

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.

Mikhail Rudenko is a native of Stavropol, Russia, and now resides in Fredericksburg. For the past 4 years he has worked at the fine dining seafood restaurant, Queen Anne's Revenge, in the Outer Banks, NC, and now is assistant chef at The Blarney Stone Irish Pub on Caroline Street.

Susan Worrell is currently employed as 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.

Kyle Yargeau attended Johnson and Wales in Providence, RI, and graduated from Mercyhurst College in Erie, PA. He is currently the head chef at he Blarney Stone Irish Pub on Caroline Street.

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

AT WHITTINGHAM

Schedule of Cooking Classes 2007

May

June



1021 Caroline Street
Fredericksburg, Virginia
(540) 374-0443
www.ShopWhittingham.com

May

Thursday's in the Kitchen at Noon

Join us in The Kitchen every Thursday in May 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.

May 3, 10, 17, 24, and 31

Instructors vary. Classes start promptly at 12 pm.

\$15.00 (includes beverages)

From Russia with Love

Part of our international series, learn how to make authentic Russian red borscht and golubci, cabbage wraps with pork, beef and vegetable stuffing.

Tuesday, May 1, at 6 pm. Instructor: Mikhail Rudenko

Participation, 2-3 hours

\$40.00

New England

Part of our new American regional series, a seasonal menu based on the foods of the Northeast Atlantic coast.

Monday, May 14 at 6 pm. Instructor: David Allen

Participation, 2-3 hours

\$40.00

Dim Sum

Learn to make a variety of small Chinese delicacies.

Wednesday, May 16, at 6 pm Instructor: Susan Worrell

Participation, 2-3 hours.

\$40.00

From the Garden

A seasonal menu to please even a meat lover! Asparagus wraps, mixed greens with berry vinaigrette, vegetable stroganoff, and a seasonal dessert.

Saturday, May 19, at Noon. Instructor: Meredith Beckett

Participation, 2-3 hours

\$40.00

May						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 From Russia with Love 6 PM	2	3 Thursday at Noon!	4	5
6	7	8	9	10 Thursday at Noon!	11	12
13	14 New England 6 PM	15	16 Dim Sum 6 PM	17 Thursday at Noon!	18	19 From the Garden Noon
20	21	22	23	24 Thursday at Noon!	25	26
27	28	29	30	31 Thursday at Noon!		
June						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Ireland 6 PM	6	7 Thursday at Noon!	8	9
10	11	12	13 Stir Fry Part 1 6 PM	14 Thursday at Noon!	15	16
17	18	19	20 Stir Fry Part 2 6 PM	21 Thursday at Noon! Low Country 6 PM	22	23
24	25	26 Guys on the Grill 6 PM	27	28 Thursday at Noon!	29	30

June

Thursday's in the Kitchen at Noon

Join us in The Kitchen every Thursday in June 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.

June 7, 14, 21, and 28

Instructors vary. Classes start promptly at 12 pm.

\$15.00 (includes beverages)

Ireland

Our international series continues. An Irish menu with not a potato in sight! Mussels in garlic and Guinness, cod fillets with smoky garlic and parsley butter and black and tan brownies.

Tuesday, June 5, at 6 pm. Instructor: Kyle Yargeau

Participation, 2-3 hours

\$40.00

Stir Fry

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

\$80.00

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

Wednesday, June 13, at 6 pm. Instructor: Susan Worrell

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

Wednesday, June 20, at 6 pm. Instructor: Susan Worrell

Low Country Cooking

Another in our American regional series with the cuisine of coastal Georgia and South Carolina. The seasonal menu features Vidalia onion & corn soup, shrimp pilau and chocolate chip bourbon pecan pie.

Thursday, June 21, at 6 pm. Instructor: Meredith Beckett

\$40.00

Guys on the Grill

Caution: men working!

Learn new and creative ideas for your back yard BBQ.

Tuesday, June 26, at 6 pm. Instructor: David Allen

Participation, 2-3 hours

\$40.00

Upcoming Special Events at The Kitchen

Teens cook!

The Kitchen at Whittingham will offer “**Teens Cook!**” A summer cooking camp for teens ages 12-16 on Monday, July 30th, through Friday, August 3rd. The classes will be held daily from 10 am –1 pm. Students taking these classes should have some cooking experience. Class size is limited to 10 participants. Registration forms are available at the store.

Tuition: \$250.00

Please check our website www.ShopWhittingham.com for additional cooking classes and upcoming events at the kitchen.