesadillas with Tomato and Corn Salsa...Zucchini Stuffed with Corn and Cheese...Art's Zucchini Bread
- **Sunday, September 11, 2005 ~ 10:00am-1:00pm Lions, Tigers, and Pears...Oh My!!!** \$49.00  
Description: Although this wonderful fall fruit takes a back-seat to the popular apple, it's versatility will be demonstrated during this popular class. We'll also be discussing particular uses for specific types of pears as well as tasting them.  
Menu: Spiced Pear Cake with Vanilla Whipped Cream...Grilled Salmon served with Fiery East Indian Pear Chutney...Pear, Pancetta and Pecan Salad...Pear and Cardamom Sorbet...Pear, Onion, and Cheddar Strudels...Pear and Almond Tart
- **Sunday, September 11, 2005 ~ 3:00pm-6:00pm Juicy Fruits** \$49.00  
Description: A great class for beginning and more advanced home cooks who want to learn the techniques of making impressive and tasty fruit desserts.  
Menu: Peach and Mixed Berry Crisp...Plum Cobbler with Cinnamon Biscuits...Opened Faced Apricot Galette...Plum Tarts with Nutmeg-Scented Whipped Cream
- **Monday, September 12, 2005 ~ 6:00pm-9:00pm Olives: Mediterranean Gold** \$49.00  
Description: Almost every grocery store has an olive bar these days. Join up for an evening of discussing, sampling, and cooking with this popular ingredient.  
Menu: Muffalatta (a delicious sandwich of many meats and cheeses served with a zingy olive relish)...Tapanade and its many uses...Red Snapper with Thyme, Tomatoes and Olives...Gnocchi with Tomatoes, Olives and Basil (yes, we will make the gnocchi from scratch!)
- **Tuesday, September 13, 2005 ~ 6:00pm-9:00pm Private Party: Dante Capitano** \$49.00  
Description: Are you looking for a unique venue to get more acquainted with fellow coworkers? How about a three-hour cooking class at The Kitchen Workshop? Please call Art for further details. 610.993.2665



The **Kitchen Workshop**  
Hands-on Cooking Classes

· **Wednesday, September 14, 2005 ~ 11:00am-2:00pm Spice Rack 101** \$49.00

Description: Are you unsure of how to properly use herbs and spices in your cooking? Please join us for this class where you'll learn how to store, choose and cook with the many delicious herbs and spices from your spice rack. But first, if you're still reaching for spices from the spice rack you received as a wedding gift. (and let's be kind and say, oh, ten years ago...) Throw them OUT!!!

Menu: We'll be sampling and cooking with many different types spices this evening, including many appetizers, entrees and desserts!

· **Wednesday, September 14, 2005 ~ 6:00pm-9:00pm Spice Rack 101** \$49.00

Description: same as above

Menu: same as above

· **Thursday, September 15, 2005 ~ 6:00pm-9:00pm Not Your Typical PB&J** \$49.00

Description: Are you one that thinks sandwiches are just plain boring? You'll be humming a different tune after this delicious class! Please skip lunch and be prepared to eat during this gut-busting (sorry!) class!

Menu: Muffalatta...Cuban Sandwich...Oyster Po' Boy...Pork Barbecue Sandwich with Coleslaw

· **Friday, September 16, 2005 ~ 6:00pm-9:00pm "Wok" This Way!** \$49.00

Description: Please join us this evening for a class featuring wok cooking fundamentals. You may never order Chinese take-out again!

Menu: Shrimp and Scallops with Snow Peas...Lemon Chicken...Tangerine Beef...Stir-Fried Rice...Shrimp Rolls with Spicy Dipping Sauce

· **Saturday, September 17, 2005 ~ 9:00am-noon Multi-Tasking Meals** \$49.00

Description: Attend this class to learn how to prepare several different meals from a one shot day of roasting a chicken, grilling a steak, or roasting a pork tenderloin. Art will offer many time-saving and quick tips for people with little or no time to cook during the week.

· **Saturday, September 17, 2005 ~ 2:00pm-5:00pm Parent and Child Cooking Italian Together** \$78.00

Description: Spend Saturday afternoon with your well-behaved child at The Kitchen Workshop making pasta from scratch and learning about the cuisine of Italy. We suggest that your well-behaved child be at least seven years of age. The cost of the class is for both parent and child.

