



**ATTEND SIX CLASSES  
RECEIVE A SEVENTH  
CLASS FREE**

# MCKINNEY CULINARY SCHOOL

**MARCH 2012**

## ADULT CLASSES

### THREE CLASS SERIES: COOKING CONFIDENCE

\$40 each class **OR**  
\$105 for all three

*Whether you're learning to cook or learning to cook really well, this 3-class series will give you all the confidence you need to really enjoy cooking. Each week focuses on one basic cooking technique: Knife Know-How, Basic Cooking Terminology, and Classic Desserts. Thursdays, March 1, March 15, and March 29, 6:30-8:30 p.m.*

### COOKING CONFIDENCE I: KNIFE KNOW-HOW

\$40 each class **OR**  
\$105 for all three

**Thursday, March 1, 6:30-8:30 p.m.**

We will start at the very beginning and learn the proper use of some of the basic tools in the kitchen from the vegetable peeler to the most important chef's knife. Not only will you enjoy learning, but a meal will be cooked from the fruits of your labor that you will enjoy with your fellow students. This class is sure to change your life in the kitchen. Menu: **Hearty Creamy Chicken Tortilla Soup, Southwest Shrimp Salad with Chili Vinaigrette, and Strawberry and Orange Dessert.**  
**Instructor: Market Street Staff**

### EARLY ST. PATRICK'S DAY: IRISH CLASSICS

\$50

**Sunday, March 4, 1-3 p.m.**

Chef Franziska will show you how to celebrate St. Patrick's Day this year with some traditional Irish foods. These are typical recipes served at local pubs on the island. Make it a great St. Patrick's Day celebration! Menu: **Prawn Bundles with Herb Mayonnaise, Fisherman's Chowder, Roast Prime Rib with Irish Whiskey Gravy, Horseradish & Potatoes, and Lemon Curd Mini Cheesecake.**  
**Instructor: Chef Franziska San Pedro,**  
[www.flavordesigns.com](http://www.flavordesigns.com)

### WHO DAT!?

\$55

**Tuesday, March 13, 6:30-8:30 p.m.**

Chef Matt of Lawry's The Prime Rib asks "Who Dat say they wanna learn to cook Cajun food"? Tonight Chef Matt Melton will take you on a journey through the bayou by teaching the basics of Cajun cuisine. Menu: **Crawfish Etouffee, Cajun Grilled Chicken Caprese, Blackened Redfish with Corn Maque Choux, Classic New Orleans Bananas Foster.**  
**Instructor: Executive Chef Matthew Melton, Lawry's The Prime Rib**

### COOKING CONFIDENCE II: COOKING TERMINOLOGY

\$40 each class **OR**  
\$105 for all three

**Thursday, March 15, 6:30-8:30 p.m.**

Build a foundation of essential culinary techniques as you learn some basic kitchen terminology: mise en place, blanching, sautéing, searing, sauce making, and vinaigrettes. Enjoy

the satisfaction of preparing restaurant quality food at home—for a fraction of the price! Menu: **Mixed Greens with Stilton, Grapes and Honey Vinaigrette; Beef Tenderloin Steak with Onions, Mushrooms and a Red Wine Reduction; Lemony Green Bean Bundles; and Quick Apple Strudel.**  
**Instructor: Market Street Staff**

### FRENCH BISTRO

\$55

**Friday, March 16, 6:30-8:30 p.m.**

Savor the flavors of France as we take you through a four-course meal of French Bistro favorites. We will start with an appetizer of light and elegant **Bleu Cheese Soufflés** followed by a **Crisp Salad of Baby Greens and Tomatoes with Creamy Green Goddess Dressing.** The highlight of this meal is juicy **Filet of Beef Au Poivre** served with the perfect accompaniment, **Sauteed Wild Mushrooms and Classic Rich Mashed Potatoes.** **Gougres**, tiny and light, will add a nice touch. Dessert will be fanciful **Chocolate Almond Pavlova.**  
Oui Oui!  
**Instructor: Lorie Fangio**

### BIG FLAVOR, LITTLE TIME

\$40

**Tuesday, March 20, 6:30-8:30 p.m.**

Do you want to impress your friends and family with culinary masterpieces that look like a temperamental chef took hours to prepare? If so, this is your opportunity to learn how to pack the most flavor and dynamic presentation in minimal time. Come watch, learn and enjoy some of Chef Joey's favorite recipes that will knock your socks off! Menu: **Feta Crostini with Smoked Bacon, Tomato and Jam Reduction; Thai Style Peanut Coleslaw with Pepper Jelly and Crunchy Topping; Crispy Ham and Cheddar Rice Balls (Arancini); Spicy Eastern Chicken with Vegetables and Bean Hummus (the ultimate fusion meal that will use up all of those random spices, veggies and canned beans in your pantry); and Drenched Sweet Strawberries with Lemon/Limey Cream Cheese Desert Cups.**  
**Instructor: Chef Joey Allette**

### DINNER AND A BOOK

\$30


#### Love Goddess Cooking School by Melissa Senate

**Thursday, March 22, 6:30-8:30 p.m.**

It's time to revive the book club at Market Street in McKinney with a light-hearted book by Melissa Senate. "Senate handles the hefty topics of loss and remembrances with lightness and respect and in so doing, redefines comfort food." --*Publishers Weekly*. Follow Holly Macguire, the granddaughter of the Love Goddess of Blue Crab Island, Maine, as she opens a cooking school in the Italian restaurant that she inherits from her grandmother. One reviewer described the book as "A delicious story of friendship, love and discovery". We will cook a delicious meal and then sit, dine, and discuss the book.

