

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.

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.

Susan Worrell is the Director of Operations at the Jepson Alumni Executive Center at UMW, having expertly honed her culinary skills at Marriott, the Wood Company, Sodexo USA and her own catering concern. Susan's expertise covers many styles, with Asian cookery as her first love.

Private Parties Call to plan a private class, at The Kitchen for that special occasion. Fee: \$45.00 per person with a 10 person minimum.

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 towards another class.

The KITCHEN

AT WHITTINGHAM

Schedule of Cooking Classes 2008

April

May

June



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

April

First Tuesday in the Kitchen

Based on our popular Thursdays in the Kitchen at Noon classes, we've added the first Tuesday of each month to our schedule to accommodate those who may not have a Thursday available to attend. The class is 1 hour, the recipes are quick, easy and seasonal. Eat lunch while you learn.

April 1.

Instructors vary. Classes start promptly at 12 PM.
\$17.00 (includes beverages)

Thursdays in the Kitchen at Noon continues!

Join us in The Kitchen every Thursday in April 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.

April 3, 10, 17 & 24

Instructors vary. Classes start promptly at 12 PM.
\$17.00 (includes beverages)

Quick Ideas, Quick Meals

Roasted Bell Pepper Salad with Pine Nuts, Chicken cooked under a brick with Chipotle Butter and Lime/Honey. Best ever mashed potatoes. Wednesday, April 16, 2008 at 6 PM. Instructor: Susan Worrell
Participation, 2-3 hours \$40.00

Spring Lamb

Usher in spring with great legs and chops. Learn the tricks for perfect lamb preparation. Saturday, April 19, at 1 PM. Instructor: Scott Mahar
Participation, 2-3 hours. \$45.00

Salmon Attack

Learn classic Salmon dishes. Cured salmon with dill and vodka. Poached salmon salad with olives tomatoes and capers. Salmon cakes (no canned salmon) and spiked tartar sauce. Thursday, April 24, at 6 PM. Instructor: David Allen
Participation, 2-3 hours. \$45.00

June						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 First Tuesday!	4	5 Thursday at Noon!	6	7
8	9	10	11	12 Thursday at Noon!	13	14 Pasta 1 PM
15	16	17	18	19 Thursday at Noon!	20	21 Summer BBQ 1 PM
22	23	24	25 Lunch or Light Dinner 6 PM	26 Thursday at Noon! ----- Caribbean Party 6 PM	27	28
29	30					

Upcoming Special Events at The Kitchen

Garden Week begins April 21. Watch for details on activities at Whittingham.

Please check our website www.shopwhittingham.com for additional cooking classes and upcoming events at The Kitchen.



April						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 First Tuesday!	2	3 Thursday at Noon!	4	5
6	7	8	9	10 Thursday at Noon!	11	12
13	14	15	16 Quick Meals 6 PM	17 Thursday at Noon!	18	19 Spring Lamb 1 PM
20	21	22	23	24 Thursday at Noon! ----- Salmon Attack 6 PM	25	26
27	28	29 Oodles of Noodles 6 PM	30			
May						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Thursday at Noon!	2	3
4	5	6 First Tuesday!	7	8 Thursday at Noon!	9	10
11	12	13	14	15 Thursday at Noon!	16	17
18	19	20 Flavors Abound 6 PM	21 Spring Madness 6 PM	22 Thursday at Noon!	23	24
25	26	27	28	29 Thursday at Noon! ----- Dinner Salads 6 PM	30	31

April, continued

Oodles of Noodles

Learn to use a variety of noodles in quick, light, and tasty dishes: Asian bean thread noodles with shrimp and pork, linguine with rainbow veggies, chicken and peanut sauce, cold soba noodles with wasabi sauce. Tuesday, April 29, at 6 PM. Instructor: Meredith Beckett
Participation, 2-3 hours. \$40.00

May

First Tuesday in the Kitchen

Based on our popular Thursdays in the Kitchen at Noon classes, we've added the first Tuesday of each month to our schedule to accommodate those who may not have a Thursday available to attend. The class is 1 hour, the recipes are quick, easy and seasonal. Eat lunch while you learn.

May 6.

Instructors vary. Classes start promptly at 12 PM.
\$17.00 (includes beverages)

Thursdays in the Kitchen at Noon continues!

Join us in The Kitchen every Thursday in May 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.

May 1, 8, 15, 22 & 29

Instructors vary. Classes start promptly at 12 PM.
\$17.00 (includes beverages)

Flavors Abound...blending great and unusual flavors

Haitian Coleslaw, Carmelized Scallops with smoked Chile Cream, and Asparagus baked with cheese. Tuesday, May 20, at 6 PM. Instructor: Susan Worrell
Participation, 2-3 hours. \$45.00

Spring Madness

Whole roasted young chicken stuffed with spring vegetables. Baby spinach salad with bacon and lemon ginger vinaigrette. Baby pies: an assortment of very small versions of classic pies. Wednesday, May 21, at 6 PM. Instructor: David Allen
Participation, 2-3 hours. \$40.00

May, *continued*

Dinner Salads

Fresh and filling salads, perfect for large or small gatherings, that are a meal in themselves: Classic Nicoise Salad, Spanish Paella Salad, and Tex-Mex Pasta Salad.

Thursday, May 29, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

June

First Tuesday in the Kitchen

Based on our popular Thursdays in the Kitchen at Noon classes, we've added the first Tuesday of each month to our schedule to accommodate those who may not have a Thursday available to attend. The class is 1 hour, the recipes are quick, easy and seasonal. Eat lunch while you learn.

June 3.

Instructors vary. Classes start promptly at 12 PM.

\$17.00 (includes beverages)

Thursdays in the Kitchen at Noon continues!

Join us in The Kitchen every Thursday in June 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.

June 5, 12, 19, & 26

Instructors vary. Classes start promptly at 12 PM.

\$17.00 (includes beverages)

Pasta Workshop

Learn the basics of making homemade pasta, as well as several appropriate sauces to pair with them.

Saturday, June 14, at 1 PM. Instructor: Scott Mahar

Participation, 2-3 hours. \$45.00

June, *continued*

Summer BBQ, Rubbed for Summer

Grilled fish, chicken and vegetables all in their own unique rubs and marinades. Grilled banana splits with all the trimmings!

Saturday, June 21, at 1 PM. Instructor: David Allen

Participation, 2-3 hours. \$45.00

Lunch or Light Dinner...Great for Summer!

Spring Greens in a Parmesan Crips Cup, Pasta Torte, Gratin of Summer Squash with leeks and rice, Italian Shortbread with Almonds and Jam.

Wednesday, June 25, at 6 PM. Instructor: Susan Worrell

Participation, 2-3 hours. \$40.00.

Caribbean Dinner Party

A taste of the tropics with this island-inspired menu: Mixed Greens with Mango Vinaigrette and Macadamia Nuts, Plantain Chips with Pineapple Salsa, Shrimp with Spicy Tamarind Sauce and Jasmine Rice, Banana Bisque with Toasted Coconut.

Thursday, June 26, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

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