

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>H HANDS ON</p> <p>D DEMONSTRATION</p> <p>G GRILLING</p> <p>K KID'S CLASS</p> <p>W WINE CLASS</p>			<p>1</p> <p>WINE GODDESS PRESENTS: Wine Tasting 101: The Basics of Sensory Evaluation W 7-8:30PM</p> <p>CHICKEN ON THE GRILL G 7-9:30PM</p> <p>SIMPLE FRENCH FOOD H 7-9:30PM</p>	<p>2</p> <p>CHEF'S GARDEN D 7-9:30PM</p> <p>CULINARY ADVENTURE: Americana H 7-9:30PM</p>	<p>3</p> <p>THE MIDWEST TABLE D 7-9:30PM</p> <p>ALL-AMERICAN GRILL G 7-9:30PM</p> <p>EAT, DRINK & BE MERRY! H 7-9:30PM</p>	<p>4</p> <p>HAPPY INDEPENDENCE DAY!</p>
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<p>12</p> <p>PICNIC IN PROVENCE H 10AM-3PM</p> <p>SUMMER COBBLERS, CRISPS AND CRUMBLERS D 10AM-12:30PM</p> <p>PASTA WORKSHOP: New Summer Menu H 2-4:30PM</p> <p>BEER GARDEN GRILL G 2:30-5PM</p>	<p>13</p> <p>COOL SUMMER SAUCES D 7-9:30PM</p> <p>THE BASICS: Mediterranean Feast H 7-9:30PM</p>	<p>14</p> <p>CUCINA FORMAGGI: Celebrating Italian Artisanal Cheeses D 7-9:30PM</p> <p>SIMPLE FRENCH FOOD H 7-9:30PM</p>	<p>15</p> <p>WINE GODDESS PRESENTS: Food and Wine Dynamics W 7-8:30PM</p> <p>MARINATING AND BRINING G 7-9:30PM</p> <p>SEAFOOD 101 H 7-9:30PM</p>	<p>16</p> <p>COOKING FOR YOUR BABY D 10AM-12PM</p> <p>FOOD & WINE OF OREGON'S WILLAMETTE VALLEY D 7-9:30PM</p> <p>URBAN GRILLING H 7-9:30PM</p>	<p>17</p> <p>FAVORITE CHICAGO RESTAURANT RECIPES REVEALED D 7-9:30PM</p> <p>HOT OFF THE GRILL G 7-9:30PM</p> <p>COUPLES COOKING: In the Heat of the Night H 7-9:30PM</p>	<p>18</p> <p>BAKING 101 H 10AM-12:30PM</p> <p>KNIFE SKILLS H 10AM-12:30PM 2-4:30PM</p> <p>PIZZA ON THE GRILL G 12:30-3PM</p> <p>CULINARY ADVENTURE: Americana H 2:30-5PM</p> <p>GRILLIN' AND CHILLIN' G 5-7:30PM</p> <p>PICNIC DELUXE D 7-9:30PM</p> <p>COUPLES COOKING: In the Heat of the Night H 7-9:30PM</p>
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<p>26</p> <p>TATER TOTS K 10-11AM 11:30AM-12:30PM</p> <p>CHICAGO STUFFED PIZZA H 10AM-12:30PM</p> <p>PIZZA ON THE GRILL G 11AM-1:30PM</p> <p>CHEF'S GARDEN D 2:30-5PM</p> <p>FAMILY NIGHT: Americana H 3-5:30PM</p>	<p>27</p> <p>FLAVOR DYNAMICS D 7-9:30PM</p> <p>KNIFE SKILLS H 7-9:30PM</p>	<p>28</p> <p>GARLIC LOVERS D 7-9:30PM</p> <p>PASTA WORKSHOP: New Summer Menu H 2-4:30PM</p>	<p>29</p> <p>WINE GODDESS PRESENTS: Wine & Cheese Uncensored W 7-8:30PM</p> <p>THE VEGETARIAN GRILL G 7-9:30PM</p> <p>TACQUERIA D.I.Y. H 7-9:30PM</p>	<p>30</p> <p>FRENCH PARADOX COOKING D 7-9:30PM</p> <p>BEACH PARTY! H 7-9:30PM</p>	<p>31</p> <p>EVERYTHING'S BETTER WITH BACON D 7-9:30PM</p> <p>TUSCAN GRILL G 7-9:30PM</p> <p>DATE NIGHT: Venetian Nights H 7-9:30PM</p>	

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the CHOPPING BLOCK

JULY 2009 CLASSES

HANDS-ON CLASSES

H In hands-on classes, you participate in each step of the cooking so you can recreate the experience at home. Our professional chef-instructor will discuss the ins and outs of each recipe, give you valuable tips, and coach you as you work in groups to prepare the dishes. You'll sit down at the end of class to feast upon the fruits of your labor.

