

# Class Catalog

January & February 2019



## Hands On Classes

In hands-on classes, you participate in each step of the cooking so you can re-create 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.



## Demonstration Classes

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.



## Grilling Classes

Celebrate grilling season with us! Grilling classes are held outside on our patio in Lincoln Square from May to October. We'll show you how to cook with gas and charcoal grills, including the Big Green Egg. Grilling classes are hands on unless noted otherwise. As these classes take place outdoors, they are subject to weather cancellation. In the event of a cancellation, all participants will be contacted by phone and email no later than 10am (for midday classes) or 2pm (for evening classes) on the day of class.



## Wine Classes

The Chopping Block's fun and interactive wine classes are led by two Sommeliers Mary Ross and Christophe Bakunas. Both teach wine to professionals and nonprofessionals, making topics such as grape varieties, wine styles, food pairings, and tasting wine easy to understand.



## Classes for Kids

The Chopping Block wants to teach your kids to cook! Note that teens may attend adult classes when accompanied by an adult. Families are invited to come cook together at Family Night classes at Lincoln Square.

Please call ahead if you have dietary restrictions. We will do our best to accommodate you.

- V** = Vegetarian classes. Recipes will not include meat or meat products. May include dairy and eggs, unless the class is indicated as vegan.
- G** = Gluten-free classes. Recipes will not include wheat, wheat by-products, or other grains that contain gluten. If you have a severe allergy or celiac disease, please note that our kitchens are not 100% gluten free, as we do use gluten in other classes.
- +21** = You must be 21 or over to attend this class.

- Prices are per person, 1-week notice required to cancel enrollment in any class. All classes subject to cancellation or rescheduling.
- If you would like to schedule a class for a group of six or more, please contact our Events Department at [parties@thechoppingblock.com](mailto:parties@thechoppingblock.com).

View more details and sign up at [thechoppingblock.com](http://thechoppingblock.com)

## DEMONSTRATION CLASSES

### Bloody Mary Brunch — \$70

+21



Learn how to make the perfect brunch to accompany this classic beverage. This lesson includes a full meal, so come hungry! One *Bloody Mary* per person is included in the price of class with additional for purchase.

**Menu:**

- Bloody Marys
- Fried Chicken and Waffles with Tabasco Honey Butter
- Spinach Salad with Apples, Bacon and a Poached Egg
- Bananas Foster with Vanilla Bean Ice Cream

### Cast Iron and Crock Pot Cookery — \$75



Relax as we teach you how to prepare slow-simmered recipes that will fill your home with amazing aromas. During class students will sample all the dishes prepared by the chef.

**Menu:**

- Beef Bourguignon
- Braised Chicken Tinga Tacos (Tomatillo, Chipotle and Tomato-Braised Chicken)
- White Bean and Smoked Ham Hock Soup
- Pulled Pork Sliders with Carolina BBQ Sauce

### Cooking Lab: Flavor Dynamics — \$60



Our Cooking Lab classes teach the basic science and techniques all cooks need to know. You will learn to understand the causes and effects of your actions in the kitchen. We examine various cooking methods and ingredients to discover parallels that will amaze you.

Learn the secrets of successful flavor combinations! Learn to make sense of your sense of taste. With stronger olfactory awareness, you can become a creative cook inspired by your own palate instead of following recipes to the letter. We'll teach you the art of tweaking the five basic tastes - Salty, Sweet, Bitter, Sour and Umami - and how to use herbs, spices, oils, vinegars and aromatic ingredients to create a rich tapestry of cuisine limited only by your imagination.

### Food and Wine of France — \$95

+21



This refined yet hearty French repast, enjoyed while sipping wine, will transport you to a magical evening in the French countryside. *You will receive a complimentary glass of bubbly, and a tasting pour of each wine pairing while enjoying the meal prepared by the chef.*

**Menu:**

- Salade Lyonnaise (Poached Egg and Bacon Salad)
- Red Wine-Braised Lamb with Root Vegetables
- Pomme de Terre Puree (Potato Puree)
- Profiteroles with Ice Cream and Chocolate Sauce

**Featured Wines:**

- Triennes, Rosé, Provence, France, 2016
- Chateau La Grolet, Bordeaux, France, 2016

### Food and Wine of Italy — \$95

+21



Learn how to prepare a mouth-watering, Italian feast paired with regional wines. *You will receive a complimentary glass of bubbly, and a tasting pour of each wine pairing while enjoying the meal prepared by the chef.*

**Menu:**

- White Bean, Fennel and Arugula Salad with Lemon-Anchovy Vinaigrette
- Beef Braciolo Braised in Tomato Sauce with Parmesan Polenta
- Oven-Roasted Broccolini with Red Chili Flakes
- Ricotta Fritters with Powdered Sugar

**Featured Wines:**

- Bozen, Pinot Grigio, Alto Adige, Italy, 2016
- La Maialina, Chianti Classico, Tuscany, Italy, 2011

### Raw Bar and Bubbles — \$55

+21



Oysters and sparkling wine? Yes, please! What better way to unwind after a hard day's work! Pull up a stool at our bar and enjoy a seafood tasting of our featured recipes. *One glass of sparkling wine is included in the class. This demonstration class will be held in our semi-private kitchen on the retail floor.*

**Menu:**

- Raw Oysters on the Half Shell with Mignonette Sauce
- Shrimp Cocktail
- Mussels with White Wine and Fresh Herbs

### Warming Winter Dinner Party — \$85



Take the chill out of the air with these wintry delights. This class includes a full meal, so come hungry!

