



BACK TO BASICS COOKING SERIES

Gourmet by the Bay – 415 S. Talbot Street, St Michaels, MD

Limit – 4 Students per series

\$450 for the series (\$75/class)

This is a hands-on cooking class that will focus on basic cooking techniques to help students secure a more in-depth understanding of the culinary arts. We are limiting the class size to a total of four students to allow for hands-on learning.

For safety reasons, we ask that students wear comfortable closed-toed shoes and light-weight shirts. We will provide aprons. GBTB will provide knives for use during class, as well as the ingredients necessary for each class.

Students will be given notebooks and writing utensils and will be able to take notes and photos throughout the series.

MONDAY NIGHT COOKING SERIES

Monday, January 9, 2012 – 6:00 – 9:00 p.m.

Learning About Stocks, Making Sauces and General Kitchen Techniques

Monday, January 16, 2012 – 6:00 – 9:00 p.m.

Understanding the Basic Cooking Techniques Part I -- Grilling, Sautéing, Roasting, Poaching and Braising

Monday, January 23, 2012 – 6:00 – 9:00 p.m.

Understanding the Basic Cooking Techniques Part II -- Grilling, Sautéing, Roasting, Poaching and Braising

Monday, January 30 – 6:00 – 9:00 p.m.

Vegetables ... learning the basic techniques.

Monday, February 6, 2012 – 6:00 – 9:00 p.m.

Starches ... learning the basic techniques

Monday, February 13, 2012 – 6:00 – 9:00 p.m.

Desserts ... the elephant in the room.