[V] = vegetarian menu

Baking 101 • \$75

LINCOLN SQUARE JULY 18
MERCHANDISE MART JULY 26

Baking isn't as hard as you might think! With the techniques you'll learn in this class, you will gain the confidence needed to create stunning pastries. Banana Cream Tartlets; Cream Cheese Brownies; Cardamom Pot de Crème with Strawberry Compote. [V]

The Basics: Mediterranean Feast • \$75

LINCOLN SQUARE JULY 13
MERCHANDISE MART JULY 15

The Basics classes help you lay a foundation of cooking techniques to build on. You'll learn about ingredients, how to time a full meal, and which tools and equipment are right for the job. Hummus with Homemade Pita Chips; Grilled Lemon-Herb Chicken; Cucumber Yogurt Salad; Tabouleh; Baklava.

Beach Party! • \$85

LINCOLN SQUARE JULY 24, 30
MERCHANDISE MART JULY 3, 16, 18

You can almost feel the sand between your toes as you cook this summer-fun menu. Watermelon Margaritas; Fish Tacos with Sweet Corn and Cilantro Salsa; Grilled Steak Cobb Salad; Roasted Garlic and Cheese Flatbread.

▶▶ **Catch of the Day:**

Working with Sustainable Fish • \$200

LINCOLN SQUARE JULY 25

There are only so many fish in the sea. Making the right choices today will help determine the fate of tomorrow's ocean wildlife. In addition to teaching you how to prepare these delicacies, this class features a Q & A session with sustainability expert Mary Smith of Plitt Seafood. *Each student will receive a free copy of Field Guide to Seafood, a \$15.95 value.* Crispy Dungeness Crab Cakes with Tarragon Aioli; Coconut Curry Steamed Mussels with Basil and Cilantro; Cornmeal-Battered Blue Point Oyster Po-Boys with Spicy Remoulade; Brined and Hot-Smoked Rainbow Trout with Cucumber and Dill Yogurt Sauce; Grilled Wild Alaskan Halibut with Pickled Fennel, Radish and Orange Salad.

Chicago Stuffed Pizza • \$75

LINCOLN SQUARE JULY 21, 26
MERCHANDISE MART JULY 6, 11, 30

From crust to core, learn the secrets of preparing your favorite Chi-town pizzeria specialties. Caesar Salad with Homemade Croutons; Mushroom and Sausage Stuffed Pizza; Spinach, Goat Cheese and Sun-Dried Tomato Calzone.

Chicken 101: Summer Menu • \$75

LINCOLN SQUARE JULY 19
MERCHANDISE MART JULY 6

Tasty techniques for cooking chicken properly. Buttermilk Fried Chicken with Creamy Potato Salad; Brined and Grilled Jerk Chicken Breasts with Mango Relish; Whole Roasted BBQ Chicken.

Couples Cooking: In the Heat of the Night • \$75

LINCOLN SQUARE JULY 9, 17, 18
MERCHANDISE MART JULY 9, 11, 24

These recipes will help you cool down the hottest summer nights. Chilled Avocado and Cucumber Soup with Cumin-Spiced Grilled Shrimp Skewer; Pepper-Crusted Flank Steak with Gazpacho Salad; Frozen Lemon Souffle.

Culinary Adventure: Americana • \$75

LINCOLN SQUARE JULY 2, 18, 20
MERCHANDISE MART JULY 8, 10, 27

There's no denying it—some of the world's best food hails from Hometown, U.S.A.! Shrimp and Corn Chowder; Southern Fried Chicken with Shallot and Herb Gravy; Grits and Cheddar Cheese Casserole; Coca Cola Cake.

HANDS-ON CLASSES

Date Night: Venetian Nights • \$75

LINCOLN SQUARE JULY 10, 11, 31
MERCHANDISE MART JULY 3, 24, 25

These recipes are almost as romantic as a ride in a gondola. Venetian Onion and Tomato Pizza; Shrimp Scampi; Sautéed Cod with Herb Polenta and Roasted Tomatoes; Tiramisu.

