

Class Catalog

March & April 2020



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 varietals, 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.

- Vegetarian classes. Recipes will not include meat or meat products. May include dairy and eggs, unless the class is indicated as vegan.
- 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.
- All participants in classes must be at least 18 years old, excluding Family Nights and kid/teen classes and camps.
- Please note a non-refundable 10% fee is applied to all classes for the operational and administrative costs incurred by TCB.

View more details and sign up at thechoppingblock.com

Merchandise Mart: 222 Merchandise Mart Plaza, Suite 107, Chicago, IL 60654 | **Telephone:** (312) 644-6360

Lincoln Square: 4747 N. Lincoln, Chicago, IL 60625 | **Telephone:** (773) 472-6700

info@thechoppingblock.com    

Demonstration Classes

Bloody Mary Brunch — \$70

+21



Learn how to make the perfect brunch to accompany this classic morning beverage. This cooking 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

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 as we examine various cooking methods and ingredients to discover parallels that will amaze you. Your view of cooking may well be transformed! These interactive demonstration classes focus on dialogue between the chef and student, creating an enriching experience loaded with information.

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 Argentina — \$100

+21



Learn how to prepare traditional South American dishes, while sampling wines full of New World character in this demonstration class. You will receive a complimentary glass of bubbly, and a tasting pour of each wine pairing while enjoying the meal prepared by the chef. *You will receive a complimentary glass of bubbly, and a generous tasting pour of each wine pairing while enjoying the meal prepared by the chef.*

Menu:

- Hearts of Palm Salad with Tomatoes, Scallions and Avocado
- Empanadas with Ground Chicken, Olives and Raisins
- Grilled Strip Steaks with Chimichurri Sauce
- Cumin-Spiced Potatoes
- Arroz con Leche (Spiced Rice Pudding)

Featured Wines:

- Don Rodolfo, Art of the Andes Torrontés, Mendoza, 2016
- Reunion, Malbec, Mendoza, Argentina, 2016

Food and Wine of Italy — \$100

+21



Learn how to prepare a mouth-watering, Italian seasonal feast paired with regional wines in this demonstration class. *You will receive a complimentary glass of bubbly, and a generous tasting pour of each wine pairing while enjoying the meal prepared by the chef. Wines are subject to change depending on availability.*

Menu:

- Arugula Salad with Artichokes, Fennel and Crispy Prosciutto
- Orecchiette with Spring Onions, Mushrooms and Parmesan Cream
- Sautéed Salmon with Hazelnut Pesto
- Roasted Asparagus with Lemon-Parley Gremolata
- Strawberry Tiramisu

Featured Wines:

- Suave Classico, Pra, Otto, Veneto Italy, 2017
- Chianti Classico Il Molino di Grace, Tuscany, Italy, 2015

Tuscan Winter Feast — \$90



Gather around our table and treat yourself to an evening full of rustic, hand-crafted Italian food while experiencing Italy's diverse culinary regions. This demonstration class includes a full meal, so come hungry!

Menu:

- Shaved Fennel, Kale and Blood Orange Salad with Toasted Hazelnuts
- Cacio e Pepe (Spaghetti with Pecorino Romano, Cracked Black Pepper and Toasted Olive Oil Breadcrumbs)
- Maiale al Latte (Milk-Braised Pork Shoulder) with Creamy Polenta
- Ricotta Fritters with Vanilla Gelato

NEW! Essential Building Blocks — \$425



We're highlighting the top ten methods and techniques in a new and exciting culinary experience designed to jump start your culinary journey. Our experienced chef will teach you the fundamentals of how to confidently make better decisions in the kitchen, cook delicious meals by opening your taste buds, and explore the science and techniques all cooks should know. *After completing this course, the next step is Culinary Boot Camp, our most comprehensive course available.*

Menu:

- Chicken Stock
- Arugula-Fennel Salad with Apple Cider Vinaigrette
- Sole Meunière (Sautéed Sole with Brown Butter Lemon Sauce)
- Tuscan Braised Chicken with Kale, Fennel and Cannellini Beans with Roasted Garlic Farro
- Crème de Champignons (Cream of Mushroom Soup)
- Roasted Beef Tenderloin with Red Wine Reduction
- Oven-Roasted Carrots and Parsnips with Thyme

Class Dates:

- Merchandise Mart: March 20 | April 18

Hands-On Classes

Bayou Bash — \$90



Let the good times roll as you explore the vibrant flavors of The Big Easy and bayou beyond!

