



Cooking 101

Knife Skills: Pink Sparrow will demonstrate tips and tricks for properly using arguably the kitchen's most important tool – your knife! Pink Sparrow provides appealing recipes to teach you how to julienne and dice in different sizes. The Asian Vegetable Salad features a healthy, crunchy mix of vegetables dressed with a delicious all-purpose Asian salad dressing and served in lettuce cups. The Apple Ginger Pork Chop recipe helps Pink Sparrow to not only teach knife skills but the art of pan-roasting as well, an important culinary technique! Sweet apples, spicy ginger and savory thyme are combined and stuffed into a tender pork chop. This is a delicious twist on the classic flavor combination. In addition, the Sweet Potato Hash will be a great standard in your kitchen for breakfast or dinner.

Roasting: Learning to let your oven do the work will save you time in the kitchen. Pink Sparrow will teach you Olive Tapenade Crusted Chicken, a delicious one dish meal technique that also enhancing your knife skills. Olive tapenade is a flavor powerhouse with salty olives, fresh parsley, spicy garlic and bright lemon. It can be used in this type of recipe or served with slices of baguette at your next party. Mustard Roasted Potatoes can be casual or elegant on any table and the Lemon Roasted Broccoli is one of Pink Sparrow's most popular recipes. Roasting broccoli will become your favorite after you taste this delicious side dish.

Sautéing: Learning to sauté is a kitchen basic that will improve all of the meals you prepare. Our first dish, Chicken Marsala, is an Italian classic 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. Asparagus is very easy to overcook, so Pink Sparrow will teach you an easy way to sauté your asparagus to perfect doneness and seasoning. Want to add more nutrients to your mashed potatoes? Pink Sparrow's Potato Kale Cakes recipe is one of our most popular dishes and can be turned into many other little savory cakes when you change the kale or potato to another vegetable and starch – another great recipe for your repertoire.

International Cuisine

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. Pommés Boulangère 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.

Specialty Classes

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 broth, 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 Soyrito, 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. Soyrito is the star in this dish, a flavorful meat free version of the spicy paprika filled sausage. We will mix the Soyrito 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.

Deluxe Classes

Impress Your Guests: Having a dinner party soon? Want to knock their socks off? This class will prepare you with dishes that are easy to prepare but will fool your guests into thinking you slaved away the day in the kitchen. We will start with a Fig, Prosciutto, and Mozzarella Salad served with a Lemon Vinaigrette. This salad is salty, sweet, and savory all at the same time and is as easy to make as putting food on a platter! The Pork Roulade Stuffed with Roasted Red Peppers and Spinach has a beautiful presentation on the plate and takes little time to prepare. The filling can be swapped out for anything you think will pair with the menu and this dish is even easy enough for a weeknight. Pink Sparrow will show you how to serve the perfect green vegetable with our Green Beans with Lemon and Hazelnuts dish. No overcooked green beans here! Just fresh green beans bright with lemon and crunchy with hazelnuts! You can substitute asparagus or broccoli in the same recipe, so it is very versatile. Potatoes perfectly roasted and tossed with good seedy mustard will be the talk of the table—so simple and yet so delicious. Round out your meal with a luscious dessert that waits for you until you serve it from the freezer. A Syllabub is a classic English frozen whipped cream dessert. We will flavor ours with Fresh Orange and Italian Marsala wine, offering an upscale twist on the classic. Syllabub can be made with any flavor you choose and will be loved by adults and kids alike!

Easy Party Appetizers: Hosting a party is stressful enough without having to think of what to serve! These little bites will impress friends and allow you to enjoy your party at the same time. A Chorizo and Potato Tortilla is a Spanish tapas dish similar to a frittata. It is a commonly served bar menu item in Spain and can be a star at your next party. This tortilla is spicy with chorizo and fresh chili, then finished with grassy parsley. Serve in small bites or save this dish for your next brunch. Sundried Tomato and Basil Palmiers are a twist on the traditional sweet variety you see at the bakery. Puff pastry is filled with sundried tomatoes, cream cheese and basil then rolled and sliced into ear shaped bites. Crispy and chewy; once you learn this dish you can stuff them with the filling of your choice. Goat Cheese Stuffed Dates Wrapped in Bacon are one of Pink Sparrow's favorite sweet/salty bites. A twist on the classic appetizer "Devils on Horseback" these little bites will go fast! Luckily, you can make them ahead of time and bake them right before your party. For your Vegan friends, White Bean and Tarragon Crostini is an appetizer no one will think of as vegan. Creamy white beans are cooked with classic French tarragon and mashed. Spread this savory mixture on toasted slices of baguette, top with small diced tomatoes and watch them disappear.

Advanced Party Appetizers: Are you the hostess with the mostess and out of ideas? Pink Sparrow has put together some interesting appetizers for those who cook on a regular basis and would like some advanced level instruction. Shrimp and Pork Shu Mai is a flavorful dim sum steamed dumpling. Shrimp and pork are blended with ginger, garlic, scallion, and other classic Chinese flavors, then wrapped and steamed on banana leaves. Pink Sparrow's lesson to create Kale and Caramelized Onion Hand Pies will start with learning a classic hand pie dough. Then, we will learn the proper technique for slowly caramelizing onions to sweet gooey goodness. We will then mix in some super healthy kale and create mini hand pies that are party size or larger hand pies that can be a great lunch or dinner. Once you know how to make one kind of hand pie, you can make any kind of hand pie! Samosas are an Indian appetizer filled with spiced potatoes and peas. These crunchy pastries are usually fried but you can learn a healthier baked variety and serve them with a savory yogurt dipping sauce. If you love Indian food as much as Pink Sparrow, you will love learning this dish. Finally, Corn Cups with Chilies and Cheese are a great appetizer for parties or sporting events. This lesson contains an interesting corn dough baked into small cups that you can fill with whatever your heart desires. For the class, we will use spicy chilies and creamy cheese for an interesting Southwestern bite that will win over your guests.

Date Night Deluxe: Trying to win over the girl of your dreams? Looking for a great experience to share with the guy you love? How about Pink Sparrow's Date Night Deluxe menu! Treat yourself to Filet Mignon Steaks with Blue Cheese Crust, Truffled Potato Puree, Steamed Haricot Vert and Molten Chocolate Lava Cakes. Not only do you get to eat this menu, you get a professional chef standing right next to you teaching you how to make the entire meal! Filet Mignon is a juicy cut of beef tenderloin, and we will top it with a bold blue cheese crust. Mashed potatoes can be everyday fare until you learn to make them super smooth and flavored with earthy truffles. Haricot Vert are a classic skinny French green bean. We will learn to serve perfect green vegetables to balance the richness of the meat and potatoes. No date night is complete without something chocolate to end the evening. Molten Chocolate Lava Cakes are surprisingly easy to make. A cakey outside and melting chocolate inside leaves you warm and happy at the end of your romantic evening.

<http://pinksparrowcookingclasses.com/>