Distinctive Desserts • \$175

MERCHANDISE MART JULY 11

Learn how to work with the freshest fruit of the season to create stunning, mouth-watering masterpieces. *Each student will make their own blueberry pie and take it home in an Emile Henry pie dish, a \$40 value!* Blueberry Lattice Pie; Strawberry Jellyroll with Citrus Cream; Homemade Vanilla Ice Cream Sandwiches with Chocolate Toffee Cookies; Panna Cotta with Summer Rhubarb Chutney; Coconut Layer Cake with Lemon Curd Filling. [V]

Eat, Drink & Be Merry • \$85

LINCOLN SQUARE JULY 3, 23
MERCHANDISE MART JULY 2, 17, 31

Bring a friend and have a blast learning fresh, new ways to make dinner fun! Two classes of house wine or beer per student are included in the price of the class. Cheddar Garlic Potato Skins; House Salad with Sweet-Salty Pecans and Oranges; Blue Cheese-Stuffed Bacon Burger; Million Dollar Bars (Chocolate, Caramel and Coconut).

Family Night: Americana • \$75 PER ADULT

LINCOLN SQUARE JULY 26

Everyone cooks and eats together, and one child is free with each adult (\$20 per additional child). Shrimp Cocktail; BLT Burgers; Oven Wedge Fries; Chocolate Toffee Brownies.

Fundamentals of Chinese Cuisine • \$175

MERCHANDISE MART JULY 19

This class will teach you the ins and outs of Chinese cuisine and cooking techniques. Learn how to compose the right blend of sauces for a stir fry, prepare perfect steamed rice, and create stunning, mouth-watering Chinese meals that are straightforward enough to add to your everyday repertoire. Shrimp and Ginger Won Ton Soup with Watercress; Velvet Scallops and Snow Peas with Black Bean Sauce; Soy Sauce Chicken with Perfect Steamed Rice; Steamed Bass with Ginger and Scallions; Stir-Fried Bok Choy with Oyster Sauce. *To put your new skills into action, we're offering a set of useful tools and ingredients at a discount. See the details at www.thechoppingblock.net/specialpurchase.*

Knife Skills • \$40

LINCOLN SQUARE JULY 5, 18, 20, 27
MERCHANDISE MART JULY 7, 12, 29

Our most popular class! A hands-on chopping session where you learn how to mince, slice and dice vegetables and herbs. We also discuss knife care, manufacturing and selection, and demonstrate sharpening and honing. [V]

Knife Skills II: Butchering • \$75

LINCOLN SQUARE JULY 19

Take it to another level! You will learn hands-on how to tackle cutting up a whole chicken, filleting a fish, and cleaning a tenderloin. Basic knife technique, use and care will also be covered.

Meat 101: Summer Menu • \$85

LINCOLN SQUARE JULY 7
MERCHANDISE MART JULY 18

Learn hands on how to grill, roast and braise meat successfully. Cuban Pot Roast with Chorizo, Olives and Potatoes; Grilled New York Strip Steak with Herb Butter; Smoked Pork Tenderloin with Cognac Raisin Relish.

Pan Handling • \$75

LINCOLN SQUARE JULY 11
MERCHANDISE MART JULY

We will teach you how to properly heat a sauté pan, regulate heat and deglaze. Learn how to choose the right pots and pans for the job and how to flip your pan like a pro. Caramelized Onion Tart; Sautéed Mushroom Bruschetta; Black-Pepper-Crusted Seared Tuna with Mesclun Salad; Chicken Piccata.

Pasta Workshop: Summer Menu • \$75

LINCOLN SQUARE JULY 6, 12, 28
MERCHANDISE MART JULY 1, 21, 27

Learn how to make your own fresh noodles, shape them, and dress them up in delicious sauces. Shrimp Pasta Salad with Homemade Farfalle; Tagliatelli with Tomato-Porcini Sauce; White Lasagna with Chard and Basil.