Menu:

- Muffuletta Salad with Olives, Pepper, Salami and Provolone
- Crispy Cornmeal-Fried Oysters with Remoulade
- Gumbo with Crawfish and Andouille Sausage
- Bananas Foster Bread Pudding with Vanilla Bean Ice Cream

Bellini Brunch — \$95



Start the weekend off right with a sumptuous and seasonal brunch. *One Bellini per person is included in the price of the class.*

Menu

- Bellini (Peach and Prosecco Cocktail)
- Arugula, Avocado and Strawberry Salad with Toasted Almonds
- Crab and Celery Deviled Eggs
- Brioche French Toast Casserole with Blueberries
- Maple-Glazed Bacon
- Lemon Tartlets with Raspberries

Caribbean Cruise — \$95



Need to get away from old man winter? Join us for an evening of revitalizing fare.

Menu:

- Hearts of Palm and Avocado Salad with Cilantro-Lime Vinaigrette
- Conch Fritters with Key Lime Aioli
- Grilled Mahi Mahi with Black Bean, Mango and Corn Salsa
- Coconut Rice
- Pina Colada Cupcakes with Pineapple Frosting

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
- Deep Dish Pizza with Sautéed Mushrooms and Italian Sausage
- Individual Calzones with Spinach, Goat Cheese and Sun-Dried Tomatoes

Culinary Adventure: Trip to the Adriatic Coast — \$95



Journey along the breathtaking Adriatic Coast that separates the Italian Peninsula from the Balkan Peninsula. We will specifically zero in on the cuisine of Croatia which is famed for its seasonal ingredients, seafood specialties and Mediterranean flair.

Menu:

- Octopus Salad with Tomatoes, Cucumbers, Olives and Lemon
- Whole Grilled Fish with Currant, Pine Nut and Fresh Herb Relish
- Crispy Sautéed Potatoes with Swiss Chard
- Almond-Crescent Cookies

Culinary Adventure: A Trip to India — \$90



Join us as we open India's spice chest to explore this dynamic cuisine with its centuries-old tradition in satisfying and delicious recipes. *The mango lassi will be served upon your arrival.*

Menu:

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

Culinary Concepts: Chicken Cookery — \$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.

Our Culinary Concept classes will challenge you to rethink everything you've learned about cooking, and teach you the correct techniques in order to strengthen your culinary skills.

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

Spring Menu:

- Chicken Fricassee (Braised Chicken with Leeks, Mushrooms, White Wine and Peas)
- Grilled Five-Spice Chicken Lettuce Wraps with Chili-Lime Vinaigrette, Scallions and Steamed Rice
- Whole Roasted Cornish Game Hens with Lemon, Rosemary and New Potatoes

Culinary Concepts: Eggs Cookery — \$85



If you can successfully cook an egg, you can cook anything! Cooking eggs properly is the measure of a chef's skills, so let us show you how master the world most ubiquitous ingredient. *Toasted rye bread will be on hand to accompany the eggs.*

Our Culinary Concept classes will challenge you to rethink everything you've learned about cooking, and teach you the correct techniques in order to strengthen your culinary skills.

Menu:

- Perfect Hard-Boiled Eggs (we'll prepare a classic egg salad in class to enjoy)
- Poached Eggs with Toasted English Muffins and Hollandaise
- Cheese and Sautéed Mushroom Omelets
- Over-Easy Eggs
- French Scrambled Eggs

Culinary Concepts: Meat Cookery — \$110



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.

Our Culinary Concept classes will challenge you to rethink everything you've learned about cooking, and teach you the correct techniques in order to strengthen your culinary skills.