**Menu:**

- Caramelized Parsnip Bisque
- Apple Cider-Glazed Pork Chops
- Sautéed Brussels Sprouts with Maple Mustard Glaze
- Horseradish Whipped Potatoes
- Sticky Toffee Pudding

### Winter Soups and Stews — \$65



Take the chill out of the air with these hearty, soul-satisfying recipes featuring comforting recipes from around the world. *During class students will sample all the dishes prepared by the chef.*

**Menu:**

- Beef Paprikash with Egg Noodles
- Broccoli-Cheddar Soup
- Minestrone with Farro, Chickpeas and Kale
- Weeknight Cassoulet (White Bean, Turkey Sausage and Chicken Stew)

## HANDS ON CLASSES

### Bagel Brunch — \$75

Homemade bagels, cream cheese and smoked salmon? We can't think of a better way to start the day! Learn, hands-on, how to make these crowd-pleasers, and enjoy a fun and delicious brunch.

#### Menu:

- Hot-Smoked Salmon with Homemade Bagels and Herb Cream Cheese
- Cucumber-Dill Salad
- Cheese Blintzes with Blueberry Sauce

### Bonjour Brunch — \$85

Ah... Start your day off right with luxurious French favorites.

#### Menu:

- Potato-Leek Bisque with Crème Fraîche
- Salad Lyonnaise (Frisée Salad with Bacon and Poached Eggs)
- Croque Monsieur (Ham and Gruyere Cheese Griddled Sandwich)
- Apple Clafoutis

### Braising Boot Camp— \$225

Braising is the perfect cold-weather 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 and Beans)
- Curried Vegetable Stew with Naan Bread

### Butchery Boot Camp — \$325

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

#### Techniques:

- Breaking Down and Deboning Chicken
- Boning and Filleting a Whole Fish
- Frenching Rack of Lamb
- Cleaning, Butterflying, Stuffing and Tying Flank Steak
- Trimming, Cutting, Pounding and Breading Pork Tenderloin

### Caribbean Cruise — \$90

Need to get away from the demanding and tiring holiday season? Join us for an evening of revitalizing fare.

#### Menu:

- Cuban Plantain Nachos with Shrimp, Avocados, Black Beans and Mangos
- Spice Rubbed and Roasted Pork Tenderloin with Cumin-Orange Mojo Sauce; Roasted Poblano-Cilantro Rice
- Pudín de Pan (Spiced Pineapple Bread Pudding)

### Chicago Deep Dish Pizza and Calzones — \$85

From crust to core, learn the secrets of preparing your favorite pizza specialties.

#### Menu:

- Caesar Salad with Homemade Croutons
- Mushroom and Sausage Deep Dish Pizza
- Individual Spinach, Goat Cheese and Sun-Dried Tomato Calzones

### Chicken 101 — \$95

Chicken is America's favorite poultry, but too often, it's dry and bland. Learn to transform chicken into a world of flavors and textures, and your everyday dinner staple into a delicious dining experience.

#### Menu:

- Coq au Vin (Red Wine-Braised Chicken)
- Chicken Saltimbocca (Sautéed Chicken Cutlets with Sage, Prosciutto and Provolone)
- Whole Roasted Moroccan-Spiced Chicken with Harissa-Yogurt Sauce

### Chinese New Year Feast — \$85

Celebrate the Year of the Pig by enjoying some traditional Chinese favorites.

#### Menu:

- Shrimp and Ginger Wonton Soup with Watercress
- Beef and Broccoli Lo Mein
- Kung Pao Chicken with Steamed Rice
- Szechuan Green Beans

### Cold-Weather Feast — \$90

The weather outside may be frightful, but these recipes are certainly delightful.

#### Menu:

- Kale and Shaved Brussels Sprouts Salad with Apples and Hazelnuts
- Smothered Bone-In Pork Chops with Caramelized Onion and Dried Cherry Relish
- Scalloped Potatoes
- Gingerbread-Pear Upside-Down Cake

## Culinary Adventure: A Trip to Jerusalem — \$95



There's no doubt about it... these flavor combinations will take you straight to the Promised Land. This menu is inspired by "Jerusalem: A Cookbook" by Yotam Ottolenghi and Sami Tamimi.

### Menu:

- Roasted Cauliflower Salad with Toasted Hazelnuts and Pomegranate Seeds
- Braised Lamb with Apricots and Currants
- Saffron Rice with Pistachios and Herbs
- Clementine and Almond Cake

## Culinary Adventure: A Trip to Mexico — \$90



Join us as we travel south-of-the-border to create a feast that's bold, vibrant, and full of rich and complex flavor combinations.

### Menu:

- Watercress Salad with Hearts of Palm, Avocados and Pumpkin Seeds
- Chorizo and Mushroom Queso Fundido with Tortilla Chips
- Chicken with Ancho Spiced Mole Sauce and Steamed Rice
- Lime-Coconut Cupcakes with Dulce de Leche Frosting

## Dim Sum and Then Some — \$85



Have fun preparing and enjoying some traditional dim sum favorites.

