CULINARY CLASSES
AND DEMONSTRATIONS

Classes and demonstrations, developed with input from industry experts and taught by some of today’s leading culinary experts and chefs, are held at the new Centre for Food (CFF) at the Whitby campus. This new culinary facility, inspired by the college’s commitment to bring field to fork to Durham Region, is home to Bistro '67, a teaching-inspired, green-certified restaurant, and Pantry, a unique retail store that brings student-created goods straight from the culinary classroom to the community.

You will learn from the comfort of the CFF’s state-of-the-art kitchens. For more information on all classes and demonstrations including dates, times and prices or to register, please visit www.durhamcollege.ca/cff/coned or call 905.721.3330.

LEARN FROM THE BEST IN THE BUSINESS:

- **CHEF STEFANIE MARTIN**: Chef, culinary instructor, food blogger and owner of EliteEats and Sweets.
- **CHEF SARAH HALL**: French-trained chef; cooking instructor; and private chef.
- **CHEF SMITA CHANDRA**: Best-selling author of three Indian cookbooks; creator of the Easy Tandoori cooking app; culinary instructor; and food and travel writer.

‘From field to fork’
**Baker’s Collection - Short Crust Pastry**

Take the mystery out of making short crust pastry in this step-by-step, hands-on class with Chef Sarah Hall. You will learn the technique of making a classic French Quiche Lorraine with smoked ham and delicious gruyere cheese; Bakewell tart, a traditional British tea-time favourite, with a raspberry jam and almond cake filled pastry case topped with lattice work and whole almonds; and lastly, an incredibly tasty Quebecois tourtiere meat pie.

**COOK 1958/5 Hrs/$113**
Mar 5/Sat/9:10-2:10/WHITBY

**British Bake Shop - Part 2**

Join Chef Sarah Hall in this popular British baking series fit for any tea time at Downton Abbey! You will learn how to make classic buttermilk scones with strawberry jam and whipped cream, lemon sponge cake filled with lemon butter cream and lemon icing, delicious and easy to make pork sausage rolls and decadent millionaire’s shortbread; shortbread base topped with a caramel layer and finished with chocolate.

**COOK 1969/5 Hrs/$113**
Apr 30/Sat/9:10-2:10/WHITBY

**Beer Enthusiast - Level I**

This is an introductory course in beer education designed for participants interested in furthering their knowledge and interest in beer. The focus will be on brewing ingredients and processes, tasting concepts, pouring and serving concepts (including an introduction to draught systems) and food and beer pairings. (Part of the Prud’Homme Beer Series)

**BEVT 1351/12 Hrs/$414.71**
Jan 14-Feb 11/Thur/6:10-9:10/WHITBY
May 5-26/Thur/6:10-9:10/WHITBY

**Bread Basics 1 - Play with Your Dough**

Learn to prepare a simple white bread dough for a sandwich loaf, then using the same dough, make variations on the recipe to create cheese bread, dinner rolls, garlic knots and delicious sticky buns!

**COOK 1946/5 Hrs/$113**
Jan 30/Sat/9:10-2:10/WHITBY

**Bread Basics 2 - Play with More Dough**

In this Bread Basics 1 follow-up class we will build skills while using different flours and techniques. Learn to make a classic French baguette, a hearty seed loaf; savoury focaccia and a buttery brioch.

**COOK 1947/5 Hrs/$113**
Mar 19/Sat/9:10-2:10/WHITBY

**Cake Decorating 1**

Learn the professional way to ice and decorate a cake using butter cream icing. Learn how to make roses, shells and write on cakes for any occasion. A Wilton Course One Building Buttercream Skills kit is required the first night of class plus one tub of Wilton white decorator icing. You will earn a Wilton certificate upon successful completion. Download your supply list at www.durhamcollege.ca/coned

**BAKE 1900/12 Hrs/$114.84**
Feb 3-Feb 24/Wed/6:40-9:40/WHITBY
May 4-May 25/Wed/6:40-9:40/WHITBY

**Cake Decorating 2**

Techniques such as piped flowers, basket weave and colour flow will be introduced. Learn to make edible ornaments and cake toppers. A Wilton Flowers and Cake Design kit is required for this course. A Wilton certificate will be earned upon successful completion. Download your supply list at www.durhamcollege.ca/coned

**BAKE 2900/12 Hrs/$114.84**
Jun 8-Jun 29/Wed/6:40-9:40/WHITBY

**Couple’s Cooking Together**

Celebrate Valentine’s Day by cooking with your loved one at Durham College. Join Chef Sarah Hall as she teaches you how to create a delicious three-course meal for you to take home and enjoy. You will learn how to make a French mushroom bisque, a luxuriously creamy soup made from a variety of mushrooms. For your entrée, you will prepare pan-fried chicken breasts served with a classic French tarragon cream sauce, roasted asparagus and duchess potatoes. Dessert will be Scottish shortbread hearts filled with sliced strawberries and served with strawberry sauce.