Menu:

- Spicy Soy and Hoisin-Glazed Short Ribs with Jasmine Rice
- Pork Milanese (Breaded Pork Cutlets) with Warm Kale and Roasted Garlic Potato Salad
- Roasted Rack of Lamb with Sautéed Fennel and Pomegranate Glaze

Spring Menu:

- Grilled Strip Steaks with Miso Butter and Sesame Roasted Asparagus
- Spinach and Goat Cheese-Stuffed Pork Tenderloin Roulade with Romesco Sauce
- Braised Lamb and Spring Vegetable Tagine with Steamed Couscous

Culinary Concepts: Seafood Cookery — \$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.

Our Culinary Concept classes will challenge you to rethink everything you've learned about cooking, and teach you the correct techniques in order to strengthen your culinary skills.

Menu:

- Snapper a la Veracruzana (Snapper Braised with Peppers, Tomatoes, Olives and Capers)
- Grilled Salmon with Chermoula (Moroccan Herb Sauce) and Cumin-Roasted Carrots
- Sautéed Skate Wing with Brown Butter-Caper Sauce

Spring Menu:

- Whole Roasted Rainbow Trout with Lemon, Fresh Herbs and Roasted Potatoes
- Miso-Ginger Poached Halibut with Leeks, Spinach and Soba Noodles
- Whole Grilled Lobster Niçoise Salad with Hard Boiled Eggs, Green Beans and Dijon Vinaigrette

Date Night: Spring Dinner Party — \$100



As we shed our heavy coats, it's time to shed winter's heavy roasts, grills and sauces for lighter meals. But light doesn't mean boring at The Chopping Block! Along with our Chef, you'll learn to select the best of the season's harvest, and how to infuse your dishes with the vibrant and delicious flavors of Spring.

Menu:

- Endive-Arugula Salad with Shaved Fennel and Goat Cheese
- Almond and Herb-Crusted Halibut with Sautéed Mushrooms and Leeks
- Sweet Pea Risotto with Parmesan
- Lemon Cheesecake Bars with Graham Cracker Crust and Raspberry Coulis

Date Night: Your Place or Mine — \$100



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 celebrate 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 Vanilla Ice Cream

Dim Sum and Then Some — \$85



Have fun preparing and enjoying traditional dim sum favorites.

Menu:

- Shrimp Toast with Sweet Chili Dipping Sauce
- Chicken Bao (Chicken-Filled Buns)
- Vegetable Pot Stickers 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:

- Poland: Pierogi Filled with Potatoes and Roasted Garlic
- Philippines: Lumpia (Crispy Springs Rolls with Pork and Ginger)
- Greece: Spanakopita (Spinach and Feta-Filled Phyllo Pastries)
- Mexico: Banana and Cajeta (Goat Milk Caramel) Empanadas

Eat, Drink and Be Merry — \$100

+21



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:

- Warm Green Bean Salad with Apples, Hazelnuts and Mustard Vinaigrette
- Roasted Pork Tenderloin with Dried Fruit and Port Wine Reduction
- Potato Gratin with Gruyere Cheese
- Chocolate Bread Pudding with Salted Caramel Sauce

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

Friday Night Fish Fry — \$90



Prepare to get hooked on this year-round tradition celebrating locally sourced fish! Deeply rooted in history and deliciousness, it's no wonder that delectable golden fried fish with tangy tartar sauce is a guarantee to bring people together.

Menu:

- Mini Soft Pretzels with Cheese Dipping Sauce
- Beer Battered Walleye Pike with Lemony Tartar Sauce
- Warm New Potato and Fennel Salad with Whole Grain Mustard Vinaigrette
- Dark Chocolate Skillet Brownies with Vanilla Ice Cream

The Greek Islands — \$95



Not even the Spartan army could resist the food of the gods you will prepare in this class.

Menu:

- Spanakopita Pie
- Lamb and Cumin Meatballs with Tomato Sauce
- Homemade Whole Wheat Pita Bread
- Roasted Potatoes with Oregano and Feta Cheese
- Semolina Cake with Orange Syrup

How to Butcher and Cook Your Neighborhood Coyote



Gotcha! April fool's day! Don't worry...we won't be cooking coyote in our kitchens today, or any other day. See our April calendars for everything that's being offered this month.