### Menu:

- Shrimp Toast with Sweet Chili Dipping Sauce
- Chicken Bao (Chicken-Filled Buns)
- Vegetable Potstickers with Soy Dipping Sauce
- Chinese Meatballs with Fermented Black Bean Sauce

## Dumplings Around the World — \$85



Food in small packages is a worldwide phenomenon. Have fun preparing and devouring these comforting tidbits of all shapes, sizes and ethnicities.

### Menu:

- Indian Samosas with Cilantro Chutney
- Chicken Bao (Chicken-Filled Buns) with Hoisin Sauce
- Black Bean and Chorizo Empanadas with Avocado Crema

## Eat, Drink and Be Merry — \$105



Enjoy the flavors of fall as you learn how to cook this delicious, seasonal menu while discovering fresh new ways to make dinner fun! One glass of wine or one beer per student is included in the price of the class- our wine list will also be available if additional beverages would like to be purchased during class. *One glass of wine or one beer per student is included in the price of the class.*

### Menu:

- Roasted Beet and Butternut Squash Salad with Apple Cider Vinaigrette
- Roasted Beef Tenderloin with Crumbled Blue Cheese and Red Wine Reduction
- Wild Rice with Dried Apricots, Cranberries and Hazelnuts
- Pear-Frangipane Tart (Almond Custard Tart)

## Eating the Winter Weight Away — \$90



Join us for a healthy-cooking class taught by our very own Chopping Block chef, JC White! After earning his culinary nutrition degree and spending 10 years in the culinary industry, JC is excited to share his enthusiasm for healthy cooking with you. During class today, JC will teach you the skills to create a nutrient-dense, high-protein meal that you can feel good about eating.

### Menu:

- Arugula Salad with Blistered Cherry Tomatoes, Quick-Pickled Red Onions, Almonds and Mustard Vinaigrette
- Seared Lemon Chicken Breasts with Charred Onion Sauce
- Creamy Herb Farro with Wilted Leeks
- Roasted Green Beans and Mushrooms with Balsamic and Parmesan
- Sweet Potato Soufflé

## An Evening in New Orleans — \$110



Learn how to prepare a truly authentic French-Creole feast that's reflective of the melting pot of cultures found in Louisiana. Gather around our table, and learn how to prepare these classic recipes you're sure to recreate in your own kitchen for years to come.

### Menu:

- Oysters Rockefeller Crostini
- Snapper with Crawfish Nantua (Classic Crawfish Tail Cream Sauce)
- Dirty Rice with Andouille Sausage
- Banana Foster Bread Pudding

## Filipino Feast — \$90



From the outdoor kitchens of small villages in the Philippines to Chicago, it is indeed possible to experience the vivid flavors of Filipino cuisine right in your very own kitchen.

### Menu:

- Lumpia Shanghai (Pork and Cabbage Spring Rolls)
- Pancit Guisado (Noodle Stir Fry with Shrimp and Vegetables)
- Chicken Adobo with Steamed Rice
- Cassava Cake with Custard Topping and Citrus Caramel Sauce

## Japanese Homestyle Cooking — \$90



Learn how to whip up a savory supper of Japanese classics for whenever the craving strikes.

### Menu:

- Okonomiyaki (Savory Pancakes with Pork Belly and Cabbage)
- Japanese Eggplant with Sesame and Miso
- Soba Noodles with Dashi Dipping Sauce
- Pork Katsu with Quick-Pickled Carrot and Cucumbers

## Keto Kraze — \$95



The Ketogenic diet is a low carb, high fat diet that's very popular right now for good reason; it can help you lose weight and improve your overall health. The diet drives your body in to a state of ketosis, where the body uses fat as a primary fuel source instead of carbs. Our chef, Melissa Novak, will teach you what you can and cannot eat on the Keto diet, and how to make good choices so you can be successful.

### Menu:

- Coconut-Curry Cauliflower Soup
- Spinach Salad with Warm Bacon Vinaigrette and Sunflower Seeds
- Sautéed Salmon with Walnut Pesto, Roasted Spaghetti Squash and Garlic-Chili Broccoli
- Avocado-Chocolate Mousse with Toasted Hazelnuts

## Knife Skills — \$55



Our most popular class! A hands-on chopping session that'll have you mincing, slicing, and dicing vegetables and herbs like a pro. Knife care, sharpening and honing, and selection are covered.

## Know Your Gnocchi — \$85



Gnocchi may pre-date pasta, but these little knuckle-shaped dumplings still receive pride of place in Italian cuisine, from Nonna's table to the finest ristorante. Learn to prepare a variety of gnocchi paired with seasonal accompaniments for a perfect match of flavors. Your Chef can recommend an Italian wine from our cellar to make your meal molto delizioso!

### Menu:

- Potato Gnocchi with Italian Sausage and Tomato Ragù
- Spinach Gnocchi with Gorgonzola Cream
- Cauliflower Gnocchi with Herb Butter and Toasted Breadcrumbs

## Meat 101 — \$100



Satisfy your favorite meat-lover with a new twist on the classic Chicago-style steak. Join our chefs as they guide you through Meat 101 basics, then take off on an international journey of classic meat preparations from around the world.