**COOK 2000/5 Hrs/$107.35**
Feb 13/Sat/9:10-2:10/WHITBY

**Knife Skills 1 - Get an Edge Up**

Sharpen your skills and join us for this introductory class in knife skills that will teach you how to julienne, dice and brunoise your way through any recipe. Learn the basic anatomy of a knife, basic vegetable cuts and general knife care and usage guidelines.

**COOK 1945/2 Hrs/$60**
Mar 4/Fri/7:10-9:10/WHITBY

**Knife Skills 2 - Sharpening Your Edge**

If you’ve mastered your basic vegetable cuts and are ready to sharpen your skills, join us for this class which focuses on simple home butchery of proteins. Learn how to fabricate (break down) a whole chicken, fillet a fresh fish, and trim and cut a roast into steaks, medallions or strips.

**COOK 1948/2 Hrs/$83**
Feb 5/Fri/7:10-9:10/WHITBY
May 6/Fri/7:10-9:10/WHITBY

**Cake Decorating 2**

Techniques such as piped flowers, basket weave and colour flow will be introduced. Learn to make edible ornaments and cake toppers. A Wilton Flowers and Cake Design kit is required for this course. A Wilton certificate will be earned upon successful completion. Download your supply list at www.durhamcollege.ca/coned

**BAKE 2900/12 Hrs/$114.84**
Jun 8-Jun 29/Wed/6:40-9:40/WHITBY
### Maple Mania! NEW

Join Chef Stefanie Martin for a salute to Canada’s best natural resource - maple syrup! In this hands-on class, we will be preparing a full-course meal featuring maple syrup in every dish. Start with a spicy green salad with maple vinaigrette, then a maple-soy glazed salmon with roasted maple pecan butternut squash, and finish your meal with melt-in-your-mouth maple walnut meringues.

**COOK 2004/4 Hrs/$108**  
Apr 9/Sat/9:10-1:10/WHITBY

### Meals for a Month  - Winter Comforts NEW

Rushed for time? Tired of take-out? Looking for a healthy, stress-free meal with your family? Then this is the class for you! Join us for the day and prepare up to a month’s worth of convenient, preservative-free and delicious homemade meals that are freezer-to-oven or microwave-friendly. These healthy and economical meals are ready when you are. Four fabulous recipes to fill your freezer and save you time: an Italian favorite, zesty meat lasagna; a classic beef bourguignon; a soul-warming sausage and potato chowder with fresh herbs; and a tender marinated Dijon chicken with couscous. Most recipes yield a minimum of eight servings. Enough for more than 30 single meals; 16 meals for two or over a week’s worth of meals for a family of four.

**COOK 2012/6 Hrs/$190**  
Feb 6/Sat/9:10-3:10/WHITBY

### Meals for a Month  - Spring Sensations NEW

Rushed for time? Tired of take-out? Looking for a healthy, stress-free meal with your family? Then this is the class for you! Join us for the day and prepare up to a month’s worth of convenient, preservative-free and delicious homemade meals that are freezer-to-oven or microwave-friendly. These healthy and economical meals are ready when you are. Four fabulous recipes to fill your freezer and save you time: a delicious shrimp and pumpkin curry; tangy Asian pork noodles; Spanish chicken with rice and peas; and a beef and broccoli stir-fry. Most recipes yield a minimum of eight servings. Enough for more than 30 single meals; 16 meals for two or over a week’s worth of meals for a family of four.

**COOK 2013/6 Hrs/$190**  
May 7/Sat/9:10-3:10/WHITBY

### Spring Fling Pies NEW

Learn how to make a no-fail pie pastry and use it as a base to create three delicious desserts. Start with a traditional tarte au sucre or Canadian maple syrup pie; next a tart and sweet strawberry-rhubarb pie, and finish with a creamy and refreshing lemon meringue pie. You will take all of your delicious desserts home to share!

**COOK 1973/5 Hrs/$113**  
May 28/Sat/9:10-2:10/WHITBY

### Winter Soup Kitchen NEW

Learn how to make delicious soups and flavourful sides to warm the soul in the depths of winter. In this class, Chef Sarah Hall will teach you how to make delicious Mexican chicken soup with fragrant tomatillo salsa, served with scrumptious cornbread; comforting cauliflower cheese soup with crunchy smoked bacon palmiers (French pastries) and warming curried butternut squash soup with crispy poppadoms. Sarah will also demonstrate how to make sweet potato scones.