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 Broccoli with Lemon-Parsley Gremolata
- Fresh Ricotta and Chocolate-Filled Cannoli

Knife Skills — \$60



Knife Skills is our most popular class! A hands-on chopping session that will have you mincing, slicing, and dicing vegetables and herbs like a pro. Knife care, sharpening and honing, and selection and manufacturing are also covered.

Know Your Gnocchi



Gnocchi may pre-date pasta, but these little knuckle-shaped dumplings still receive pride of place in Italian cuisine. Learn to prepare a variety of gnocchi 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 — \$85:

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

Menu — \$90:

- Sweet Pea-Potato Gnocchi with Tarragon Cream Sauce
- Herb-Ricotta Gnocchi with Artichoke Pesto
- Sautéed Parisian Gnocchi with Leeks, Lemon and Goat Cheese

Latin Lovers — \$95



Come in from the cold and warm up with a sumptuous Mexican feast!

Menu:

- Shrimp, Jicama and Avocado Salad with Cilantro Vinaigrette
- Sautéed Beef Tenderloin Steaks with Ancho-Spiced Molé
- Roasted Poblano Risotto with Queso Añejo
- Dulce de Leche Flan

Lemon Lovers — \$90



Pucker up! Learn how to make a variety of mouthwatering dishes with the bright, sunshiny flavor of lemons. They're not just for cocktails anymore!

Menu:

- Roasted Asparagus with Lemon Aioli and Crispy Prosciutto
- Sautéed Trout with Lemon-Caper Butter Sauce and Parsley Gremolata
- Roasted Wedge Potatoes with Preserved Lemon Vinaigrette and Feta Cheese
- Lemon Mousse with Fresh Berries

Luck o' the Irish — \$90



Paint the town green with these delicious Irish classics.

Menu:

- Guinness, Caramelized Onion and Sharp Cheddar Dip with Homemade Irish Soda Bread
- Irish Pub Salad with Cucumbers, Tomatoes, Hard-Boiled Eggs and Blue Cheese
- Shepherd's Pie (Beef, Vegetables and Mashed Potatoes)
- Irish Whiskey Chocolate Mousse

Nashville Hot Chicken — \$85



A specialty of Nashville, this ultra-crispy, fiery fowl packs juicy flavor as well as a legendary origin story. Complex flavor and the perfect sides will have you feeling like you're right in the heart of Music City.

Menu:

- Nashville Hot Chicken with Sliced Pickles
- Four Cheese Skillet Mac-n-Cheese
- Cabbage and Carrot Slaw
- Banana Pudding with 'Nilla Wafers

Neapolitan Pizzeria — \$85



Mamma Mia! Master the art of creating authentic Neapolitan pizzas in your own home.

Menu:

- Kale Salad with Pancetta and Parmesan
- Pistachio Pesto, Italian Sausage and Fontina Cheese Pizza
- Spinach, Mushroom and Roasted Garlic Pizza with Smoked Provolone
- Quattro Formaggi White Pizza

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! *This menu is gluten free!*

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)

Paris in the Spring — \$100



Why does the world love Paris? For the fashion? Mais oui. For the romance? Bien sur. And at The Chopping Block, we love Paris for the food! With our Chef as your guide, you'll practice classic cooking techniques to create your own elegant French meal.

Menu:

- Frisée, Artichoke and Goat Cheese Salad with Warm Bacon Vinaigrette
- Trout Almondine (Sautéed Trout with Toasted Almonds, Lemon and Chives)
- Roasted New Potatoes with Truffle-Parsley Butter
- Strawberry Financier (Strawberry-Almond Cake)

Pasta Boot Camp — \$185



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 to make fresh homemade pasta dough from scratch, creating noodles of all shapes and sizes as well as seasonal sauces suited to each pasta!

Menu:

- Ricotta and Spinach-Filled Manicotti with Roasted-Garlic Tomato Sauce
- Spinach Pappardelle with Italian Sausage, Sautéed Mushrooms and Red Chili Flakes
- Fettuccine Alfredo with Fresh Herbs

Spring Menu:

- Crab-Stuffed Ravioli with Tarragon Cream Sauce, Toasted Breadcrumbs and Crispy Pancetta
- Fettuccine Primavera with Arugula Pesto
- Spinach Pappardelle with Mushrooms, Leeks and Fresh Mozzarella

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.

