

## Thursday at Noon

Join Chef Michael Shea in The Kitchen every Thursday for a 1-hour course in fast & easy dishes using local, seasonal ingredients from the market.

Eat while you learn!

APRIL 2, 9, 16, 23, 30	\$ 17.00
MAY 7, 14, 21, 28	\$ 17.00
JUNE 4, 11, 18, 25	\$ 17.00

### CHILDREN'S CLASSES ALSO AVAILABLE

Have a cooking class birthday party for a child.  
Call for details.

### PRIVATE PARTIES

Find out about a private class at The Kitchen for your next club meeting or that special occasion.  
\$45.00 per person with a 10 person minimum.

### GIFT CERTIFICATES

Need something different for a special person? Gift certificates are available for birthdays, bridal showers, or office parties

### QUESTIONS?

Give us a call at (540) 374-0443.

## ❖ INSTRUCTORS ❖

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

**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 Street in downtown Fredericksburg.

**DOMENICA MARCHETTI** is a writer and cooking teacher who specializes in contemporary Italian home cooking. Her articles have appeared in *The Washington Post*, *Cooking Light*, *Fine Cooking*, and other publications. She is the author of *The Glorious Soups and Stews of Italy*, from Chronicle Books. She lives with her family in Virginia and can be reached through her Web site, [www.domenicacooks.com](http://www.domenicacooks.com).

**MICHAEL SHEA** is a Rhode Island native who honed his skills as a chef at such local favorites as Wiley's at Middlebridge and The Coast Guard House in Narragansett. He then went on to refine his skills at the highly acclaimed Spiced Pear and Castle Hill Inn & Resort, both in Newport. He combined contemporary American, classical French, and a love of New England seafood in a practical and approachable manner.

**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.

# THE KITCHEN

## AT WHITTINGHAM



## ❖ COOKING CLASSES ❖

for  
April, May & June  
2009

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

## April

APRIL 14 TUES. - 6:00 PM  
"April Showers - Bring Soup"

\$40.00  
David Allen

- Chicken & Tortellini Soup
- Kale Soup with Ementhall & Beer
- Real New England Clam Chowdah

APRIL 15 WED. - 6:00 PM  
"Chop Chop Chinese"

\$40.00  
Susan Worrell

- Egg Rolls & Won-tons
- Chinese Spareribs
- Beef & Broccoli Stir-Fry
- Fried Rice
- Garlic Noodles

APRIL 18 SAT. - 1:00 PM  
"Fantastic Fritatas"

\$40.00  
Chaz Kilby

- Tomato, Basil & Feta Frittata
- Ham & Gruyere Frittata
- Champagne Mustard Quiche

APRIL 22 WED. - 6:00 PM  
"The Fundamentals - Hands On"

\$40.00  
Michael Shea

- Learn a variety of cuts & techniques for vegetables & how to make great vegetable stocks at home to improve your cuisine
- See how to break down a whole fish & make a rich fish fu-met from the head & body
- Learn how to break down a whole chicken to save money & make a wonderful stock with everything you don't use

APRIL 25 SAT. - 1:00 PM  
"Costa Italiana"

\$40.00  
Scott Mahar

- Seafood Lasagna
- Ravioli with Crab & Carbonara Sauce
- Shrimp with Oil & Garlic

## May

MAY 12 TUES. - 6:00 PM  
"Spring Fling"

\$40.00  
David Allen

Who says you can't sling your food

- Sicilian Grilled Pizza
- 3 Way Cheese Pizza with Quick & Easy Tomato Sauce
- Perfect White Pizza with Crab, Shrimp & Prosciutto
- Make Your Own Fresh Mozzarella

MAY 13 WED. - 6:00 PM  
"Quick Party Ideas"

\$40.00  
Susan Worrell

- Pinkies (great, non-alcoholic drinks)
- Sweet & Sour Shrimp Puffs
- Restaurant-style Buffalo Wings
- Best Ever Guacamole
- Mini Chocolate Pavlova

MAY 16 SAT. - 6:00 PM  
"Savory Spring & Summer Soups"

\$40.00  
Chaz Kilby

- White Gazpacho
- Fruit Soup
- Yogurt Soup

MAY 23 SAT. - 1:00 PM  
"Big Night In"

\$65.00  
Domenica Marchetti

Cooking some of the recipes from her acclaimed book.

- Bruschetta with Roasted Cherry Tomatoes
- Insalata di Riso (Rice Salad)
- Slow-Roasted Arctic Char or Salmon
- Apricot Semifreddo

Domenica will be happy to sign copies of her book, *Big Night In*.



## June

MAY 27 WED. - 6:00 PM  
"Aww Shucks"

\$40.00  
Michael Shea

- Portuguese Steamed Little Necks
- Clams Casino
- Clams & Mussels with Pasta

JUNE 9 TUES. - 6:00 PM  
"Salad Days"

\$40.00  
Michael Shea

- Classic Caesar with Homemade Croutons
- Roasted Golden Beets, Cave Aged Goat, Pine Nuts & Blood Orange Vinaigrette
- Pear & Raw French Blue (Fourme d'Ambert), Candied Walnuts & Raspberry Vinaigrette

JUNE 17 WED. - 6:00 PM  
"Cool Summer Cooking"

\$40.00  
Susan Worrell

- Cantaloupe Frenzy (Fabulous Drink)
- Fresh Tomato Shrimp Pasta
- Grilled Seasonal Vegetables
- Fruit Salsa & Cinnamon Chips

JUNE 20 SAT. - 1:00 PM  
"Dolce - on a Sweeter Note"

\$40.00  
Scott Mahar

- Ricotta Cheesecake
- Polenta Cake
- Italian Truffle with Mascarpone

JUNE 22 MON. - 6:00 PM  
"Hot, Hot, Hot"

\$40.00  
David Allen

June is the time that chilies are at their peak

- Chili Rubbed Skillet Steak with Mashed Avocado Lime Salsa
- Thai Green Tea Chili Noodle Bowl
- Don't be Afraid Scallop Ceviche - Scallops cooked in lime juice with hot chilies, garlic and sweet vinegar