HANDS-ON CLASSES

Picnic in Provence • \$175

LINCOLN SQUARE JULY 12

Enjoy a rich and rustic feast highlighting the flavors of the south of France. *Each student will receive a free bottle of one of our favorite French wines, a \$15-20 value.* Caramelized Onion and Fennel Puff Pastry Tart with Petite Salade Verte; Tomato Bisque with Pistou; Pan Bagnat (Tuna Sandwich on a Baguette with Red Wine and Caper Vinaigrette); Ratatouille and Goat Cheese Buckwheat Crepes; Lemon Cake with Lavender.

Seafood 101: Summer Menu • \$85

LINCOLN SQUARE JULY 15

MERCHANDISE MART JULY 28

Take the fear out of cooking fish. Cedar Planked Trout with Cucumber and Grapefruit Salad; Sicilian Style-Grilled Tuna; Sautéed Scallops with Fresh Corn Succotash.

Simple French Food • \$75

LINCOLN SQUARE JULY 1, 14

MERCHANDISE MART JULY 13, 22, 25

Preparing French food does not need to be complicated! Learn how to make beautiful and elegant food and find out why, sometimes, less is more. Provençal Steamed Mussels; Frisée, Hazelnut and Goat Cheese Salad with Dijon Vinaigrette; Sea Bass en Papillote with Leeks and Herbed Compound Butter; Pommes Frites; Sabayon with Summer Berries.

Tacqueria D.I.Y. • \$85

LINCOLN SQUARE JULY 25, 29

MERCHANDISE MART JULY 5, 17, 20

We're giving "salsa lessons" a new meaning! Join the fun and make some great Mexican food Fresh Lime Margaritas; Pico de Gallo; Salsa Verde; Achote-Marinated Grilled Fish Tacos; Tacos de Carne Asada; Pastel de Tres Leches.

Taste of Thailand • \$75

LINCOLN SQUARE JULY 5, 11, 22

MERCHANDISE MART JULY 1, 18

Spicy, salty, sweet and sour...pick up some tips on authentic Thai cooking. Kari Puffs (Deep-Fried Curry Puffs); Tom Yum (Hot and Sour Soup); Red Coconut Curry with Shrimp; Tofu Pad Thai.

Tater Tots • \$20

LINCOLN SQUARE JULY 26

Kids 3-7 get to help cook snacks, learn about ingredients, and have fun in the kitchen.

Totally Hands on Sushi • \$85

LINCOLN SQUARE JULY 11, 23, 24

MERCHANDISE MART JULY 23, 25

Learn hands on how to prepare maki rolls, California rolls, nigiri and spicy tuna hand rolls. You will learn the secrets to making perfect sushi rice and finding the freshest fish. *Get equipped to put your new sushi skills into action! We're offering a set of useful tools and ingredients at a discount. For details see our calendar at www.thechoppingblock.net.*

Urban Grilling • \$75

LINCOLN SQUARE JULY 16

MERCHANDISE MART JULY 2, 7, 12

Become a master of the indoor grill! Five-Spice Grilled Chicken with Cucumber Salad; Achote Grilled Shrimp with Grilled Pineapple Salsa; Maple-Brined and Grilled Pork Chops.

Vegetarian Summer Fare • \$75

LINCOLN SQUARE JULY 8

MERCHANDISE MART JULY 18, 21

Learn how to make the most of the bounty of produce. Not just for vegetarians—you won't miss the meat in these hearty and delicious recipes! Summer Zucchini and Basil Soup; Quinoa and Black Bean Burgers with Chipotle Mayonnaise; Spiced Tempeh Tacos with Fresh Peach and Lime Salsa. [V]

What You Really Need to Know About Herbs and Spices • \$175

MERCHANDISE MART JULY 24

If you need a primer on the world of herbs and spices and how to use them appropriately, this is the class for you. We will explore the differences between fresh vs. dried herbs and whole vs. ground spices and how to use these flavor enhancers to make your food really explode. *Each student will receive a free copy of The Food Lover's Companion, a \$16.95 value.* Fresh Tomato and Cucumber Herbed Gazpacho with Crispy Fried Chickpeas; Shrimp Fritters with Tarragon Aioli; Grilled Flank Steak with Cilantro Pumpkin Seed Pesto; Garam Masala Spiced Pineapple Upside-Down Cake.

PRICES ARE PER PERSON. 1-WEEK NOTICE REQUIRED TO CANCEL ENROLLMENT IN ANY CLASS. ALL CLASSES SUBJECT TO CANCELLATION OR RESCHEDULING.