Menu:

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

Spanish Tapas — \$95



Have fun cooking an assortment of authentic, Spanish small plates.

Menu: — Spring Menu

- Vieiras a la Gallega (Baked Scallops in the Shell with Tomatoes, White Wine and Breadcrumbs)
- Empanadillas de Atun (Baked Mini Empanadas with Olive Oil-Packed Tuna)
- Cojonudos (Sautéed Chorizo and Fried Quail Egg on Toasted Bread)
- Champignons con Jamon Serrano y Jerez (Sautéed Mushrooms and Serrano Ham with Sherry Sauce)

Spring Break: A Trip to Mexico — \$95



Enjoying a staycation this spring break? No worries; let the vibrant and bold flavors of Mexico lead you on an adventure. *This menu just happens to be gluten free!*

Menu:

- Shrimp and Avocado Tostadas with Sour Cream and Cilantro
- Grilled Chicken and Roasted Poblano Enchiladas Verdes
- Borracho Beans
- Kahlua-Flambéed Bananas with Ice Cream and Toasted Coconut

Spring Break: A Trip to Miami — \$100



Enjoying a staycation this spring break? No worries; let your palate lead you to the culturally diverse and mouth-watering cuisine of Miami.

Menu:

- Shrimp and Scallop Ceviche with Tortillas Chips
- Beef Picadillo Empanadas with Chipotle-Sour Cream Sauce
- Sautéed Snapper with Orange-Fennel Slaw and Mojo Verde (Fresh Herb-Jalapeño Sauce)
- Individual Key Lime Pies with Whipped Cream

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!

Menu:

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

Spring Menu:

- Chopped Salad with Cucumbers, Tomatoes, Blue Cheese and Red Wine Vinaigrette
- Sautéed Strip Steaks with Herb Compound Butter
- Roasted Asparagus
- Twice-Baked Potatoes
- Strawberry-Rhubarb Crisp

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 culinary ride.

Menu:

- Tostones (Crispy Fried Plantains) with Mojo Verde (Parsley and Jalapeño) Dipping Sauce
- Lemongrass Chicken Banh Mi (Vietnamese Sandwich)
- Shrimp and Avocado Tostadas with Sour Cream and Cilantro
- Spicy Shanghai Noodles with Pork and Baby Bok Choy

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

Spring Menu:

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

Sushi Workshop — \$95



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

Sushi Workshop 2: Roll On — \$100



Take your sushi skills to the next level and discover new techniques, ingredients and preparations. In today's class you'll be trained on how to select and properly cut Tuna, Salmon, Yellowtail (Hamachi) and Eel (Unagi) for creating intricate maki rolls, hand rolls and nigiri. Plating techniques and methods will also be covered.

Menu:

- Rainbow Roll with Salmon, Tuna and Hamachi
- Caterpillar Roll with Eel and Avocado
- Assorted Nigiri
- Spicy Tuna Hand Roll

Taste of Thailand — \$90



Come explore the exotic and fresh flavors of Thailand! We'll teach you how to balance the quintessential flavors of Southeast Asia—sweet, sour, salty and spicy—so you can confidently prepare the vibrant and exciting flavors of Thai cuisine. *This menu just happens to be gluten free!*

Menu:

- Tom Kha Gai (Spicy Chicken and Coconut Milk Soup)
- Tod Mun Pla (Thai Fish Cakes) with Sweet and Spicy Cucumber Relish
- Thai Beef Noodle Salad with Chili-Lime Vinaigrette
- Lemongrass-Coconut Curry with Assorted Vegetables and Steamed Rice

Tiki Time — \$95



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.*

Menu:

- Mai Tais
- Ahi Tuna Poke with Cucumbers, Avocado & Spicy Tobiko Mayo
- Chinese BBQ Pork Tenderloin Lettuce Wraps with 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

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

Vegetarian Boot Camp — \$200



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!

Menu:

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

Vegetarian Mediterranean Feast — \$85

Enjoy a vegetarian feast inspired by the bold, fresh and zippy flavors of the Mediterranean.

