

The Chopping Block

Boot Camps

WINTER/SPRING 2018

For cooking enthusiasts who want to delve deeper into the fundamentals and nuances of the culinary arts, The Chopping Block's Boot Camps provide the perfect advantage. Our chefs share their insights into the whys, hows, and tricks of the trade – so you go home with a foundation of fine-tuned skills to cook like the pros.

Artisanal Breads Boot Camp — \$185

MERCHANDISE MART February 17 | March 3 | April 14

LINCOLN SQUARE March 3

Spend a day in our kitchen exploring the techniques behind baking artisan breads.

Menu:

- Braided Challah
- French Oven-Baked Sourdough Boule
- Roasted Garlic and Herb Naan
- Oat and Seeded Pain d'Epi (French Baguette)
- Everything Bagels
- Pumpernickel Loaf

Braising Boot Camp — \$225

MERCHANDISE MART February 25

Braising is the perfect winter cooking technique, focused on low-and-slow simmering to create über-tender meats and vegetables. Join us for this global journey while we create ultimate one-pot meals.

Menu:

- Osso Buco with Toasted Pine Nut Gremolata and Polenta
- Spicy Soy-Glazed Short Ribs with Jasmine Rice
- Cassoulet (Classic French Dish of Sausage, Pork Shoulder, Duck Confit & Beans)
- Curried Vegetable Stew with Naan Bread

Butchery Boot Camp — \$325

MERCHANDISE MART April 22

Are you ready to take your knife skills to the next level? We'll teach you essential butchery techniques so you can tackle meat preparation like the pros. You'll then use your handiwork to prepare four delicious dishes.

Menu:

- Pan-Roasted Chicken with Honey and Almonds
- Baked Fish en Papillote
- Grilled Lamb Chops with Garlic and Herbs
- Beef Braciolo Braised in Tomato Sauce
- Pork Schnitzel with Mushroom Cream Sauce

Chocolate Boot Camp — \$225

MERCHANDISE MART February 10

Chocolate is one of the most complex and popular ingredients in the world. We will uncover its secrets and teach you the ins and outs of how to expertly work with this exotic ingredient.

Menu:

- Tempered Chocolate
- Truffles
- Pot de Crème
- Ganache, Two Ways
- Chocolate Ganache Tart
- Molten Lava Cakes with Truffle Centers
- Triple Chocolate Cupcakes with Whipped Ganache Filling and Chocolate Frosting

Check out thechoppingblock.com for more info on all our **boot camps and classes!**

Clean Eating Boot Camp — \$350

LINCOLN SQUARE April 14

Learn to cook healthy, nourishing meals in this fun, hands-on boot camp! Wellness Chef Alia Dalal will show you how to make tasty, filling and delicious meals quickly from whole food ingredients. Focusing on simple preparations, this class will get you up to speed on the latest nutritional best practices and get you inspired to make clean eating a consistent pattern in your life.

Menu:

- Turmeric Spice Latte
- Roasted Carrot Kale Salad with Crispy Chickpeas
- Macro Bowls with Greens, Roasted Vegetables, Beans and Grains
- Chocolate Avocado Pudding with Berries
- Green Smoothie Jars
- Spiced Lentil Soup
- Chocolate Almond Energy Bites

Culinary Boot Camp 1 — \$1950

MERCHANDISE MART March 26 | May 7 | June 25 | July 29, 30 | September 24 | October 22

Have you always wondered what it would be like to go to culinary school? The Chopping Block's Culinary Boot Camp 1 gives you a taste of a professional culinary program without the lengthy time commitment or heavy financial burden. You will explore all the fundamental methods of cooking, from basics to advanced techniques. Each day builds on the previous day and on the last day, you'll tie everything together to plan and produce a menu with your classmates that incorporates all of the techniques you've learned throughout the week.

After just five sessions, you'll go home with a foundation of fine-tuned cooking skills.

Skills:

- DAY 1: Knife Skills, Fish Butchery, Emulsions, and Fish Cookery
- DAY 2: Chicken and Beef Butchery, Stocks, and Meat Cookery
- DAY 3: Soups and Sauces
- DAY 4: Eggs, Vegetables and Grains
- DAY 5: Flavor Dynamics, Plating, and Honing Your Skills

Culinary Boot Camp 2 — \$1950

MERCHANDISE MART April 8 | August 28

For our Boot Camp 1 graduates who just can't get enough! In the advanced sessions, we'll go even deeper into some of the Boot Camp subjects plus introduce some new ones, including baking, shellfish and handmade pasta.