### Menu

- Steak au Poivre with Shallot and Cognac Reduction
- Rosemary Crumb-Crusted Rack of Lamb with Warm French Lentil Salad
- Pozole Verde (Pork Shoulder Braised in Tomatillo Sauce with Hominy)

## Midnight Paris — \$90



Ooh la la! These Parisian recipes bring a whole new meaning to the City of Light.

### Menu:

- Roasted Beet and Frisée Salad with Warm Bacon Vinaigrette
- Braised Chicken with Dijon Mustard, Crème Fraîche and Pearl Onions
- Horseradish Whipped Potatoes
- Roasted Haricots Verts (French Green Beans) with Shallots
- Dark Chocolate Pot de Crème

## A Night in Spain — \$100



There's good reason why Spain is such a culinary hot spot. Come experience the bold and zesty flavors of this country, and discover what the buzz is all about. ¡Ole!

### Menu:

- Arugula Salad with Oranges, Chorizo "Croutons" and Shaved Manchego Cheese
- Sautéed Strip Steaks with Romesco Compound Butter
- Seafood Paella with Shrimp and Mussels
- Flan (Caramel Custard)

## Old School Italian — \$85



Italian food just like Mamma used to make. Mangia!

### Menu:

- Meatballs with Classic Marinara
- Homemade Fettuccine with Alfredo Sauce
- Garlic Bread
- Tiramisu

## Pasta Boot Camp — \$175



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; Black and White Striped Farfalle Salad with Shrimp and Zucchini
- 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

## Pasta Workshop — \$95



What's your favorite pasta? After working with our Chefs, you'll be able make your own fresh pasta dough, creating noodles of all shapes and sizes as well as seasonal sauces suited to each pasta!

### Winter Menu:

- Ricotta and Spinach-Filled Manicotti with Tomato Sauce
- Spinach Pappardelle with Sautéed Brussels Sprouts, Mushrooms and Pine Nuts
- Fettuccine Carbonara

## Prost! Celebrating German Cuisine — \$90



Keep the German culture of Lincoln Square alive! Celebrate the history of this neighborhood as you learn how to prepare authentic recipes using traditional German cooking techniques.

### Menu:

- Warm Beet Salad with Shallots and Caraway
- German Rouladen (Rolled Flank Steak)
- Braised Red Cabbage
- Schupfnudeln (Potato Noodles)
- Bratäpfel (Baked Apples with Cinnamon and Sugar a la Mode)

## Ramen Workshop — \$95



No crunchy noodles and flavor packets here! Learn the art of making ramen noodles from scratch, and how to prepare delicious recipes featuring Japan's most ubiquitous noodle

### Winter Menu

- Homemade Ramen Noodles
- Tonkatsu Ramen with Chashu (Soy and Sake) Pork Belly, Roasted Garlic Oil, Soft Boiled Egg and Corn
- Miso Ramen with Bok Choy, Green Onion-Schmaltz Oil, Soft Boiled Egg, Nori and Bamboo Shoots



## Sauce Boot Camp — \$325



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. We'll teach you how to conquer all things sauce-related in this comprehensive, hands-on sauce class. *Tasting-size portions of meat, vegetables and starch will accompany the sauces.*

### Menu:

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

## Seafood 101 — \$115



What's your fear of fish? Can't find affordable options? Don't have confidence to cook seafood dishes? Hate that "fishy" smell? Our Chefs will help you conquer your fears with professional techniques and recipes that reap the health benefits and international flavors of seafood, flown fresh daily to Chicago from the oceans and seas of the world.

### Menu

- Snapper a la Veracruzana (Snapper Braised with Peppers, Tomatoes, Olives and Capers)
- Blackened Catfish with Cajun Remoulade
- Miso-Glazed Salmon with Honey-Soy Roasted Broccoli

## Southern Comfort — \$85



We're not just whistlin' Dixie! Join us for a delicious down-home dinner.

### Menu

- Fried Chicken with Honey-Tabasco Sauce
- Skillet Mac-n-Cheese
- Roasted Green Beans with Pecans
- Apple Pandowdy with Whiskey-Spiked Whipped Cream

## Spanish Tapas — \$90



Have fun cooking an assortment of authentic, Spanish small-plate snacks inspired by our very own Chopping Block chef, Guillermo.

### Menu:

- Tortilla de Patatas (Spanish Omelet) with Aioli
- Crostini with Chorizo, Brie and Honey
- Sautéed Clams with White Beans and Salsa Verde
- Ground Beef Stuffed Piquillo Peppers with Béchamel-Cheese Sauce

## Steakhouse DIY — \$95



Sizzling, thick and juicy, Chicago steak is famed the world over. But who needs the crowds of dining out when you can prepare an iconic steakhouse dinner at home? Learn how to prepare these steakhouse classics at home!

### Winter Menu

- Wedge Salad with Bacon and Blue Cheese Dressing
- Sautéed Strip Steaks with Herb Compound Butter
- Creamed Spinach
- Twice-Baked Potatoes
- Molten Chocolate Lava Cakes

## Street Food — \$85



Have you ever wanted to eat your way around the world? Here's your chance! Get on board and we'll take you for a wild culinary ride.