THE CHOPPING BLOCK • LINCOLN SQUARE 4747 N. LINCOLN, CHICAGO 60625 TELEPHONE (773) 472-6700 FAX (773) 275-4150

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the CHOPPING BLOCK

JULY 2009 CLASSES

DEMONSTRATION CLASSES

D Demonstration classes are an intimate, interactive look at cooking. Each class features an entertaining and informative lesson by our professional chef-instructor plus generous tastings of every dish prepared in class.

V = vegetarian menu

▶▶ **Allergen-Free Fiesta!**
with guest instructor **Lisa Williams** • \$40
MERCHANTISE MART JULY 7

Are you among the 12 million Americans living with food allergies? Join Lisa Williams, of Lisa Cooks Allergen Free, for a sizzling allergen-free fiesta, not only gluten-free, but free of all the "Big 8" allergens: dairy, wheat, eggs, fish, shellfish, peanuts, tree nuts, and soy. A food allergen sufferer herself, Lisa now helps others cook, shop, and dine their way around Chicago allergen-free with her popular website, blog, cooking demos and monthly Safe & Sound Dinners. For more info visit www.LisaCooksAllergenFree.com. Pork Tamales with Tomato Garlic Sauce; Authentic Red and Green Salsa; Spanish Rice.

SEE ALSO GLUTEN-FREE GOURMET, BELOW

Bloody Mary Brunch • \$50

LINCOLN SQUARE JULY 5
MERCHANTISE MART JULY 25

Learn how to make the perfect brunch recipes to accompany this classic morning beverage. Bloody Mary Bar; Spinach Salad with Crispy Shallots and Black Pepper Balsamic Vinaigrette; Egg and Sausage Strata; Baked Apple Pancake with Spiced Sour Cream.

Chef's Garden • \$40

LINCOLN SQUARE JULY 2, 26
MERCHANTISE MART JULY 11

Summer's fresh bounty inspires the inner chef in all of us! Fresh produce takes center stage in this seasonal menu. Chilled Watercress Soup with Creme Fraiche; Heirloom Tomato Salad with Fresh Basil and Local Market Goat Cheese; Brined Pork Tenderloin with Grilled Peach and Tarragon Chutney; Plum Crostata.

Cooking for Your Baby • \$40

LINCOLN SQUARE JULY 16

Save money and ensure your baby's health. Learn the simple tricks of making baby food at home with the season's best vegetables. Bring your baby!

Cool Summer Sauces • \$40

LINCOLN SQUARE JULY 13, 19
MERCHANTISE MART JULY 6

Summer is a time for simple fare, but that doesn't have to mean boring! Learn how to bring life to meats and vegetables—and desserts—with luscious sauces. Chimichurri (Argentine Garlic-Herb Sauce); Raita (Cool-Spiced Cucumber Yogurt Relish); Sun-Dried Tomato Aioli; Kalamata Olive Tapenade; Romesco (Spanish Tomato-Almond Sauce); Peach Praline Compote.

Cucina Formaggi: Celebrating Italian Artisanal Cheeses • \$40

LINCOLN SQUARE JULY 14
MERCHANTISE MART JULY 22

From the lush foothills of the Italian Alps to the ruggedly beautiful South, come take a guided tour of the "boot" and learn all about the cheese for which Italy is famed. Italian cheeses have deep-rooted lineage—every cheese has a story. Let us nibble our way through the country and discover what is so spectacular about formaggi Italiano!

DEMONSTRATION CLASSES

Everything's Better with Bacon • \$40

LINCOLN SQUARE JULY 31
MERCHANTISE MART JULY 19, 22

Here's a no-guilt opportunity to make a pig of yourself—there's bacon in every bite! Spinach Salad with Soy Ginger Vinaigrette and Bacon Tempura; Bacon Wrapped Pork Tenderloin with Bacon Potato Salad; Bacon Cornmeal Bundt Cake with Bacon "Ice Cream."

Favorite Restaurant Recipes Revealed • \$40

LINCOLN SQUARE JULY 7, 17
MERCHANTISE MART JULY 11, 13, 29

Have you ever wished you could recreate your most beloved dishes from your favorite restaurant? These restaurant-inspired recipes will have you cooking like a chef at home! The Bristol: Monkey Bread with Dill Butter; Bandera: Macho Salad; Birchwood Kitchen: Speck Sandwich; Schwa: Quail Egg Ravioli.

