



Date: Friday, February 23, 2007 5:08 PM

From: coyoacan@bellsouth.net

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Subject: Coyoacan Cooking Classes Session 2!

School is now in session!

If you've been waiting to learn Chef Guillermo's secrets, or need to start with the basics, now is your chance.

Chef Guillermo will open his kitchen to share his passion for Mexican cuisine. This comprehensive course will include everything from the basics of Mexican ingredients to preparing a four course meal for your next dinner party!

Ingrid Peters will be teaching you the basics starting with how to boil water. This is an introductory course for those of you who are a little afraid of your kitchen.

Course Descriptions:

Basics of Mexican Cuisine Series - \$375.00

Saturdays 10am-1pm beginning March 10, 2007

Class 1- Native Ingredients and Cooking Methods

General overview of commonly used Mexican ingredients and products and where to buy them; overview of traditional cooking methods and kitchen utensils.

Class 2 - Fiesta!

Basic appetizers and classical drinks to liven up your next party.

Class 3 - Everyday Mexican

Learn how to prepare quick and simple meals; vegetarian, meats, seafood and soups.

Class 4 - Dinner is Served

Wow guests at your next dinner party with a four course meal you prepared yourself! Chef Guillermo will share some of his favorite menus with you that include everything from appetizers to dessert!

Class 5 - Field Trip

Join Chef at Loubat's Restaurant Supplies in Mid-City to learn about the latest in kitchen equipment, cutlery, and gadgets from the experts. You'll also have an opportunity to shop 'till you drop at a special discount!

How to Boil Water Series

Saturdays 2pm-5pm beginning March 10, 2007

This series is designed for those who need to start from scratch and want to build a simple yet delicious recipe repertoire whether your cooking for 1 or 20.

Class 1 - Knife skills & Cooking Methods \$75.00

Learn safe and proper knife technique and basic cooking methods.

Class 2 - Sauces & Marinades \$75.00

No more store bought sauces & marinades for you. You'll learn how to prepare healthier and tastier sauces and marinades from scratch.

Class 3 - Center of the Plate \$75.00

Learn how to make some great entrees that will take center plate at your next meal.

Class 4 - Easy Sides \$75.00

From rice pilaf to al dente veggies, you'll learn how to create casual sides to accompany any entrée.

Class 5 - Dinner is served \$75.00

Complete recipes and meal plans to prepare for your family and friends.

To sign up contact Ingrid at 504.525.9996 or coyoacan@bellsouth.net.
Space is limited and payment must be made at the time of reservation.