

## Instructors

**David Allen** is a native of Charlottesville and has worked as chef at Symphony Hall in Boston, as well as Granite on Grove, The Tobacco Company and The Berkeley Hotel in Richmond.

**Meredith Beckett** is a 1996 graduate of the professional culinary career program at L'Academie de Cuisine in Gaithersburg, MD, and is a private chef, caterer and cooking instructor in the Fredericksburg area.

**David Dick** has worked for Ukrops for 30 years, both in the catering division and now as Senior Specialist in charge of the chef's case in the Fredericksburg store. He creates fresh and innovative dishes on a daily basis, with a great emphasis on taste, eye appeal and presentation.

**Susan Worrell** is the Director of Operations at the Jepson Alumni Executive Center at UMW, having previously worked for Marriott, the Wood Company and Sodexo. She has taught Asian cooking at "Susan's Cooking" in Seattle.

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**Private Parties** Call to plan a private class, in your home or at The Kitchen, for that special occasion. Fee: \$45.00 per person.

**The Fine Print** Class sizes are limited to 10 participants, with wait-listing available. Class reservations are accepted with full payment only. Phone reservations will be taken with credit card information. Cancellations must be made at least 48 hours in advance. The Kitchen at Whittingham reserves the right to cancel classes due to weather or instructor illness, with a full credit towards another class.

# The KITCHEN

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## AT WHITTINGHAM

## Schedule of Cooking Classes 2007

July  
August



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1021 Caroline Street  
Fredericksburg, Virginia  
(540) 374-0443  
[www.ShopWhittingham.com](http://www.ShopWhittingham.com)

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# July

## Thursdays in the Kitchen at Noon

Join us in The Kitchen every Thursday in July for a 1 hour course in quick and easy dishes. The menu changes weekly based on what's available seasonally at the market. Eat lunch while you learn.

July 5, 12, 19 & 26

Instructors vary. Classes start promptly at 12 pm.

\$15:00 (includes beverages)

## Kitchen Quickies

Too hot to cook? The recipes featured in this class will get you in and out of the kitchen in short order with minimal fuss.

Thursday, July 12, at 6 pm. Instructor: David Allen

Participation, 2-3 hours. \$40.00

## Dim Sum

Learn to make a variety of small Chinese delicacies

Wednesday, July 18, at 6 pm. Instructor: Susan Worrell

Participation, 2-3 hours. \$40.00

## Feasting Away Again in Margaritaville

Besides the famous drink, this menu will feature margarita caesar salad, pizza margherita and margarita pie.

Friday, July 20, at 6 pm. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

## Plating with Style

The first half of this class will address the problem of what to do with china that just doesn't go with anything. Participants should bring a china setting to class to experiment with several different looks. The second half of the class will highlight innovative ways to plate and garnish food. This is a demonstration class but food and beverages will be provided.

Tuesday, July 24, at 6 pm. Instructors: Bob Whittingham and David Dick

Demonstration, 2-3 hours. \$40.00

July						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Thursday at Noon!	6	7
8	9	10	11	12 Thursday at Noon! ----- Kitchen Quickies 6 PM	13	14
15	16	17	18 Dim Sum 6 PM	19 Thursday at Noon!	20 Feasting Away... 6 PM	21
22	23	24 Plating w/ Style 6 PM	25	26 Thursday at Noon!	27	28
29	30 Teens Cook Camp 10 AM	31 Teens Cook Camp 10 AM				
August						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Teens Cook Camp 10 AM	2 Teens Cook Camp 10 AM	3 Teens Cook Camp 10 AM	4
5	6	7	8 Stir Fry Part 1 6 PM	9 Thursday at Noon!	10 Summer Soups 6 PM	11
12	13 Peck of Peppers 6 PM	14	15 Stir Fry Part 2 6 PM	16 Thursday at Noon!	17	18
19	20	21	22	23 Thursday at Noon!	24	25
26	27	28	29	30 Thursday at Noon!	31	

## August

### Thursdays in the Kitchen at Noon Continues!

Join us in The Kitchen every Thursday in August for a 1 hour course in quick and easy dishes. The menu changes weekly based on what's available seasonally at the market. Eat lunch while you learn.

August 9, 16, 23, & 30

Instructors vary. Classes start promptly at 12 pm.

\$15:00 (includes beverages)

### Stir Fry

This two part, hands-on class will teach the basics of stir fry and how to create healthy and authentic Chinese dishes.

Participation, 2-3 hours per session. \$80.00

**Part 1:** Learn the basic techniques of stir fry cookery, including preparation and cutting skills.

Wednesday, August 8, at 6 pm. Instructor: Susan Worrell

**Part 2:** Build on skills learned in Part 1 to create your own dishes.

Wednesday, August 15, at 6 pm. Instructor: Susan Worrell

### Savory Summer Soups

Quick, fresh and easy soups for those dog days of summer when it's too hot to cook.

Friday, August 10, at 6 pm. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

### A Peck of Peppers

From mild to hot, from appetizer to dessert, we'll use a variety of peppers and chiles in innovative and delicious dishes.

Monday, August 13, at 6 pm. Instructor: David Allen

Participation, 2-3 hours. \$40.00

## Upcoming Special Events at The Kitchen

### Teens cook!

The Kitchen at Whittingham offers a summer cooking camp for teens, ages 12-16, on Monday, July 30th - Friday, August 3rd. The classes will be held daily from 10 am to 1 pm. Students taking these classes will prepare a variety of dishes during each class, then will eat what they have created.

Class size is limited to 10 participants. Registration forms are available at the store. Instructor: David Allen

\$250.00 for the 5 sessions

### Dessert University

Roland Mesnier, former executive pastry chef at the White House, offers fall favorites from his decades as chef to the presidents. Chef Mesnier will teach you practical ways and simple techniques to make great desserts. Participants will taste each of the following featured desserts:

- Lemon pound cake with blueberry sauce, a fall White House favorite
- Orange crème brulee with glazed orange segments, one of George Bush's favorites
- Chocolate floating island with praline sauce, a classic dessert for a first lady's luncheon

Saturday, September 22, 1:30 pm-4:30 pm.

Demonstration, class size limited to 20. \$55.00

Chef Mesnier will also be signing his books, Dessert University and All the Presidents Pastries.

Please check our website [www.ShopWhittingham.com](http://www.ShopWhittingham.com) for additional cooking classes and upcoming events at the kitchen.