Flavor Dynamics • \$40

LINCOLN SQUARE JULY 27
MERCHANTISE MART JULY 12

Taste olive oils, vinegars, herbs, salts, spices and more as we explore how to combine flavors, make substitutions and cook without recipes. **V**

Food and Wine of Oregon's Willamette Valley • \$60

LINCOLN SQUARE JULY 16, 24
MERCHANTISE MART JULY 8

The fertile foothills of the Cascades, flanking the mighty Willamette River, are home to some of the U.S.'s most revered wines. We will quaff some of Oregon's finest, paired with a seasonal, Northwest-inspired menu. Oven-Roasted Beet Salad with Anise-Scented Goat Cheese; Seared Sea Scallops with Wild Mushrooms and Hazelnut-Herb Pesto; Grilled Boneless Pork Chop with Bacon and Blackberry Compote; Pound Cake with Fresh Berries and Citrus Caramel Sauce.

French Paradox Cooking • \$40

LINCOLN SQUARE JULY 21, 30
MERCHANTISE MART JULY 1, 28

The French enjoy a rich cuisine and yet are much healthier than the average American. Their secret? Olive oil and red wine! Come savor an evening of smart indulgences. Poached Salmon in Olive Oil with Shaved Fennel and Orange Salad; Red Wine-Braised Chicken with Olive Oil Mashed Potatoes; Dark Chocolate Pot de Crème.

Garlic Lovers • \$40

LINCOLN SQUARE JULY 28
MERCHANTISE MART JULY

July is prime garlic season, culminating in the renowned Garlic Festival in Gilroy, California. Bring the breath mints...we won't be skimping on the stinking rose. Grilled Skirt Steak with Chimichurri (Garlic-Parsley Sauce); Garlicky Greens; Garlic Frites with Lemon-Garlic Aioli; Garlic Ice Cream.

Girls' Night: Al Fresco Appetizers • \$40

LINCOLN SQUARE JULY 10, 25
MERCHANTISE MART JULY 2, 25

Light and easy treats perfect for outdoor nibbling. Grilled Pesto Pizzas with Oven Dried Tomatoes and Mozzarella; Shrimp Spedini (Grilled Shrimp Skewers); Italian Sausage and Ricotta Cheese Stuffed Mushrooms; Prosciutto Wrapped Melon with Mint and Balsamic Drizzle.

Gluten-Free Gourmet • \$40

LINCOLN SQUARE JULY 6
MERCHANTISE MART JULY 26

Bring the fun back into your food with these gluten-free goodies. Besan (Chickpea-Flour) Crepes with Curried Shrimp Filling; Mushroom-Smothered Skirt Steak with Risotto Cakes; Lemon and Coconut Layer Cake.

DEMONSTRATION CLASSES

Ice Cream Social • \$40

LINCOLN SQUARE JULY 11, 19
MERCHANTISE MART JULY 5

We all scream for ice cream! We'll make homemade ice cream and some delicious frozen treats. Mint Chocolate Chip Ice Cream Sandwiches; Sour Cherry Crisp with Amaretti Ice Cream; Chocolate Cherry Ice Cream Pie.

The Midwest Table • \$40

LINCOLN SQUARE JULY 3, 20

Celebrate the summer bounty of America's breadbasket. Tomato and Goat Cheese Tart; Pesto Roasted Chicken with Grilled Potato Salad; Salad of Baby Lettuces, Radishes and Fresh Herbs; Sour Cherry Cobbler.

Picnic Deluxe • \$50

LINCOLN SQUARE JULY 9, 18, 25
MERCHANTISE MART JULY

Whether it's a night at Ravinia or spending a sunny day at the lakefront, we will show you how to picnic in style. White Sangria; Watermelon and Feta Salad with Mint; Nicoise Sandwich (Seared Tuna with Olives, Tomatoes and Egg); Fingerling Potato and Watercress Salad with Crispy Prosciutto and Dijon Vinaigrette; Caramel-Filled Pecan Wafers with Strawberries and Cream.