Skills:

- DAY 1: Sweet and Savory Doughs
- DAY 2: Meats and Sauces
- DAY 3: Vegetables and Grains
- DAY 4: Fish, Shellfish and Sauces
- DAY 5: Desserts

Cupcake Boot Camp — \$120

LINCOLN SQUARE February 18 | May 12 | July 15

Have your cake and eat it, too! Make several varieties of delicious cupcakes, and bring them home to impress your friends and family. We will teach you fun, easy ways to decorate them, too. Lunch will be served during class.

February 18 Menu:

- Boston Cream Cupcakes with Chocolate Ganache and Vanilla Pastry Cream Filling
- Chocolate Stout Cupcakes with Dark Chocolate Frosting
- Ginger-Lime Cupcakes with Italian Meringue
- Warm Spiced Carrot Cupcakes with Cream Cheese Frosting

May 12 | July 15 Menu:

- Lavender Cupcakes with White Chocolate-Lemon Ganache and Candied Lavender
- Devil's Food Cupcake with Roasted Banana Buttercream and Dulce de Leche
- Classic Coconut Cupcakes with Italian Meringue
- Rhubarb Cupcakes with Cream Cheese Frosting

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Donut Boot Camp — \$120

MERCHANDISE MART March 17 | May 6 | July 22

LINCOLN SQUARE April 8 | June 16 | August 26

Who doesn't love fried dough? We'll make both cake-style and raised-style doughs, and show you how to fry, glaze, dip and fill them to perfection. You'll go home with a boxful of your very own fresh creations! Lunch will be served, and fresh coffee will be flowing.

March 17 Menu:

- Mini Pumpkin Donut Holes with Cinnamon Sugar
- Maple and Bacon-Glazed Long Johns
- Chocolate Cake Donuts with Dulce de Leche Glaze and Coconut Flake
- Bavarian Donuts (Custard-Filled Yeast-Raised with Chocolate Glaze)

May 6 | July 22 | April 8 | June 16 | August 26 Menu:

- Beignets
- Apple Fritters
- Berry Bombs (Jam-Filled Raised Donuts with Strawberry Glaze)
- Sour Cream Cake Donuts with Vanilla Bean Icing and Pecan Streusel

Gluten-Free Breads Boot Camp — \$120

MERCHANDISE MART March 24 | May 26 | July 14

There's no reason why freshly baked breads can't be a part of your life. Learn everything you need to know about the wide world of gluten-free grains, as we teach you how to make a wide array of delicious and satisfying breads and baked goods.

Menu:

- Multigrain Bread with Oats and Fennel Seeds
- Kolaczki Cookies with Raspberry and Fig Jam
- No-Roll Quiche Crust with Kale Pesto, Sausage and Smoked Mozzarella Filling
- Parmesan and Rosemary Bread Sticks with Roasted Garlic Oil
- Warm Spiced Carrot Bread

Grilling Boot Camp — \$475

LINCOLN SQUARE May 19 | June 23 | July 21 | August 18

Join us for our comprehensive two-day hands-on grilling workshop. Master the ins and outs of grilling with charcoal, gas and wood. Learn tips and methods in brining, marinating, slow cooking, smoking, dry and wet rubs. You will leave this class feeling "fired up" for an adventurous grilling season. Jump on board, whether you're a novice or a weekend warrior.

Day One:

- Sweet and Spicy Jerk-Rubbed Ribs with Mango-Barbecue Sauce
- Whole Grilled Trout with Grainy Mustard Sauce & Fennel-White Bean Salad
- Grilled Pizza with Spicy Sausage, Roasted Peppers and Goat Cheese
- Smoked Spatchcocked Chicken with Alabama White BBQ Sauce
- Barbecue Baked Sour Cream Drop Biscuits
- Greek Lamb Burgers with Cucumber-Yogurt Sauce and Feta

Day Two:

- Cider-Brined Bone-In Pork Chops with Grilled Corn and Bacon Relish
- Grilled Baby Octopus with Grilled Spring Onions and Romesco Sauce
- Cowboy Steaks (Rib-Eyes) with Smoked Tomato-Chili Sauce and Molasses Baked Beans
- Achiotte-Grilled Snapper Wrapped in Banana Leaves with Mango-Peanut Salsa
- Grilled Potato and Green Bean Salad
- Grill-Baked Cinnamon Apples with Vanilla Ice Cream

Pasta Boot Camp — \$175

MERCHANDISE MART March 31 | August 5

Basta pasta! We're going to delve deep into regional Italian pastas, making several types of dough from scratch. You'll learn how to use a pasta roller, as well as how to create rustic shapes by hand, and we'll dress up our pastas with divine homemade sauces.