**COOK 1956/4 Hrs/$107.35**  
Feb 27/Sat/9:10-1:10/WHITBY

### Meals for a Month  - Winter Comforts NEW

Rushed for time? Tired of take-out? Looking for a healthy, stress-free meal with your family? Then this is the class for you! Join us for the day and prepare up to a month’s worth of convenient, preservative-free and delicious homemade meals that are freezer-to-oven or microwave-friendly. These healthy and economical meals are ready when you are. Four fabulous recipes to fill your freezer and save you time: an Italian favorite, zesty meat lasagna; a classic beef bourguignon; a soul-warming sausage and potato chowder with fresh herbs; and a tender marinated Dijon chicken with couscous. Most recipes yield a minimum of eight servings. Enough for more than 30 single meals; 16 meals for two or over a week’s worth of meals for a family of four.

**COOK 2012/6 Hrs/$190**  
Feb 6/Sat/9:10-3:10/WHITBY

### Meals for a Month  - Spring Sensations NEW

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**COOK 2013/6 Hrs/$190**  
May 7/Sat/9:10-3:10/WHITBY

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DURHAM COLLEGE CENTRE FOR FOOD  
CONTINUING EDUCATION | www.durhamcollege.ca/cff/coned | 905.721.3330  
CENTRE FOR FOOD 1604 CHAMPLAIN AVENUE, WHITBY, ON
Arabian Nights       NEW
Join a caravan laden with all the spices of Araby and sample the fare as cookbook author, Chef Smita Chandra shows you how to make Sambusak - samosas stuffed with spicy chicken, potatoes, feta and roasted red peppers served with a cardamom-spiced, fresh coriander walnut yogourt chutney; lamb kofte - oven-roasted meatballs cooked in a dilly yogourt sauce, served with aromatic basmati rice, an unusual salad of sautéed eggplant, cucumber and red onion with pomegranate molasses dressing and for dessert - an easy roasted fruit baklava!
COOK 1976/2 Hrs/$79.10
Apr 15/Fri/7:10-9:10/WHITBY

Mega Bites!       NEW
Join French-trained Chef Sarah Hall as she demonstrates five deliciously different dishes with big flavours to reflect today's global lifestyle. Sarah will show you step-by-step how to make some deliciously flavoured Chinese pork and shrimp shumai (dumplings) served with chili dipping sauce, Indian chicken tikka sliders on naan bread with mint chutney, Thai beef skewers with spicy peanut sauce and onion pakoras with refreshing cucumber and mint raita. Wine will be served.
COOK 1935/2 Hrs/$79.10
Apr 29/Fri/6:40-8:40/WHITBY

Celebration of Father’s Day       NEW
Treat dad to a delicious three-course dinner paired with wines and leave the washing up to us! Your feast will be prepared by French-trained Chef Sarah Hall and begins with an appetizer of Yorkshire pudding filled with tender roast beef, sweet caramelized onions and garlic aoili sauce. Your entrée is delicious pork tenderloin filled with creamy leeks, fresh thyme and aged cheddar in an apple cider pan sauce, served with roasted rosemary potatoes and seasonal vegetables. For the grand finale, Sarah will serve a chocolate and hazelnut torte with layers of crispy hazelnut meringue and decadent chocolate mousse.
COOK 1903/2 Hrs/$79.10
Jun 17/Fri/7:10-9:10/WHITBY

For the Love of Cooking       NEW
Tired of slaving away in the kitchen? Then celebrate Valentine’s Day with French-trained Chef Sarah Hall as she treats you and your loved one to a romantic feast paired with wines. The evening will begin with delicious shrimp cocktail, featuring Nova Scotian shrimp served on top of finely chopped salad with classic Marie Rose cocktail sauce. For your entrée, the classic roast beef tenderloin served with Yorkshire pudding and a red wine gravy, roasted asparagus and potatoes. Dessert will be raspberry shortbread hearts filled with chantilly cream and raspberry sauce.
COOK 1936/2 Hrs/$79.10
Feb 12/Fri/7:10-9:10/WHITBY

Indian Grill       NEW
Add spice to your barbecue repertoire with Indian tandoori food! Join cookbook author Chef Smita Chandra as she shows you how to make Seekh kababs - skewers of ground lamb served with roasted tomato chutney and warm naan bread. Enjoy tandoori chicken drumsticks, paneer tikka masala - cubes of spiced grilled paneer in tomato-butter cream sauce and saffron rice. Make sure to leave room for dessert – chilled rice kheer pudding!
COOK 1998/2 Hrs/$79.10
Jun 10/Fri/7:10-9:10/WHITBY