

January						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Seafood: 101 6 P.M.	25	26 Super Bowl Party 1 P.M.
27	28	29	30 Winter Soups 6 P.M.	31		
February						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 First Tuesday!	6	7 Thursday at Noon!	8	9 Tuscan Dinner 1 P.M.
10	11	12 Winter Brunch 6 P.M.	13	14 Thursday at Noon!	15 Country French 6 P.M.	16
17	18	19	20 Small Bites 6 P.M.	21 Thursday at Noon!	22	23
24	25	26	27	28 Thursday at Noon! -- Let them Eat Cakes 6 P.M.	29	

February

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.

February 5.

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 February 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.

February 7, 14, 21 & 28

Instructors vary. Classes start promptly at 12 pm.

\$17.00 (includes beverages)

Tuscan Dinner for Two

Just in time for Valentine's Day, this Tuscan menu will feature a romantic menu to share with that special someone.

Saturday, February 9, at 1 PM. Instructor: Scott Mahar

Participation, 2-3 hours. \$40.00

Winter Brunch

Breakfast + lunch = brunch...one simple equation that will make your cold weather entertaining easy. The Perfect Winter Omelet, Root Vegetable Hash, Frozen Fruit Tart with Ginger Whipped Cream.

Tuesday, February 12, at 6 PM. Instructor: David Allen

Participation, 2-3 hours. \$40.00

Country French Cuisine

Traditionally French, and always delicious, these classic dishes are easier to make than you think: caramelized onion tart Pissaladiere, Coq Au Vin, and sinfully delicious, but so easy and versatile, Crème Brulee (we'll even learn to make a savory version!)

Friday, February 15, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

February, continued

Small Bites

The best things come in small packages! Liven up your next gathering with Venetian Sausage Bites, Polenta Bites with Caramelized Mushrooms, Beef-filled Empanadas and Marinated Olives, washed down with a delicious Red Wine Sangria.

Wednesday, February 20, at 6 PM. Instructor: Susan Worrell

Participation, 2-3 hours. \$40.00

Let Them Eat Cakes

This is a great class to show you how to take a variety of foods and morph them into “cakes” that can be served at any meal. Leftovers will never be dull again! Salmon cakes, black bean cakes, risotto cakes are just a few of the “cakes” to be featured, along with delicious complementary sauces.

Thursday, February 28, at 6 PM. Instructor: Chaz Kilby

Participation, 2-3 hours. \$40.00

March

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.

March 4

Instructors vary. Classes start promptly at 12 PM.

\$17.00 (includes beverage)

Thursdays in the Kitchen at Noon continues!

Join us in The kitchen every Thursday in March 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.

March 6, 13, 20 & 27.

Instructors vary. Classes start promptly at 12 PM.

\$17.00 (includes beverages)

Roland Mesnier Returns!

Chef Roland Mesnier will join us in The Kitchen again for a two-part, Easter-themed class, demonstrating baking techniques and chocolate molding to make the following delights: Easter Bonnet Cake, a Cake “Nest” topped with a Chocolate Chicken, Easter Cupcakes, plus a few more surprises! Participants will taste everything that Chef creates.

Part 1, Friday, March 7, at 6 PM, 2-3 hours

Part 2, Saturday, March 8, at 11AM, 2-3 hours

Demonstration, seating provided. \$110.00 for the 2 sessions.

Reservations will be accepted starting February 1.

Six Delights...Chinese Soup to Nuts

Egg Drop soup, Fried Wonton with Plum Sauce, Asparagus Chicken with Black Bean Sauce, Fried Rice, Shanghai Pan-fried Noodles with Pork, Sesame Cookies and Chinese Black Tea.

Wednesday, March 12, at 6 PM. Instructor: Susan Worrell.

Participation, 2-3 hours. \$40.00

Rotisserie On The Run

If you love rotisserie chicken and you’re pressed for time, this is the class for you. Each recipe highlights delicious ways to utilize that take-out favorite: Chicken Florentine Soufflé, BBQ Chicken Sandwich, Chicken and Bean Salad over Wilted Greens, Chicken Pot Pie.

Tuesday, March 18, at 6 PM. Instructor: David Allen.

Participation, 2-3 hours. \$40.00

Spring Appetizers

Today is the first day of Spring! Join Chaz as he celebrates the new season with fresh, light and delicious appetizers. Recipes to include: Mini Crab Cakes, Scrumptious Shrimp Dip, Spinach Dip and a luscious Spring Cocktail, plus a few more surprises!

Thursday, March 20, at 6 PM. Instructor: Chaz Kilby.

Participation, 2-3 hours. \$40.00

Breakfast of Champions

The most important meal of the day is often the most neglected. Throw out that tired bowl of cereal! Try British Kedgeree, Make-ahead French Toast Casserole with Caramelized Fruit, Easy Cream Scones and Fruit Trifle with Granola.

Friday, March 28, at 6 PM. Instructor: Meredith Beckett

Participation, 2-3 hours. \$40.00

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.

Chaz Kilby has built a career as a caterer, having previously worked for Marriott and Choice hotels. He is the former owner of Innovative Eats and, most recently, Feast-o-Rama, a gourmet wine and food store. He has now returned to his first love and is off-site catering manager at Caroline Street Café and Catering.

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 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, in your home or 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 Winter 2008

January

February

March



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

January

Seafood: 101

Fear no fish! Learn the basics of fish cookery. This class will cover seafood selection, portions and types, plus various preparation techniques. Smoked Salmon Display, Pan-fried Trout, Lemon-Herb Salmon, Poached White fish, Tuna Steak.

Thursday January 24, at 6 pm. Instructor: Chaz Kilby
Participation, 2-3 hours \$45.00

Super Bowl Party

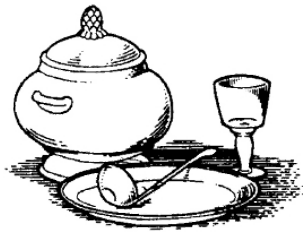
Super Bowl Sunday is February 3rd this year. Plan a party with these recipes that are sure to please die hard football fans: 7 Layer Dip, Beer Brats with Sauerkraut, New England Clam Chowder and the Best Lobster Rolls ..Ever!

Saturday, January 26, at 1 PM. Instructor: David Allen.
Participation, 2-3 hours. \$40.00

Quick Winter Soups and Chili

Baby, it's cold outside! Come into The Kitchen for some quick, easy and delicious winter soups: Curried Tomato Soup, Turkey and White Bean Chili, Cremini Mushroom and Roasted Garlic Rice Soup, Salmon Tortilla Soup.

Wednesday, January 30, at 6 PM. Instructor: Meredith Beckett
Participation, 2-3 hours. \$40.00.



**“The Road to Salvation” is back.
Fredericksburg's Restaurant Week is January 10-21.**

March						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 First Tuesday!	5	6 Thursday at Noon!	7 Roland Mesnier – Part One 6 P.M.	8 Roland Mesnier – Part Two 11 A.M.
9	10	11	12 Chinese 6 P.M.	13 Thursday at Noon!	14	15
16	17	18 Rotisserie Meals 6 P.M.	19	20 Thursday at Noon! -- Spring Appetizer 6 P.M.	21	22
23	24	25	26	27 Thursday at Noon!	28 Breakfast 6 P.M.	29
30	31					

Upcoming Special Events at The Kitchen

Garden Week festivities will be held the week of April 20th. Check our Website for event details.

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