Menu:

- Red Pepper Hummus with Homemade Pita Chips
- Falafel-Quinoa Burgers with Tzatziki Sauce
- Roasted Carrot and Fennel Salad with Feta and Harissa Vinaigrette
- Orange-Saffron Panna Cotta with Pistachio Crumble

Venetian Nights — \$95

Bring the magic of a Venetian night to your own home with an assortment of cicchetti (chee-KET-tee), tantalizing noshes that line counters of tucked-away wine bars, favored by locals. Your Chef can even recommend a vino bianco, vino rosso or Prosecco to enjoy your cicchetti like a true Venetian. No passport required!

Menu:

- Artichoke and Roasted Red Pepper Antipasto
- Meatballs with Pancetta Tomato Sauce
- Focaccia with Olives and Herbs
- Grilled Branzino with Pine Nuts and Lemon
- Tiramisu

Wine and Dine — \$100

Enjoy seasonal flavors as you learn how to cook this delicious 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.*

Menu:

- Watercress Salad with Radishes, Goat Cheese and Yogurt Dressing
- Herb Crumb-Crusted Rack of Lamb with Parsley-Mint Pesto
- Roasted Fingerling Potatoes with Sherry-Mustard Vinaigrette
- Strawberry-Almond Cake with Whipped Cream

Kids / Family

Family Class: Donut Workshop — \$55

Bring the whole gang and join us for family classes at Lincoln Square where children and adults will work together to prepare and enjoy a fabulous spread of homemade donuts. This class curriculum is designed for children ages 6 and older to cook with their parents, families or guardians.

Menu:

- Apple Fritters with Cinnamon Sugar
- Baked French Crullers with Vanilla Glaze
- S'mores Donuts (Marshmallow Cream-Filled Yeast Donuts with Chocolate Ganache and Graham Crackers)

Family Class: Knife Skills — \$55

Bring the whole gang and join us for family classes at Lincoln Square where children and adults will work together to learn new skills and techniques in the kitchen. *This class curriculum is designed for children ages 12 and older to attend with their parents, families or guardians.*

Join us this month for our most popular class...Knife Skills! Families (**kids ages 12 and older**) will work together in a hands-on chopping session that'll have everyone mincing, slicing, and dicing vegetables and herbs like a pro. Knife safety, how to select a cutting board and how to hone your knife will also be covered in class today.

Jr. Chef: Spring Baking — \$65

Calling all budding chefs! This class is designed for young chefs ages 12-17 years old who have a hunger for cooking, and are passionate about expanding their culinary knowledge in our fun, interactive and engaging hands-on classes. Parents and guardians: *This class education is designed for 12 to 17 year olds, and is only available for participants in this age range. If you are an adult interested in taking educational cooking classes with your teens/kids, please sign up for our family classes here.*

Menu:

- Individual Strawberry-Rhubarb Crisps
- Carrot Cake Whoopie Pies with Cream Cheese Filling
- Individual Chocolate Ganache Tarts with Graham Cracker Crust and Caramel Drizzle

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

Class Starting Dates:

- Merchandise Mart: March 30 | April 20

Baking & Pastry Classes

Artisanal Breads Boot Camp — \$190

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

Menu:

- Homemade Four Cheese Pizza with Sourdough Crust
- Sourdough Multigrain Baguette with Dried Fruit and Herbs
- Gruyere-Stuffed Crusty Loaves
- Potato Pan de Mie (Potato Pullman Loaf)
- Braided Lemon Bread with Lemon Curd-Cream Cheese Filling
- Knotted Dinner Rolls

Cake Decorating Workshop — \$95

Have your cake and eat it, too! Decorating a cake can seem like an intimidating task, but our expert Chopping Block pastry chef will teach you how to assemble and decorate a four-layer, six-inch vanilla celebration cake with maximum wow factor and minimal effort and tools! We'll teach you fundamental cake decorating techniques such as cake assembly, how to apply a crumb coat, and how to decorate your cake with a variety of piping tips designed to create a beautiful cake perfect for any occasion. Each student will learn the same piping and decorating techniques in order to create a cake inspired by the picture associated with this class. You'll then go home with your decorated cake so you can impress family and friends *The cake and frosting will be prepared ahead of time (recipes will be included).*

Skills Covered:

- Working with acetate paper
- Cake assembly
- Crumb coating
- Piping techniques
- Working with cake decorating tools
- How to make buttercream
- Working with gel food coloring

Fabulous French Pastries — \$100

Don't let the fancy French descriptions fool you... these really are approachable desserts for the home cook.