Menu:

- Egg Dough: Cavatelli alla Matriciana
- Semolina Dough: Hand-Formed Pastas (Orecchiette, Busiati and Pici) with Broccoli Rabe and Sausage
- Ligurian White Wine Dough: Pansotti (Ligurian Ravioli Filled with Ricotta and Bitter Greens) in Walnut Sauce
- Egg Dough: Black and White Striped Farfalle Salad with Shrimp and Zucchini

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Pastry Boot Camp — \$250

MERCHANDISE MART March 11

Roll up your sleeves and immerse yourself in the art of making extraordinary pastries. Using classic, French techniques we'll teach you the art and science behind creating these elegant sweet treats making them approachable for any home cook.

Menu:

- Mille-Feuille (Homemade Puff Pastry) with Apricot and Almond Filling
- Jelly Roll Cake with Passion Fruit Curd and White Chocolate Ganache
- Garam Masala and Lime Shortbread
- Coconut Dacquoise with Chocolate Bavarian Mousse
- Homemade Fig Newtons

Pie & Tart Boot Camp — \$120

MERCHANDISE MART February 24 | April 28

LINCOLN SQUARE March 25

Making pies isn't as hard as you might think! Get tips from a pro on how to make tender, flaky crusts, wrap them around sweet and savory fillings, and bake them to golden perfection.

Menu:

- Perfect Pie Dough
- Mini Chocolate-Pecan Pies
- Chicken Pot Pie
- Apple Ginger Galette
- Banana Cream Pie

Sauce Boot Camp — \$275

MERCHANDISE MART March 18 | May 20

LINCOLN SQUARE February 24

We all know there's no better accompaniment to a dish than a well-made sauce. We'll take you on a journey teaching you how time-honored and modern sauce-making techniques are actually very approachable and will inspire confidence in your very own culinary skills.

Menu:

- Homemade Poultry Stock
- Mustard Vinaigrette with Poached Leeks
- Uni Butter with Steamed Mussels
- Homemade Mayonnaise
- Béarnaise (Champagne Vinegar, Tarragon and Butter Emulsion) with Sautéed Strip Steaks
- Romesco (Roasted Pepper, Tomato, Garlic and Olive Oil) with Roasted Spring Onions
- Bordelaise (Red Wine and Veal Demi-Glace Reduction) with Sautéed Strip Steaks
- Macaroni and Cheese with Homemade Béchamel
- Sauce Bigarade (Orange Gastrique) with Sautéed Duck Breast
- Sauce Cardinale (Shellfish Stock and Cream) with Lobster

Summer Pie and Tart Boot Camp — \$150

MERCHANDISE MART June 30

LINCOLN SQUARE August 12

Making pies isn't as hard as you might think! Get tips from a pro on how to make tender, flaky crusts, wrap them around sweet and savory fillings, and bake them to golden perfection.

Menu:

- Perfect Pie Dough
- Individual Lemon Meringue Pies
- Tomato Tart with Roasted Garlic, Goat Cheese and Arugula Salad
- Raspberry-Nectarine Hand Pies
- Take Home Summer Berry Pie with Pecan Streusel

Vegetarian Boot Camp — \$200

LINCOLN SQUARE March 4 | June 10

MERCHANDISE MART August 25

Broaden your palette of cooking techniques in this one-day immersion into vegetarian cooking. Join us to explore flavors and ingredients from many cuisines as well as vegetarian proteins. We'll teach you how to create plate after plate of meatless deliciousness!

March 4 Menu:

- Celery Root Bisque with Thyme Croutons
- Eggplant and Portobello Mushroom Moussaka
- Huevos Rancheros with Black Beans, Avocado-Tomatillo Sauce and Queso Fresco
- Amaranth-Spinach Fritters with Cashew-Tahini Sauce
- Thai Peanut Noodles with Tofu, Carrots and Broccoli

June 10 | August 25 Menu:

- Roasted Corn and Coconut Chowder
- Roasted Red Pepper Falafel with Char-Grilled Baba Ganoush
- Roasted Beet Gnocchi with Wilted Beet Greens and Goat Cheese Cream Sauce
- Black-Eyed Pea and Mushroom Burgers with Arugula Pesto
- Kimchi-Sesame Rice Bowls with Fried Egg

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