### Menu:

- Cuban Sandwiches
- Lumpia (Crispy Pork-Filled Egg Rolls)
- Beer-Battered Fish Tacos with Chipotle Mayonnaise
- Beef Kofta Kababs (Grilled Ground Beef Skewers) with Dill Yogurt Sauce

## Surf and Turf — \$110



Everyone's favorite classic! Enjoy a lavish meal uniting the very best of land and sea.

### Menu:

- Lobster Thermidor
- Sautéed Beef Tenderloin Steaks with Garlic-Herb Butter
- Oven-Roasted Brussels Sprouts with Almonds
- Dark Chocolate Mousse

## Sushi Workshop — \$90



Be your own sushi master! With a little practice and our chef's helpful hints, you will learn how easy it really is to make sushi in your own kitchen.

### Menu:

- Maki Rolls
- Inside-Out Rolls
- Spicy Tuna Rolls
- Shrimp Tempura
- Salmon and Eel Nigiri

## Taste of India — \$85



Come join us as we introduce you to the flavors and ingredients that go hand in hand with this country's rich traditions and history. *Vegetarian-friendly menu!*

### Menu:

- Mango Lassi
- Vegetable Pakoras with Coconut-Cilantro Chutney
- Aloo Paratha (Potato-Stuffed Griddle Bread)
- Chicken Tikka Masala
- Spiced Rice with Currants and Cashews

## Tiki Time — \$95

+21



Cool island breezes and fruity cocktails are calling your name. All you need is Polynesian fare for an evening in paradise. *One Mai Tai per student is included in the price of the class.*

- Mai Tais
- Ahi Tuna Poke with Cucumbers, Avocado and Spicy Tobiko Mayo
- Chinese BBQ Pork Tenderloin Lettuce Wraps with Daikon-Carrot Slaw
- Chicken Wings with Spicy Hoisin Sauce
- Pineapple Fried Rice

## Touch of Seoul — \$90



We'll teach you to incorporate Korean-inspired ingredients into your recipes, so you can experience their amazingly explosive flavors.

### Menu:

- Bulgogi Egg Rolls with Spicy Mayo Dipping Sauce
- Korean Pork Belly Tacos with Kimchee
- Honey-Sriracha Chicken Wings with Sesame Rice
- Sweet and Spicy Cucumber-Kohlrabi Salad

## Tuscan Villa — \$90



Create a soul-satisfying meal inspired by the flavors of Tuscany. Buon Appetito!

### Menu:

- Grilled Fennel and Artichoke Pizza with Pecorino
- Pan-Seared Bass with Salsa Verde
- Warm Farro, Tomato, Olive and Basil Salad
- Zeppole (Deep Fried Italian Fritters)

## Vegan Boot Camp — \$200



Vegans eat more than just salad, you know? Join us for an all-day immersion into plant based cooking for every meal, from easy breakfast to indulgent dessert, and see that vegan cuisine can be easy, accessible, and oh so flavorful!

### Menu:

- Seitan Gyros with Vegan Tzatziki
- Pasta Primavera with Garlic-Cream Sauce
- Scrambled Tofu Tacos with Black Beans and Salsa Verde
- Lentil and Farro Soup with Kale
- Mini Lemon Meringue Pies with Homemade Pie Dough and Swiss "Meringue"

## Vegan Voyage: Italian Trattoria — \$95



Get immersed in making a delicious hearty Italian feast, which also happens to be vegan! With an exciting array of dairy, egg, and even gelatin substitutes, you'll be guaranteed to leave with a full belly, and you won't even miss the cheese! Buon Appetito!

### Menu:

- Arugula Salad with Pine Nuts and Blood Orange-Balsamic Vinaigrette
- Eggplant Invololini (Breaded Eggplant Roll-Ups, Stuffed with Herbs and Almond "Ricotta")
- Orecchiette with Rapini and Roasted Garlic Cream Sauce
- Chocolate Panna Cotta with Macerated Berries

## Cook the Book:

## The Complete Indian Instant Pot Cookbook — \$100



Join us for our new series, Cook the Book, where you will learn how to prepare recipes from a different cookbook each month in our very own kitchen. These classes will give you the opportunity to dive into the cuisines, flavors, methods and techniques of well-known cookbooks, both locally and nationally, that are dear to our hearts and inspire our culinary point of views. This month we welcome Chandra Ram, award-winning editor and author, into our kitchen for a demonstration class full of fun and culinary enlightenment as she teaches you how to prepare recipes from her book, "The Complete Indian Instant Pot Cookbook".

Cooking Indian food has never been as approachable, fast and easy! The Instant Pot® is a game-changer for Indian cooking because it replaces a pressure cooker, slow cooker, yogurt maker, rice cooker, bread proofer and steamer all in one. Chandra's cookbook shares 130 recipes from all over India, specifically designed for the Instant Pot®, that meld Indian ingredients and American sensibilities for novices and experts alike. You'll find tons of familiar favorites, including Butter Chicken and Chana Masala; less well-known regional dishes like dosas, biryanis and dals or lentil stews; and contemporary twists on Indian flavors such as Orange Cumin Salmon and Chocolate Chai Pudding. Chandra also offers meal plans, easy substitutions and tips for building an Indian pantry.