Simply Natural Cooking: Fresh & Flavorful Picnic Sides • \$40

LINCOLN SQUARE JULY 25
MERCHANTISE MART JULY 15

Who knew that healthy food could be so easy and delicious? Great recipes and advice from dietitian Dawn Jackson-Blatner, LD, RDN. Dawn teaches Flexitarian Nutrition, a healthy eating style she developed, which is based on personal preferences and individual lifestyles. www.dawnjacksonblatner.com. **V**

Summer Cobblers, Crisps and Crumbles • \$40

LINCOLN SQUARE JULY 12
MERCHANTISE MART JULY 18

Wow your guests with these seasonal desserts. Peach Blueberry Cobbler; Strawberry Rhubarb Crisp; Sour Cherry Crumble.

▶▶ **The Sustainable Feast** • \$40

LINCOLN SQUARE JULY 21
MERCHANTISE MART JULY 27

Cooking with seasonal ingredients is a great way to support local farmers who nurture our natural environment. We will be picking up a CSA basket from Angelic Organics with the week's peak local produce (CSA-community supported agriculture), and our chef will show you how to cook those ingredients to create a dazzling meal. Ideal for those who subscribe to a CSA program, shop at farmers markets, grow their own vegetables or just want to learn more about cooking with fresh produce. Menu to be determined by what's in our basket!

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the CHOPPING BLOCK

JULY 2009 CLASSES

GRILLING CLASSES

G Celebrate grilling season with us! Grilling demonstrations are held outside on our patio in Lincoln Square. We'll show you how to use gas, charcoal, and the Big Green Egg grills. In the event of severe weather conditions, students will be notified of any cancellations at least two hours in advance of class time.

All-American Grill • \$50 LINCOLN SQUARE JULY 3, 5

Join us on the patio for classic American fare. Sit back and relax while we teach you how to use gas, charcoal, and the Big Green Egg grills. Stuffed Blue-Cheese Burgers; Corn on the Cob with Lime Cilantro Butter; Grilled New Potato Salad; Grilled Pound Cake Strawberry Shortcakes.

Beer Garden Grill • \$60 LINCOLN SQUARE JULY 10, 12

Let us show you how to make tasty summertime fare you'll enjoy with a beer in hand. Two glasses of house beer or wine are included in the price of the class. Deviled Chicken Wings with Herbed Potato Salad; Beer-Marinated Brats with Bacony Beans; Glazed Smoked Pork Chops with Oil-and-Vinegar Slaw.

Brunch on the Grill • \$50 LINCOLN SQUARE JULY 19

We will show you how to cook up a delicious brunch on your grill. Black Pepper Smoked Salmon with Grilled Bagels and Herb Cream Cheese; Sweet Potato Hash with Blackened Eggs and Creole Tomato Sauce; Fresh Fruit Skewers with Bourbon Honey Glaze; Apple and Tarragon Salad.

Chicken on the Grill LINCOLN SQUARE JULY 1

Join us to learn how to produce tender, juicy chicken dishes on your grill. Pulled BBQ Beer-Can Chicken Sandwiches with Creamy Slaw; Rosemary Garlic Chicken Breasts with Balsamic-Glazed Grilled Fennel; Blackened Chicken Legs with Barbecue-Baked Jalapeno Cornbread.

Grillin' and Chillin' • \$50 LINCOLN SQUARE JULY 18, 24

Kick back and hang out with us on the patio for some delicious grilling tricks and tips. Tangy Grilled Shrimp with Cilantro Pumpkin Seed Pesto; Thai Coconut Ribs with Sticky Rice; Cheddar Bacon Sliders with Grilled Steak Fries.

GRILLING CLASSES

Hot off the Grill • \$50 LINCOLN SQUARE JULY 17, 25

The heat is on! Pull up a chair, sit back and enjoy these tongue-tingling spicy treats. Tabasco Buffalo Wings with Blue Cheese Potato Salad; Szechuan Grilled Shrimp with Spicy Noodles; Mango-Glazed Pork Chops with Orange-Habañero Mojo.

Marinating and Brining • \$50 LINCOLN SQUARE JULY 15

Learn simple techniques that really pack in the flavor for your grilled dishes. Brined and Smoked Pork Tenderloin with Peach Ginger Chutney; Brined Chicken Breast with Cherry Tomato Salsa; Grilled Margarita Shrimp; Middle Eastern Spiced Beef Kebabs with Cucumber Yogurt Sauce.

Meats on the Grill • \$50 LINCOLN SQUARE JULY 22

Get some great tips on marinating, grilling and saucing meats to perfection. Smoked Pork Tenderloin with Smoked Tomato-Peach Relish; Juicy Strip Steaks with Grilled Red Potatoes and Green Beans Vinaigrette; Moroccan Lamb Chops with Grilled Eggplant Salad.