Menu:

- Mini Kouign-Amann (Queen-ah-Mahn) Sugary and Buttery Laminated Dough Pastries
- Crêpes Suzette (Caramelized Sugar and Orange Liqueur Sauce)
- Brown Butter and Lime Madeleines
- Parisian Flan (Custard Tart) with Tart Cherry Sauce

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:

- Pumpkin-Chocolate Chip Bread
- Oat Pancakes with Blueberries and Ginger-Steeped Maple Syrup
- Traditional Potato Sandwich Loaf
- Sprouted Seed Bread with Pumpkin, Sunflower, Chia and Hemp Seeds
- Everything Bagels with Lox, Cream Cheese, Tomatoes and Capers

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 coffee will be flowing.*

Menu:

- Chocolate and Sea Salt Caramel Long Johns
- Cranberry Jam-Filled Donuts with Orange Glaze and Candied Cranberries
- Apple Butter Old Fashioned with Bourbon-Cider Glaze
- Molasses-Spiced Donut Holes

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

Pastry Boot Camp: Modern European Desserts — \$325

Roll up your sleeves and immerse yourself in the art of making extraordinary pastries. Using classic French techniques with a modern approach, Chopping Block Chef Erin Patsiopoulos will teach you the art and science behind creating these professional, show stopping desserts while making them approachable for any home cook. With a Baking and Pastry degree, a Master of Science in Chemistry, and years of experience as an executive pastry chef, Erin brings a wealth of knowledge to teach you the skills and techniques needed to create professional-quality pastries with maximum wow factor. Don't leave these desserts to the bakeries; with a pro working by your side, you'll learn how to master these delicacies in no time!

Be prepared to enjoy a sit-down lunch during class, and go home with a box of your desserts to share with family and friends.

Menu:

- Chocolate-Caramel Mousse Entremet (Multi-Layered Mousse Cake) with Cocoa Nib Brownie Base, Raspberry Jam and Chocolate Mirror Glaze
- Honey Panna Cotta Tart with Nutty Pastry Crust, Pomegranate Gelee and Pistachio Garnish
- Key Lime Bavarian with Spiced Pineapple, Graham Cracker Streusel and Coconut Tuile

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

Vegan Desserts — \$95



Vegans love desserts just as much as everyone else! With a little know how and an arsenal of dairy and egg substitutes, you can indulge in easy, yet decadent vegan sweet treats any time, and can even trick your non-vegan friends!

Menu:

- Key Lime Meringue Tart with Homemade Vegan Pie Dough and Swiss "Meringue"
- Chocolate Whoopie Pies with Irish Cream Frosting
- PB&J Donuts

Healthy Cooking Classes

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 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, Hard-Boiled Eggs and Sunflower Seeds
- Roasted Salmon with Walnut Pesto, Roasted Spaghetti Squash and Garlic-Chili Broccoli
- Avocado-Chocolate Mousse with Toasted Hazelnuts

The MIND Diet — \$65



Registered Dietitian Nutritionist, Amy Klassman, will teach you the benefits of The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) which may be associated with slowing down cognitive decline and delaying Alzheimer's disease onset. Not only does it promote brain health, it also has the potential to lower blood pressure, reduce the risk of heart disease and diabetes, and aid in weight loss. Created in conjunction with RUSH University of Chicago, this diet promotes increased consumption of antioxidants and decreased consumption of saturated foods. Learn the principles of this diet that could potentially knock out memory loss for millions of people.

Menu:

- Cannellini Bean, Farro, and Spinach Soup with Toasted Whole Grain Bread Croutons
- Za'tar and Turmeric Pan Seared Trout
- Mediterranean Quinoa Pilaf with Garlic, Parsley, Dill and Olives
- Berries with Toasted Rye and Oat Crumble Topping

Plant-Based Taco Tuesday — \$65



Plant-based meals are all of the craze and everyone is getting on board! Do you think this means tofu, seitan, and meat substitutes? Registered Dietitian Nutritionist, Amy Klassman, will tell you to think again. The goal of a plant-based diet is to simply and easily increase the amount of plant-based foods in your everyday diet. Learn how to make approachable plant-based diet changes into everyone's favorite weeknight meal in this educational demonstration class.

