

## 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.

**Joan Hailstalk** is the co-owner of Simply Sweet Cake and Candy Shop, a family owned business located at 4413 Plank Rd in Fredericksburg. Simply Sweet specializes in custom wedding and creative cakes for all occasions and has a large selection of baking and candy supplies for the home chef.

**Scott Mahar** was formally trained at Le Cordon Bleu in New England and has worked at Chanterelle in NYC, Galileo and Poste Modern Brasserie in D.C. and the Ritz-Carlton in Pentagon City. He is currently chef/owner of Poppy Hill Tuscan Restaurant, located at 1000 Charles St. in downtown Fredericksburg.

**Roland Mesnier** is the former Executive Pastry Chef of the White House and developed the first professional pastry program in the Washington, D.C., area at L'Academie de Cuisine in Bethesda, MD. He is the author of Dessert University and All The Presidents' Pastries.

**Susan Worrell** is the Director of Operations at the Jepson Alumni 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. Class reservations and 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 toward another class.

# The KITCHEN

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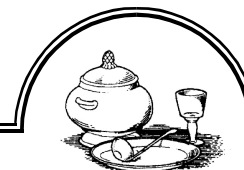
## AT WHITTINGHAM

## Schedule of Cooking Classes 2007

September

October

November



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

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## September

### Thursdays in the Kitchen at Noon

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

September 6, 13, 20 & 27

Instructors vary. Classes start promptly at 12 pm.

\$15.00 (includes beverages)

### Dim Sum

Learn to make a variety of small Chinese delicacies.

Wednesday, September 12, at 6 pm. Instructor: Susan Worrell

Participation, 2-3 hours \$40.00

### Dessert University

Join Chef Roland Mesnier as he demonstrates practical ways and simple techniques to make the following great desserts: lemon pound cake with blueberry sauce, orange crème brulee with glazed orange segments, chocolate floating island with praline sauce. Participants will taste each of the featured desserts.

Saturday, September 22, 1:30-4:30 PM

Demonstration, class size limited to 20. \$55.00

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

### Autumn Harvest Dinner

Cooler weather is around the corner. Here's a menu inspired by the seasonal flavors of Fall: curried pumpkin soup; poached salmon with wild mushroom cream sauce; baked apples with chocolate, walnuts and dried cherries.

Tuesday, September 25, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00.

### Tailgate Party

Football season is here and it's time to pack up the car and head for the stadium! This class will feature ideas for fun and festive outdoor partying.

Weather permitting, some of the class will be held out in our grilling area.

Friday, September 28, at 6 PM. Instructor: David Allen.

Participation, 2-3 hours. \$40.00

September						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6 Thursday at Noon!	7	8
9	10	11	12 Dim Sum 6 PM	13 Thursday at Noon!	14	15
16	17	18	19	20 Thursday at Noon!	21	22 Dessert University 1:30 PM
23	24	25 Autumn Harvest 6 PM	26	27 Thursday at Noon!	28 Tailgate Party 6 PM	29
30						
October						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Thursday at Noon!	5 October Fest 6 PM	6
7	8	9	10 Holiday Party 6 PM	11 Thursday at Noon!	12	13
14	15	16	17	18 Thursday at Noon!	19	20 Pasta Workshop 1 PM
21	22	23 Home for the Holiday 6 PM	24	25 Thursday at Noon!	26	27
28	29	30	31			
November						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10 Open House
11 Open House	12	13	14	15 Ginger bread 6PM	16	17

## October

### Thursdays in the Kitchen at Noon continues!

Join us in The Kitchen every Thursday in October for a 1-hour course in quick and easy dishes. Menus change weekly, based on what's available seasonally at market. Eat lunch while you learn.

October 4, 11, 18 & 25.

Instructors vary. Classes start promptly at 12 pm.

\$15.00 (includes beverages)

### Octoberfest

You don't have to go to Munich to enjoy the flavors of this annual German festival. Learn how to prepare traditional meatballs in mushroom sauce, homemade spaetzle and apple strudel.

Friday, October 5, at 6 PM. Instructor: David Allen

Participation, 2-3 hours. \$40.00

### A Holiday Cocktail Party...Without the Fuss!

Tired of being stressed out when planning a holiday get-together? This class will help you plan a menu and manage the bar, with a few simple decorating hints. Mushroom tartlets with Manchego cheese; 2-soup shooters (butternut squash and chilled bisque); basil wrapped shrimp with chili dipping sauce, easy meatballs.

Wednesday, October 10, at 6 PM. Instructor: Susan Worrell

Participation, 2-3 hours. \$40.00

### Pasta Workshop

Learn the basics of making homemade pasta, as well as several appropriate sauces to pair with them. Making pasta is a great in-door activity for the cold days ahead.

Saturday, October 20, at 1 PM. Instructor: Scott Mahar

Participation, 2-3 hours. \$40.00

### Home for the Holidays

Do you need some new ideas for upcoming holiday meals? The following menu, geared to the smaller family gathering, is easy and delicious and won't keep you in the kitchen all day! Cranberry turkey breast cutlets; spiced sweet potatoes; Parmesan asparagus; pumpkin mincemeat pie.

Tuesday, October 23, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

## November

### Gingerbread House

Start a new family tradition! At this class you'll learn each step required to bake, ice and decorate your own gingerbread house. Each participant will take home his/her unique creation.

Thursday, November 15, at 6 PM. Instructor: Joan Hailstalk

Participation, 2-3 hours. \$40.00

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## Upcoming Special Events at The Kitchen

**Holiday Open House** in downtown Fredericksburg will be held on Saturday, November 10 and Sunday, November 11, 2007.

There will be no cooking classes at The Kitchen in December, but classes will resume in January, 2008.

Please check our website [shopwhittingham.com](http://shopwhittingham.com) for additional cooking classes and upcoming events at The Kitchen.