Menu: Fresh Egg and Spinach Pasta...Tomato Basil Sauce...Chicken Parmesan with Fettuccine...Chocolate-Walnut Biscotti

· **Sunday, September 18, 2005 ~ 10:00am-1:00pm Kitchen Boot Camp/Week1 Soups and Salads** \$49.00

Description: back by popular demand! Kitchen Boot Camp returns. A jam-packed ten-week course introducing the novice cook to solid techniques (i.e. knife skills...baking...stocking a kitchen and pantry)of the kitchen. Each week will highlight a different food group and how to prepare it. This course is also open to young adults as well (ages twelve and up). Any specific class in this course can be taken alone for \$49.00. If you register for the complete 10 week program, the cost is \$390.00...a savings of \$100.00. When registering for the entire course, please just sign up for week 1 and put a note in the comments box telling us you'd like to take the ten-week long program.

Menu: The recipes to be taught in class will be chosen by the students under the ever watchful, yet gentle, eye of Art.

· **Sunday, September 18, 2005 ~ 2:00pm-6:00pm Young Adults Cooking Class: And This Room Is Called The Kitchen!** \$98.00

Description: This two-part class is designed for young adults twelve years of age and older. It is an introductory course touching of kitchen safety, nutrition and teaching many good basic recipes which are perfect to be used during a lifetime. The price is for both classes in the series.

Menu: Recipes to be determined by attending students.

· **Monday, September 19, 2005 ~ 10:00am-1:00pm Pam and Company** \$49.00

Description: Are you looking for a unique place to hang out with your friends or neighbors, learn new recipes and eat extremely well? Then The Kitchen Workshop is the place for you! Call Art for details regarding private functions. 610.993.2665

· **Tuesday, September 20, 2005 ~ 11:00am-2:00pm Say "Cheese!"** \$49.00

Description: For Art's money, you just can't beat a delicious hunk of cheese... and with the wide array of cheeses now available to us at our grocery stores, choosing one is sometimes a tad confusing. During this cheesy (sorry!) class, we'll sample over a dozen different types of cheese and cook many delicious dishes. So don't be bleu...join us for this class!

Menu: Classic Cheese Fondue...Butternut Squash, Rosemary and Bleu Cheese Risotto...Ricotta, Fontina and Goat Cheese Pizza...Gougeres (French Cheese Puffs)

· **Tuesday, September 20, 2005 ~ 6:00pm-9:00pm Where's The Beef?\*** \$49.00

Description: Are you unsure how to pick and choose different cuts of beef at the market? After attending this thorough class on beef cookery, you'll be able to match specific cuts of beef with the appropriate cooking technique.

Menu: Irish Beef Stew...Fajitas...Sauerbraten...Beef and Broccoli Stir-Fry...Grilled Flank Steak...Old-Fashioned Pot Roast

· **Wednesday, September 21, 2005 ~ 6:00pm-9:00pm Quick Meals For Soccer Moms\*** \$49.00

Description: Are you pressed for time but still want to make a nutritional home-cooked meal for your family? Join us for a class where Art will share many usefully time-saving cooking tips, tricks and techniques!

Menu: Clam Chowder...Black Bean Soup...Chicken Athena...Greek-Style Chicken and Pasta...Penne with Sausage, Swiss Chard, and Pine Nuts...and many uses of ground beef and turkey, as well