Mediterranean Grill LINCOLN SQUARE JULY 8, 11, 25

These Mediterranean classics taste better than ever when cooked out on an open fire. Fire-Roasted Babaganoush; Fattoush Salad with Grilled Pita and Veggies; Chicken Shawarma with Cucumber Tahini Sauce and Grilled Tomatoes; Rose-Scented Yogurt-Berry Parfait.

Pizza on the Grill • \$50 LINCOLN SQUARE JULY 18, 26

Who says you can't cook pizza on the grill? Get that delicious, wood-fired flavor in your own backyard. Whole Wheat Pizza with Caramelized Onions, Grapes and Gorgonzola; Herb-Crusted Pizza with Grilled Eggplant, Goat Cheese and Arugula; Southwest Pizza with Roasted Sweet Corn, Queso Fresco and Cilantro Pesto.

The Tuscan Grill LINCOLN SQUARE JULY 31

Let us show you how to grill Tuscan style. Grilled Fennel and Radicchio Salad with Cannellini Beans; Fettucine with Grilled Shrimp, Portobellos and Garlic; Grilled Chicken Salad alla Cacciatore with Garlic Bread.

The Vegetarian Grill • \$50 LINCOLN SQUARE JULY 29

Get outside and fire up the grill for these meat-free miracles! Bulgur Burgers with Tarragon Aioli and Grilled Sweet Potato Chips; Miso-Glazed Tofu with Asparagus and Shitake Mushrooms; Grilled Vegetable Greek Salad with Tzatziki Dressing.

WINE TASTING



Wine Goddess Presents: A fun evening of wine tasting and expert instruction with wine program director Diana Hamann.

Wine Tasting 101: The Basics of Sensory Evaluation • \$60

LINCOLN SQUARE JULY 1
MERCHANDISE MART JULY 3
In this class we will swish, swirl, and spit (well, maybe not spit) our way to vinous enlightenment! We will put our noses and taste buds to the test, learning the basics of sensory evaluation: how to assess color, body, bouquet, palate, and finish.

The Nose Knows • \$60 LINCOLN SQUARE JULY 8 MERCHANDISE MART JULY 10

A lot of people think being able to extract primary, secondary, and (God forbid!) tertiary aromas from a glass of wine is rocket science, but it ain't. This class will focus on the the "nose" of wine: why do we swirl, why do we sniff, and why do we care?! We'll be using a kit called "Le Nez du Vin" to identify all those groovy aromatics you read about like cut grass, mint, hay, tar, talcum, etc. Don't come with a cold!

Food and Wine Dynamics • \$60 LINCOLN SQUARE JULY 15 MERCHANDISE MART JULY 17

Wine is best enjoyed (and understood) at the table. In this class we will discover the symbiotic relationship between food and wine by tasting several wines with various basic foods. We will discuss what works, what does not, and why. Not to be missed!

Conquering the Restaurant Wine List • \$60 LINCOLN SQUARE JULY 22 MERCHANDISE MART JULY 24

Develop tools to put to test the next time you are staring down a restaurant wine list. We will cover basic wine etiquette, plus how to make heads or tails of the list, how to order, how to read a wine label, and when it is worth it to bring your own wine and suffer the corkage fee.

Wine and Cheese: Uncensored • \$60 LINCOLN SQUARE JULY 29 MERCHANDISE MART JULY 31

Celebrate the age-old, tried-and-true symbiotic relationship between wine and cheese by tasting through basic to barely legal wine/cheese pairings.

SUMMER COOKING CAMPS FOR KIDS AND TEENS

Kids 7 to 11 years old have their choice of three different four-day **Kids' Camps**, featuring hands-on cooking and lots of eating! We will focus on following recipes, working cleanly and safely in the kitchen, and exploring new foods.

In our five-day **Teen Camps**, young teens ages 12 to 16 experiment hands on with simple yet sophisticated menus that they'll enjoy recreating at home. They will learn the basics of cooking and baking techniques, menu planning, and organizing prep work. Both camps start with a lesson in knife skills, and Day 5 features an Iron Chef competition!

The camps do not need to be taken sequentially. See the complete camp calendar on our website—camps are filling fast, so register now!

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