



## Specialty Classes

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**Southern Style:** Crispy, well cooked Fried Chicken is not as easy as it looks! We'll learn a tasty recipe for fool proof fried chicken at home. Classic side dishes of collard greens with bacon and mac and cheese will round out the meal. Collard greens are another dish that can be easily botched. Pink Sparrow will teach you how to add salty bacon for traditional flavor and cook the greens just right. Macaroni and Cheese is a dish you will make over and over again –Pink Sparrow certainly does! You will learn to make a classic béchamel white sauce brimming with cheese, tossed with pasta, and baked to perfection. No more boxed mac and cheese in your house!

**Cooking For Kids:** What is better for kids than something kid-sized and filled with hearty vegetables and savory roasted chicken? Pink Sparrow recommends Classic Pot Pie. This easy recipe will satisfy kids and adults alike. Learn how to roast chicken breast on the bone and then use the moist chicken in a classic pot pie. We will learn the French veloute sauce – a thickened stock similar to gravy for pulling all of the tasty meat and vegetables together. As a side dish, buttery mashed carrots will envelope sautéed spinach for a sweet creamy vegetable dish. Finally we will learn a classic mac and cheese with a cauliflower puree cheese sauce and whole wheat pasta. Kids will love this dish and never know it's filled with vegetables!

**Soup City:** Making soup can be a great way to spend an afternoon. Make all three of these one Sunday and you will be set for weeks of winter weather! Roasted Red Pepper Puree is a great base recipe that can be translated into any kind of vegetable puree soup. Vegetables can be mixed or you can let one flavor shine! White Bean and Kale soup is another flavorful recipe that will fill you up. Again, this base recipe can be translated into many other types of bean and vegetable soups. Half creamy, half brothy, White Bean and Kale soup will be an instant favorite. Pink Sparrow's third type of soup is a Shrimp and Corn Chowder. This soup would be most popular on summer nights when the corn is super sweet, but you can make this soup year round. Learn one chowder and you've learned them all! Pink Sparrow's class will teach you three basic recipes that will set you on a path of soup domination.

**Weeknight Easy:** Getting a meal on the table after a long day of work can be a real challenge. These recipes are all fast, healthy, and satisfying. Plus they only use three dishes, which mean less work at the sink after dinner as well! Pink Sparrow's lesson in Pesto Crusted Chicken with Vegetables teaches some knife skill basics plus the recipe for a classic basil pesto – one you can use for a quick pasta night or as a sandwich spread. Roasting the chicken on a bed of vegetables means you knock your protein and vegetables out in one dish. Almond Rice Pilaf is a healthy side where Pink Sparrow teaches you a basic pilaf technique that opens up hundreds of recipes in multiple cuisines. You might think dessert is something you should skip on a busy weeknight, but once Pink Sparrow teaches you these quick individual apple pies you'll think again. Easy tarts that can be made with any kind of fruit and come in a cupcake size for easy presentation.

**Vegetarian Delights:** Many of Pink Sparrow's clients want to include more vegetarian dishes in their diet for health or environmental reasons. Pink Sparrow likes these dishes because they are tasty! Vegetarianism is easy when everything is delicious. The class will start with a Warm Mediterranean Lentil Salad. One of Pink Sparrow's favorite side dishes is Lentils because they are packed with protein and cholesterol lowering fiber. This warm salad can be a side dish or main dish and is filled with slow roasted tomatoes, salty olives, and fresh parsley. Depending on the season, the vegetarian class also includes Ratatouille and White Bean Stuffed Zucchini or Soyrizo, Apple and Sage Stuffed Acorn Squash. Ratatouille is one of Pink Sparrow's favorite summer dishes as it really celebrates the best of summer – tomatoes, zucchini, eggplant, and bell pepper stewed with earthy thyme and finished with fresh parsley and basil. We will mix this delicious vegetable dish (a meal all on its own!) with some protein packed white beans and serve the mixture baked into hollowed out zucchinis for excellent presentation and portion control. The fall and winter option, Stuffed Acorn Squash, is hearty and filling. Soyrizo is the star in this dish, a flavorful meat free version of the spicy paprika filled sausage. We will mix the Soyrizo with apples, sage, and a little cooked rice. Stuff that mixture into an acorn squash for an enjoyable full meal! The techniques learned in these two recipes – stuffed dishes, sautéing, and knife skills among others – are invaluable. Finally, the vegetarian class will include Chickpea Patties with Minted Yogurt Sauce. These patties are very versatile and flavorful with a crispy outside and creamy inside. They can be served in a larger portion for a meal or bite size for a fun appetizer. Chickpeas are puréed with Middle Eastern flavors like cumin, lemon, cilantro, and mint, then sautéed into crispy patties. We will serve them with a cooling yogurt sauce to round out the dish.

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