The **Kitchen Workshop**  
Hands-on Cooking Classes

- **Thursday, September 22, 2005 ~ 6:00pm-9:00pm Al Greeno's Birthday Party** \$49.00  
Description: Are you looking for a unique place to celebrate your birthday? We offer parties for ages four and up! Call Art for more details regarding private parties at The Kitchen Workshop.610.993.2665
- **Friday, September 23, 2005 ~ Pat Reeser / Paoli Hospital Auxiliary Kick Off**
- **Saturday, September 24, 2005 ~ 10:00am-noon Basic Knife Skills Class** \$29.00  
Description: Art is frequently asked what knives a person needs in their kitchen arsenal of tools. Please join him for this popular class explaining which knives are must-haves, how to properly take care of and store your knives and other pertinent knife information. Feel free to bring your knives to class.  
Menu: A big 'ole pot of vegetable soup from all of our "practice" vegetables!
- **Saturday, September 24, 2005 ~ 1:00pm-4:00pm Fresh Pasta** \$49.00  
Description: Simply one of the most rewarding kitchen activities ever! Dust off your pasta machine and get ready to embark on the delicious culinary journey of making and eating pasta fresca.  
Menu: Egg Pasta Dough...Spinach Pasta Dough...Stilton-Hazelnut Ravioli with Stilton Cream Sauce...Spinach Fettuccini Alfredo...Mushroom Cannelloni...Patches and Peas
- **Saturday, September 24, 2005 ~ 4:30-6:30 JoAnn Coleman Birthday Party** \$15.00  
Description: Are you looking for a unique place to celebrate your birthday? We offer parties for ages four and up! Call Art for more details regarding private parties at The Kitchen Workshop.610.993.2665
- **Sunday, September 25, 2005 ~ 10:00am-1:00pm Kitchen Boot Camp/Week2 Poultry** \$49.00  
Description: Please see Boot Camp/Week 1 September 18th for details.  
Menu:
- **Sunday, September 25, 2005 ~ 2:00pm-6:00pm Young Adults Cooking Class: And This Room Is Called The Kitchen!** \$98.00  
Description: No need to register here for series...register for September 18th class. This two-part class is designed for young adults twelve years of age and older. It is an introductory course touching of kitchen safety, nutrition and teaching many good basic recipes which are perfect to be used during a lifetime. The price is for both classes in the series.  
Menu: Recipes to be determined by attending students.
- **Monday, September 26, 2005 ~ 11:00am-2:00pm Birds of a Feather** \$49.00  
Description: Tired of using the same old chicken recipes? Join us for an evening of new and deliciously exciting dishes, all featuring that workhorse of the kitchen...the boneless, skinless, chicken breast. Get out of your chicken funk people!!!  
Menu: Smoked Cheddar Stuffed Chicken Breasts with Green Apple Slaw...Chicken and Mushroom Pie with Phyllo-Parmesan Crust...Apple, Currant and Caraway Stuffed Chicken Breasts with Apple Cider Gravy (YUM!!!)...Chicken Athena
- **Monday, September 26, 2005 ~ 6:00pm-9:00pm Birds of a Feather** \$49.00  
Description: same as above  
Menu: same as above
- **Tuesday, September 27, 2005 ~ 6:00pm-9:00pm Hook, Line and Sinker\*** \$49.00  
Description: Are you as glassy eyed as the fish looking up at you from the seafood case? This is your perfect opportunity to learn all about fish cookery.
- **Wednesday, September 28, 2005 ~ 11:00am-2:00pm It's Greek to Me!** \$49.00  
Description: Join us for an evening of good food, drink and learning about this delicious cuisine.  
Menu: Eggplant Puree with Walnuts...Spanakopita...Greek Country Salad...Greek-Style Pasta (Handmade) with Shrimp...Almond Baklava with Rose Water
- **Wednesday, September 28, 2005 ~ 6:00pm-9:00pm Lisa Lord's Book Club** \$49.00  
Description: Are you looking for a unique place to hang out with your friends or neighbors, learn new recipes and eat extremely well? Then The Kitchen Workshop is the place for you! Call Art for details regarding private functions. 610.993.2665
- **Thursday, September 29, 2005 ~ 6:00pm-9:00pm Great Grains\*** \$49.00  
Description: Do you want to incorporate more grains into your family's diet, but just don't know where to start? This class will introduce you to new grains and how to prepare many "WOW" dishes using them.  
Menu: Spiced Quinoa Timbales...Boston Brown Bread...Soft Polenta with Mushroom Ragout...Tabbouleh...Whole Wheat Bread-sticks
- **Friday, September 30, 2005 ~ 6:00pm-9:00pm Art's Recipe Box Favorites** \$49.00  
Description: Yes, tonight, it's all about Art. He'll be teaching many of his favorite recipes and dispensing many tips and tricks to make cooking easier and more fun. Come join the party! You'll eat well AND have a great time! Guaranteed.  
Menu: Not sure, but whatever they are, they're sure to be delicious!
- **Friday, September 30, 2005 ~ 11:00am-2:00pm Saveur "American"** \$49.00  
Description: This class sponsored by Saveur magazine features true American cuisine. Registration fee includes a one year (9 month) subscription to Saveur magazine, a recipe booklet, tote bag full of culinary goodies, and a chance to win fabulous door prizes. Don't eat breakfast prior to this class!  
Menu: Pimento Cheese...Artichoke Dip...Chilled White Corn Soup...Roasted Red Pepper & Tomato Salad...Grilled Sirloin Steak with Green Sauce...Fingerling Potatoes with Bacon...Raspberry Tart with Lemon Curd