Menu:

- Romaine Salad with Radishes, Pickled Onions and Avocado-Cilantro Dressing
- Al Pastor-Style Mushroom Tacos
- Smoky Chipotle Black Beans
- Pineapple-Mint Paletas (Fruity Mexican Ice Pops)

Quick and Healthy Weeknight Meals — \$85



As the daily hustle and bustle seems never ending, it's more and more tempting to order in or go out to eat. This class is designed to simplify your nightly meals by teaching you how to create fast, healthy and delicious dinners without cutting into your well-deserved relaxation time. We'll incorporate a mini knife skills lesson, discuss time management strategies, and talk about several quick-cooking techniques that will not only make you more efficient in the kitchen, but also get your cooking time down to about 30 minutes. Each group will prepare and enjoy both meals.

Menu:

- Meal #1: Seared Chicken Thighs with Pepper-Onion Sofrito and Rosemary Quinoa
- Meal #2: Ginger-Honey Glazed Pork Tenderloin with Braised Red Cabbage and Mustardy Green Beans

Wellness Boot Camp — \$285



Change your outlook on cooking and nutrition to achieve long term, healthy lifestyle goals. With pre-planning tips and basic techniques, Chopping Block chef and nutritionist, JC White, will give you the tools and knowhow needed to create filling and delicious meals designed to support the best nutritional practices. You'll explore what healthy eating really means, and how a few tricks of the trade will help you create the bold flavors we all crave in a health-conscious way. *The Matcha-Cashew Latte and Sweet Potato-Ginger Bites will be served upon arrival.*

Menu:

- Matcha-Cashew Latte
- Sweet Potato-Ginger Bites
- Spiced Red Lentil Soup with Turnips and Wilted Greens
- Roasted Carrot, Chickpea and Kale Salad with Sunflower Seeds
- Chocolate-Almond Butter Energy Balls
- Build-Your-Own Buddha Bowls Featuring:
- An Assortment of Whole Grains- Quinoa, Brown Rice and Barley
- Lean Proteins-Spatchcock and Roasted Chicken, Seared Salmon and Hard-Boiled Eggs
- Vegetables: Root Vegetables, Swiss Card and Peppers
- Sauces: Peanut Sauce, Turmeric-Tahini Sauce and Fresh Herb Sauce

Cocktails 101 — \$80

Want to know how to make the perfect cocktail? And, how to mix and stir like Logan Square mustache'd pros? Then this cocktail class is for you! With the help of our spirits expert, Christophe Bakunas, you'll learn how to mix, shake and stir several iconic cocktails so you can create your own delicious drinks at home. Additionally, Christophe will teach you how to set up a bar with the essential bar tools and ingredients, the history of cocktails and punches, the differences of liquor and liqueur, and important bar lingo so you can sling for yourself, or order like a pro next time you are at the bar with friends or business clients. Snacks will be provided.

Each student will prepare:

- Mini GaWinter Cocktail (Classic cocktail from the early 1900's)
- Martinez (Mash up of a Manhattan and Martini)
- Cranberry-Whiskey Smash

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 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.*

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. There are four steps in the process of analyzing and tasting: The Visual, The Nose, The Palate, and Tasting Conclusions. Learning these steps will arm you with a keen understanding of the differences in these categories of descriptors and the discernment of flavors.

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. Seminar also includes wine-friendly noshes. While this seminar is a step up from the basics (see "How to Bluff Your Way through Wine"), no prerequisite is required.

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. 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.*

The Wine Lands of Spain — \$65

From bright, bubbly Cava to spicy Rosado and silky Tinto, Spanish wine offers unique, delicious flavors. But Spain's influence stretches far beyond her national borders. In this class, we'll discuss Spain's wine heritage in the Old World and the New, including Argentina, Chile and the original heart of our Californian vineyard. Tasting includes six wines with complementary 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.