



## International Cuisine

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**Mexican:** Everybody loves Mexican night! Learning the basics of Mexican cuisine will allow you to skip the restaurant and prepare delicious enchiladas, tacos and other spicy dishes right at home. Beef Enchiladas with Red Sauce are always a hit and can be made for a group just as easily as they can for date night. Black Beans and Rice is a meal all on its own, delicious and filling at the same time, and filled with the classic flavors of tomato and jalapeno. This meal is easy in the kitchen and easy on your wallet. To top off this delightful meal, a little something sweet. Churros start with an easy-to-make dough that is fried until crisp and golden then tossed in cinnamon and sugar. Pink Sparrow will share the proper frying technique for crunchy, not greasy, cinnamon treats. Then we will pair the Churros with a delectable chocolate dipping sauce you can use for many desserts or even just over ice cream.

**Spanish:** The regions of Spain produce some amazing food that you can easily recreate in your own home. Pink Sparrow will show you how Spanish style crab cakes will give your basic crab cake a Spanish twist with tomato and parsley. Ham and Manchego Cheese croquettes are creamy fried bites that are popular tapas. Pink Sparrow uses this recipe to teach how to make a basic béchamel white sauce that you can use in myriad other dishes. You will learn the proper frying technique for crunchy, not greasy, croquettes. Baked Olives are scented with traditional flavors of Spain including orange, fennel, and paprika. Put all of these dishes together for a fun and easy tapas party that will impress your friends!

**Italian:** Pasta Carbonara is a classic Italian dish often made improperly in family style Italian restaurants; so many people have not enjoyed the pleasure of the real dish! We will make the pasta from scratch and learn a classic carbonara recipe with a creamy sauce made of eggs, parmesan cheese, and bacon! Chicken Marsala is an Italian classic as well and Pink Sparrow will teach you a basic pan sauce technique that you can apply to many other dishes. It's an easy but elegant dish for weeknights or company. To finish this classic Italian meal, a hearty vegetable and pasta filled soup with a rich tomato broth, Minestrone, will set you up for some cold nights. Minestrone is designed to use up what is left over in your refrigerator so it's a great way to end the week and reduce waste.

**French:** Ooh La La! French cuisine can seem daunting but Pink Sparrow will show you some easy ways to bring classic French cuisine into your own kitchen. It's easier than you think! We'll start with how to prepare a steak to your preferred doneness then top it with a classic steak house sauce – Bearnaise. Bearnaise is a variation of hollandaise that includes earthy tarragon – a very French herb. Pommes Boulangere are layered potatoes and thin sliced onions baked with chicken stock until they are crisp on top and creamy in the center. Finally, a classic way to serve vegetables in France is with vinaigrette. Pink Sparrow will teach you how to cook Asparagus Vinaigrette, asparagus cooked to perfect doneness and a savory vinaigrette to toss lightly with the fresh green spears.

**German:** This hearty cuisine is one of Pink Sparrow's favorites! Chicken Schnitzel is made with thin pounded chicken cutlets lightly breaded and pan fried – a great recipe for any night of the week. We will serve the chicken with a creamy raspberry mayo that is a little sweet and bright with lemon notes for a German twist. Spaetzle is an uncommon side dish that Pink Sparrow thinks you will love. Little dumplings are cooked in salted water and then tossed with butter and lots of fresh herbs like parsley and dill. Pink Sparrow and you will round out the meal with Braised Red Cabbage with Apples and Caraway. Cabbage is a very healthy and underutilized vegetable. It can be unpleasant when overcooked so Pink Sparrow will teach you the perfect technique tossing in sliced apples and savory caraway seeds. Caraway seeds are what make rye bread taste like rye bread and are a common ingredient in German fare. Give this menu a chance! Pink Sparrow thinks you will have a very happy family on your hands with these dishes.

**Indian:** Many people love Indian cuisine but cannot imagine making it at home! This class will provide you some great primers for creating the same Indian dishes you eat in restaurants right in your kitchen. To start the meal, Pink Sparrow will teach a healthier baked version of the popular Samosas – pastry pockets filled with spiced potatoes and peas to start off this great meal or serve as a surprising appetizer at your next party! Chicken Tikka Masala is a popular dish that was actually invented by an Indian restaurant in Scotland. Chicken thighs are marinated in yogurt and then broiled and finished in a spicy, creamy tomato sauce packed with fresh chilies. Every Indian meal needs rice and Pink Sparrow will share a classic recipe with black mustard seed and other spices. Finally, another Indian must-have is Raita – a yogurt cucumber dip. This is an essential condiment that cools your mouth from the fiery spice of the other dishes.

**Chinese:** There are a multitude of cuisines from different areas of China, but for this lesson we will learn three classics you can include in your repertoire for easy Chinese on a weeknight or more elegant Chinese for guests. Pink Sparrow will teach you Szechuan Style Stir Fried Chicken with Bell Peppers and Mushrooms to learn stir fry basics, knife skills, and how to work with spicy food. Fried rice is a classic Pink Sparrow makes all the time, especially when there are small amounts of vegetables to use up in the refrigerator. Once you learn Egg Fried Rice you will be able to make any kind of fried rice in the future. Finally, Stir Fried Bok Choy is a delicious member of the cabbage family. Pink Sparrow will teach you how to make the perfect bok choy that is tender on the outside and crunchy inside. No more take out for you!

**Thai:** The soy marinade Pink Sparrow will teach you for Soy Marinated Salmon in Parchment can be used on all types of fish, chicken, pork, and beef. The parchment technique – called 'En Papillote' in French – can make easy weeknight meals even easier, and dealing with picky eaters a thing of the past. Marinated salmon cooks on a bed of julienne vegetables in a paper packet for flavorful fat-free cooking. We will also learn the classic Thai Spring Roll with crunchy vegetables, soft rice noodles and fresh herbs like cilantro and mint. This meal is fun for parties and can be customized to your preference. The other side dish, Som Tam, is one of Pink Sparrow's favorites and is also very fresh and healthy! Som Tam or Green Papaya Salad combines crisp green papaya with fiery chilies, crunchy bean sprouts, and earthy tomatoes. When green papaya is not available, English cucumber and granny smith apple can be substituted.

**Moroccan:** Lamb Meatballs with Minted Yogurt Sauce and Pomegranate Glaze is a dish Pink Sparrow makes all the time for private chef clients. These tasty meatballs are flavored with allspice, cinnamon, parsley and mint for a Moroccan flair but also allow Pink Sparrow to teach you a basic meatball recipe that can be translated into other cuisines. The Minted Yogurt sauce can go well with all North African or Middle Eastern cuisine, so it is very versatile. Couscous with Sautéed Vegetables is another dish that is great for weeknights and can be made to include whatever vegetables suit you and your family. Pink Sparrow always appreciates dishes where the starch and vegetable are cooked together. To top it all off, we will make a delicious Za'Atar-spiced Flatbread. This flatbread recipe is the same one Pink Sparrow uses for pizzas and flatbreads with all kinds of toppings. Za'Atar is a North African spice blend of thyme, sesame seed, and sumac. It will complement our Moroccan feast nicely.

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