



## daizies cooking classes Overview:

Add some spice to your cooking! Don't miss the opportunity to get involved in daizies first set of cooking classes inspired by foods from around the world! Learn how to prepare simple "good for you" meals using local, organic ingredients.

Travel the world with daizies!

Taste sample healthy foods from around the world with stops in France, Italy, Morocco, explore foods from Asian and the Middle East plus learn fail safe baking tips from the experts.

Classes are \$60 each which includes meals, entertainment, recipes and a great night out or sign up for all 6 at a reduced rate of \$300.00.

Designed to be relaxed, informative and fun and the best part is, all meals will be developed with your good health in mind and easy enough that you can make them again at home to impress your family and friends.

Double your fun, Bring your spouse or a good friend!

**When:** Thurs nights starting Feb 24th, final class April 14th 6:00-8:00 pm

**Where:** at daizies fresh food, 74 King St West, Cobourg  
Street parking or parking in bank parking lots on George St.

**Cost:** 6 classes, \$60 per class

**Minimum** 6 aspiring chefs per class, maximum 16

**Package** \$300 for all 6 includes classes, entertainment, sample food, recipes alcohol and refreshments not included

### Schedule:

Feb 24	Vive Italia
Mar 3	South America
MARCH BREAK no classes	Mar 10 and Mar 17
Mar 24	French cuisine
Mar 31	Asian fusion
April 7	Moroccan mystery
April 14	Easy Bake

### Class content:

over view of style of cooking, key ingredients and cooking techniques  
origins of food or techniques  
where to buy ingredients  
health benefits of ingredients  
cultural overview, approach to food and meal time  
menu review: appetizer, main, sides, dessert  
entertainment where possible

### Course Sample TBC by Chefs!

#### Vive Italia, February 24

Pesto, great olive oil, bread dipping, olives, things to do with low sodium prosciutto

How to make a Simple wild mushroom risotto, creamy but cutting calories by using light cream and no butter

How to make a classic tomato sauce, fire roasted tomato and garlic

Lemons are the national export! How to make limoncello mousse

South America/ Argentina, March 3

South American cuisine has many interesting salsas, sauces, and dips the favourite is chimichurri sauce, which is normally served with steak but goes great with chicken, fish, and vegetables too - or simply stirred into white rice. Classic dishes like empanadas, ceviche, beans...

#### Classic French, March 24

French reputation for rich food, simple tips on how to make it heart healthy

Planning a menu

Simple mussels, fresh and delicious

Fish provencal

How to make Scalloped potatoes or potato galette

Coq au Vin or Boeuf bourguignon

French beans or asparagus

Crepes are so simple! Savoury and dessert options

Easy creme brulee...

#### Moroccan, March 31

Kim is travelling to Morocco over March break and will bring home inspirations for the menu selection

The overall vibe will be middle eastern cuisine, Moroccan, Lebanese, Egyptian Exotic and spicy foods, such as couscous, gyros, tabouleh, Avocado Tzatziki, lentil soup and lamb kebabs

Prepare an authentic Moroccan pastry:

bisteeya. This is phyllo pastry wrapped around layers of chicken, eggs, a lemon-onion sauce and crushed almonds. The phyllo is coated in a delicate mixture of cinnamon and sugar.

Serve fresh fruits, such as pomegranate and figs along side meringues featuring a Moroccan flavoring, such as rose water or honey.

traditional green tea flavored with mint with the meal.

champagne flavoured with pomegranate juice or rose water

#### Asian Fusion, April 7

Easy starters packed with nutrition, edamame with sea salt or kung pao sauce, a daizies favourite; rice paper spring rolls, frisee salad with spicy peanut dressing or coriander dressing

Sushi basics

Teriyaki salmon

Asian noodle stirfry, thai mango chicken with cashews

Banana lychee dessert or mango coconut tapioca/rice pudding

#### Easy Bake featuring the Blonde Bakers, April 14

All the rage, how to make delicious, from scratch cupcakes

Simple decorating ideas, how to engage your imagination, tools that make it easy

The ever elusive Pie crust, how to make it light and flaky

Gluten free baking...

A Canadian staple, ooey gooey, guilt free Butter tarts