Recipes featured:

**Carrot-Ginger Soup**

**Potato Kulcha (Potato-Stuffed Griddled Bread)**

**Goan Shrimp Coconut Curry**

**Vegetable-Paneer Biryani**

*We encourage you to purchase the book prior to the class, so you can experiment with Chandra's recipes and your Instant Pot®, and become familiar with the ingredients.*

## Kids / Family

### Family Nights — \$55



Bring the whole gang and join us for family classes at Lincoln Square! Everyone cooks and eats together. *Children ages 6 and older are invited to help their families prepare a fabulous feast.*

#### A Night in Spain:

- Bacon-Wrapped Dates with Balsamic Glaze
- Baked Goat Cheese in Tomato Sauce
- Chicken and Shrimp Paella
- Churros y Chocolate

#### A Trip to NOLA:

- Cajun Shrimp with Remoulade
- Andouille Sausage and Chicken Jambalaya
- Cornbread Muffins with Honey Butter
- Virgin Bananas Foster with Vanilla Ice Cream

## Couples Cooking

### Couples Cooking



#### Italian Night Out — \$100

Spend an evening preparing a scrumptious Italian feast based on fresh produce, fresh seasonings, fine meats and seafood. To make your meal complete, your Chef is happy to recommend an Italian white, red or sparkling wine from The Chopping Block's cellar. That's amore!

##### Menu:

- Shrimp Diavolo (Sautéed Shrimp in Spicy Tomato Sauce) with Garlic Bread
- Bistecca Toscana (Red Wine Marinated Ribeye Steaks) with Fresh Herb Sauce
- Rosemary Potatoes
- Roasted Broccolini with Lemon-Parsley Gremolata
- Fresh Ricotta and Chocolate-Filled Cannoli

#### Your Place or Mine — \$95

Take the guess work out of finding the Gourmet spot and join us for an enticing evening as we coach you on how to masterfully conquer a satisfying fare. Bring your passion to the kitchen and we'll help you seal the deal on an exceptional night.

##### Menu:

- Frisée Salad with Roasted Beets, Goat Cheese and Mustard Vinaigrette
- Herb and Roasted Garlic Rubbed Pork Tenderloin with Parmesan Polenta and Pine Nut Gremolata
- Sautéed Brussels Sprouts with Crispy Pancetta
- Roasted Pears with Espresso-Chocolate Sauce and Gelato

### Date Night



#### Fireside Feast — \$95

Bring a date and warm up with these cozy recipes.

##### Menu:

- Herb and Panko-Crusted Scallops with Arugula, Fennel and Orange Vinaigrette
- Maple and Mustard-Glazed Salmon with Celery Root-Potato Puree
- Brussels Sprout and Bacon Hash
- Chocolate Fondue with Assorted Fresh Fruit and Marshmallows

#### Casablanca — \$100

Explore the delicious combinations of the mouth-watering and vibrant flavors of Morocco!

##### Menu:

- Sautéed Scallops with Shaved Fennel, Watercress, Pine Nuts and Preserved Lemon Vinaigrette
- Grilled Strip Steaks with Chermoula (Fresh Herb Sauce) Compound Butter, Harissa Cauliflower and Saffron-Infused Couscous
- Pistachio-Cardamom Cake with Orange Whipped Cream.

## The Chopping Block's Culinary Boot Camp 1 — \$1950



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

##### Skills:

- Day One: Knife Skills, Fish Butchery, Stocks, Emulsions
- Day Two: Chicken & Beef Butchery, Braising, Sautéing, Roasting
- Day Three: Soup Making, Classic "Mother Sauces," Vinaigrettes
- Day Four: Eggs, Vegetables, Beans, Grains, Potatoes
- Day Five: Taste bud Tutorial, Plating Skills, Honing Your Techniques



## Baking & Pastry Classes

### Artisanal Breads Boot Camp — \$185

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

### Chocolate Boot Camp — \$225

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

### Cupcake Boot Camp — \$135

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.

#### Menu:

- Hot Cocoa Cupcakes with Marshmallow Frosting
- Triple Citrus Cupcakes (Orange Cake with Lemon Curd and Lime-Cream Cheese Frosting)
- Nutella Swirl Cupcakes with Whipped Ganache and Toasted Hazelnuts
- Chai Spice Cupcakes with Coconut Frosting

### Donut Boot Camp — \$135

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.

#### Menu:

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

### How to Bake Bread — \$85

Learn the basics of working with yeast doughs and the art of properly shaping and baking them to perfection!

#### Menu:

- Carrot-Rosemary Braided Whole Wheat Loaf
- Pecan Sticky Buns
- Spinach, Goat Cheese and Sun-Dried Tomato Calzones

### Fabulous French Pastries — \$100

Learn how to whip up these awe-inspiring pastries in your own kitchen in no time! Don't let the fancy French descriptions fool you... these really are approachable desserts for the home cook.

#### Menu:

- Chocolate Pot de Crème
- Raspberry and Hazelnut Mille Feuille (Puff Pastry Layered with Pastry Cream, Hazelnut Royal Icing and Raspberry Jam)
- Pear-Frangipane Tart (Almond Custard Tart)
- Paris-Brest (Pâte à Choux Ring) with Cointreau-Infused Diplomat (Pastry Cream with Whipped Cream)

### Gluten-Free Breads Boot Camp — \$135

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

### Macaron Workshop — \$85

French macarons take a bit of finesse to get that...*je ne sais quoi*. Our expert pastry chef will guide you through every step of the technique as you learn and practice how to make three delicious varieties. You will go home with a box of your beautiful masterpieces! *Gluten free menu!*

#### Menu:

- Chocolate Macarons with Raspberry Jam and Coffee Buttercream
- Toasted Coconut Crunch Macarons with Salted Caramel Filling
- Lemon Macarons with White Chocolate Lemon Ganache

### Pie and Tart Boot Camp — \$135

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
- Cranberry Curd Tart with Whipped Cream and Candied Orange Zest
- Individual Dutch Apple Pies
- Sweet Potato Hand Pies with Maple-Walnut Glaze
- Mini Galettes with Italian Sausage, Swiss Chard and Gruyere Cheese

## VALENTINE'S DAY

### Bellini Brunch — \$90

+21



Start the weekend off right with a sumptuous brunch.

#### Menu

- Bellini (Peach and Prosecco Cocktail)
- Arugula, Avocado and Grapefruit Salad with Toasted Pistachios
- Quiche with Sautéed Mushrooms, Leeks and Goat Cheese
- Brussels Sprouts, Pancetta and Fingerling Potato Hash
- Cinnamon Roll Coffee Cake

### Hands-On Valentine's Feast: California Wine Country — \$150



Celebrate Valentine's Day with an elegant multi-course, hands-on meal that you cook together, for each other. One glass of sparkling rosé is included in the price of the class.

#### Menu:

- Arugula Salad with Grapes, Toasted Almonds, Feta and Green Olive Vinaigrette
- Dungeness Crab Cakes with Red Pepper Coulis
- Roasted Prime Rib with Cabernet Reduction
- Roasted Garlic, Artichoke and Fennel Bread Pudding
- Grilled Radicchio with Fig-Balsamic Glaze
- White Wine and Vanilla Poached Pears with Chocolate Sauce and Toasted Hazelnuts

### Hands-On Valentine's Feast: Parisian Pleasures — \$150



Celebrate Valentine's Day with an elegant multi-course, hands-on meal that you cook together, for each other. One glass of sparkling rosé is included in the price of the class.

#### Menu:

- Endive-Apple Salad with Walnuts and Champagne Vinaigrette
- Crab Florentine au Gratin with Gruyere Cheese
- Sole Meunière (Sautéed Sole with Brown Butter-Lemon Sauce) with Pomme Duchess
- Sautéed Haricot Verts with Almonds and Tarragon
- Dark Chocolate Pot de Crème

### Hands-On Valentine's Feast: An Evening in Italy — \$150



Celebrate Valentine's Day with an elegant multi-course, hands-on meal that you cook together, for each other. One glass of sparkling rosé is included in the price of the class.

#### Menu:

- Pear and Frisée Salad with Crispy Prosciutto, Fig Vinaigrette and Gorgonzola
- Seared Scallops with Shaved Brussels Sprouts, Herb Crema and Toasted Hazelnuts
- Rosemary Crumb-Crusted Rack of Lamb with Chianti Reduction
- Warm Farro Salad with Pancetta and Baby Kale
- Roasted Parsnips and Carrots with Garlic and Thyme
- Torta Caprese (Dark Chocolate Flourless Cake with Almonds) with Whipped Cream

### Hands-On Valentine's Feast: An Evening in Italy with Wine Pairings — \$175

+21



Celebrate Valentine's Day with an elegant multi-course, hands-on meal that you cook together, for each other. One glass of sparkling rosé is included in the price of the class.

#### Menu:

- Pear and Frisée Salad with Crispy Prosciutto, Fig Vinaigrette and Gorgonzola
- Seared Scallops with Shaved Brussels Sprouts, Herb Crema and Toasted Hazelnuts
- Rosemary Crumb-Crusted Rack of Lamb with Chianti Reduction
- Warm Farro Salad with Pancetta and Baby Kale
- Roasted Parsnips and Carrots with Garlic and Thyme
- Torta Caprese (Dark Chocolate Flourless Cake with Almonds) with Whipped Cream

#### Wines pairings include:

- Bozen Pinot Grigio, Alto Adige, Italy, 2015
- La Maialina Chianti Classico, Tuscany, Italy, NV
- Saracco Moscato d'Asti, Piedmont, Italy, 2017

### Sensual Food and Wine Pairing — \$125

+21



Wine is our most sensual beverage, with colors sparkling like precious jewels, textures compared to silk and satin and flavors ranging from juicy peach to the finest dry-aged meat. Pairing wine with food can bring enjoyment to new heights, but which food? Understanding how to unite the two can be a challenge, but we're going to take all the guesswork out of the process during this special demonstration class. Join Advanced Sommelier Mary Ross to mix-and-match five wines with five food courses, to test the "rules" of wine and food and craft your own sensational wine and food experience!

#### Menu:

- Baked Brie en Croute
- Roasted Beet and Butternut Squash Salad with Almonds and Arugula
- Steamed Mussels, Spicy Italian Sausage, Herbs and Tomatoes
- Sautéed Beef Tenderloin, Crumbled Blue Cheese, Red Wine Reduction and Truffled Potato Puree
- Apple Fritters

#### Wine Pairings:

- Domaine Manciat-Poncet, Burgundy, France
- Schloss Gobelsburg, Riesling, Kamptal, Austria
- Valle dell'Acate, Nero d'Avola, Sicily, Italy
- Anne Pichon, Syrah Grenache "Savage" Ventoux, France
- Saracco, Moscato d'Asti, Piedmont, Italy

**Tequila Tasting — \$95**

Mezcal, a Mexican spirit made from agave, is the most illuminating experience of terroir, culture and 500 years of history all captured in a bottle. This indigenous spirit of Mexico is just now being explored in the US. Come explore the beauty and complexity of mezcal, unlock its secrets and see firsthand what mezcal and its traditions hold. Sommelier Christophe Bakunas' passion for this spirit will be evident as he walks you through the artisanal production of this spirit, decodes the multiple varieties of mezcal and takes you on a journey to understand the rich and colorful history of this mysterious spirit. You'll start the class with a mezcal-based welcome cocktail followed by a tasting of 6 unique mezcals and tequilas from different regions in Mexico.

**Culinary Heaven: Wine and Cheese Pairing — \$75**

The marriage of wine and cheese is one of our most exciting taste sensations, from easy appetizers to an elegant cheese board, even Mac 'n Cheese. Learn the secrets of successful wine and cheese pairing in this tasting of 6 prominent cheese styles mixed-&-matched with 6 wines. This seminar is fun and delicious for all wine and food lovers!

*\*Semi-Firm Cow's Milk Cheese, Triple Cream Cow's Milk Cheese, Goat's Cheese and Sheep's Milk Cheese*

**How to Pair Food & Wine — \$125**

Enjoying wine with food is one of our favorite pastimes, but understanding how to unite the two can be a challenge. We're going to take all the guesswork out of the process during this special demonstration class, so you can wow your guests at your next summer soiree. Join us as we test the "rules" of wine and food, and come up with rules of your own in this mix-and-match tasting of 5 wines with tastings of 5 food items.

**Menu:**

- Baked Brie en Croute
- Roasted Beet and Butternut Squash Salad with Almonds and Arugula
- Steamed Mussels, Spicy Italian Sausage, Herbs and Tomatoes
- Sautéed Beef Tenderloin, Crumbled Blue Cheese, Red Wine Reduction and Truffled Potato Puree
- Apple Fritters

**Wine Menu:**

- Domaine Manciat-Poncet, Burgundy, France
- Schloss Gobelsburg, Riesling, Kamptal, Austria
- Valle dell'Acate, Nero d'Avola, Sicily, Italy
- Anne Pichon, Syrah Grenache "Sauvage" Ventoux, France
- Saracco, Moscato d'Asti, Piedmont, Italy

**How to Bluff Your Way Through Wine — \$65**

Why is one wine lemony and refreshing, while another is chewy and meaty? Why does one wine complement shrimp and another a juicy T-bone? These answers lie in four simple variables that determine all wine flavors. Learn these variables to understand how all wine is the same and each wine unique. This class is a must for entry-level wine drinkers and a fun refresher for aficionados.

*Tasting includes 5 international wines and tasting noshes.*

**Italy in a Glass — \$75**

Love Italian wines and the way they elevate any party? Welcome sommelier and Italian wine lover, Viktorija, back into our kitchens for a delicious class on the wines of Italy. Take a trip through history, learn about the geography and culture of Italy and taste 5 delightful wines. Viktorija will help you learn how to describe what you like in wine and give you easy-to-use tips on how to choose the best wine for any occasion.

**The Science Behind Tasting Wine — \$80**

This is the nerdiest of all the classes for those who really want to dive into the analytics of professional wine tasting! This class will teach you how to properly taste and analyze wine, but also explore much of the science behind what's happening when you taste wine and why. You'll also go home with tasting charts, color analysis charts as well as a science glossary of terms.

*Five different wines, including some special bottles that are not on our wine list, will be sampled in class today.*

**Unlock the Secrets of Wine — \$65**

Learn the tasting techniques that wine pros use to get the most enjoyment from every sip. We'll taste 5 international wines, revealing the wine's face, nose, palate and finish as we go. Learn wine vocabulary that you, your sommelier and wine merchant can understand and discuss wine and food pairing.

*Tasting includes 5 international wines. Seminar also includes wine-friendly noshes.*

**The Vineyards of France — \$65**

For centuries, the vineyards of France triumphed over plague, piracy and ground war to produce the world's most desired wines. Today—despite sagging sales—the wines, wine law and wine growing philosophy of France remain standards to which all other countries compare. Join us to taste five prominent styles and explore French wine growing culture, still the basis for fine wines around the world.

*Tasting includes 5 French wines.*

**Wine and War: Grand Cru of Wine Classes — \$90**

During World War II the Germans took control of France and began to systematically plunder the cellars of France's most revered wine regions; Champagne, Burgundy and Bordeaux. We will take a walk through history while drinking wines from these regions as we unfold the story of French resistance as the German wine Weinführers attempted to pillage the cellars of hundreds of wineries.

We'll discuss the history of World War II through the lens of vigneron, the battles that raged inside the country and the power of the French resistance in the world of wine. You will have a new understanding of a unique struggle that occurred in WWII as well as an introduction to three of the most prominent appellations of France.

*Six different wines, including a reserve Champagne and some special bottles that are not on our wine list, will be sampled in class today.*