**Instructor: Ruth Thompson, Market Street Culinary Instructor**

## STRAWBERRY FIELDS FOREVER

 \$35

Monday, March 26, 6:30-8:30 p.m.

Strawberries are at their peak at this time of year, so let's try some dishes that are "berry-licious." **Sweet and Savory Strawberry Spinach Salad, Grilled Chicken Breasts with Fresh Strawberry Salsa, Strawberry Muffins, and Quick Strawberry Cream Cheese Pie.**

Instructor: Maria Caccavale and Ruth Thompson, Market Street Culinary Instructors

## FOODS YOU LOVE THAT ARE IRRESISTIBLY HEART HEALTHY

\$40

Wednesday, March 28, 11 a.m.-1 p.m.

Get the secrets of engaging all of your senses with fresh ingredients, bold flavors and wonderful textures and still enjoy food that is heart healthy. Registered dietitian and culinary expert, Cindy Kleckner, RD, LD will share recipes from her newly released *Hypertension Cookbook for Dummies*, **Morning Muesli with Fresh Mixed Berries, Grilled Shrimp with Creamy Mango-Lime Dressing, Pork Teriyaki Lettuce Wraps and Sweet and Savory Garbanzo, Orzo and Broccoli Salad.** Cindy will demystify the foods and cooking methods that are powerful allies in the defense against heart disease and share the multitude of ways to add flavor that will please the entire family!

Instructor: Cindy Kleckner, RD, LD, Author

## COOKING CONFIDENCE III: CLASSIC DESSERTS



\$40 each class *OR* \$105 for all three

Thursday, March 29, 6:30-8:30 p.m.

Learn to make some classic desserts and your next dinner

for family or friends will be complete. We will have some savory snacks while we wait for the yummy sweets to bake.

Menu: **Molten Chocolate Cake with Easy Crème Anglaise; Classic Sugar Cookies; Strawberry Napoleons with Amaretto Whipped Cream; and Pear and Apple Crisp.**

Instructor: Market Street Staff

## ADULTS WITH SPECIAL NEEDS

\$11 per class

1st and 3rd Wednesdays of each month  
6-8 p.m.

## KID'S CLASSES

*All classes are Hands-On*

## TOP O' THE MORNING TREATS



\$30

Ages 4-6

Saturday, March 17, 10-11:30 a.m.

We will celebrate St. Patty's Day by adding a pinch of green to all the recipes today. The kids will have fun making **Shamrock Milk Shakes, Rainbow Fruit Skewers, Lucky Trail Mix, Pot of Gold Cake Balls on a Stick, and Leprechaun Pudding.**

Instructor: Market Street Staff

## LUCKY LEPRECHEUNS



\$30

Ages 7-11

Saturday, March 17, 1-3 p.m.

Everyone is Irish on St. Patrick's Day. We will make some treats to share with family and friends. **Rainbow Cupcakes, Irish Mint Brownies, Pot of Gold Cake Balls, and St. Patrick's Day Cookie Pops.**

Instructor: Market Street Staff

# REGISTRATION & CULINARY SCHOOL INFORMATION

### What is Dish Event Center?

Located on the second floor of Market Street in Colleyville and McKinney, Dish Event Center is a meeting place for community and customer gatherings, as well as our own offerings of scheduled culinary events. Enjoy:

- a culinary center
- an event room for private gatherings
- a specialty shop of gifts and gadgets for the cook

We also offer other culinary and educational events. Most classes are demonstrations, unless specified as a hands-on class. **Participants enjoy tasting the dishes prepared.** Classes are offered days, evenings and weekends to accommodate busy schedules. Prices vary based on content.

### What kinds of cooking classes will you offer?

At Market Street's Dish Event Center, you can learn everything from jazzing up your everyday menus to creative after-school snacks — and from gourmet menus from some of the country's best chefs to basic grilling techniques.

### How do I register for a cooking class?

Call the Dish Event Center in McKinney at **972-548-5167**.

Classes seat approximately 25 students and payment (cash, check or credit card) is due at time of registration. Class registrations are taken on a first-come, first-served basis. Once a class is full, you will be added to a waiting list.

We're happy to honor requests for refunds or transfers to another class as long as they are made five days prior to class. Cancellations made five days prior to class will not be charged. No credit, refund or transfer will be issued if cancellation is made within 72 hours of scheduled class time. You may send a substitute if you cannot attend. Credit card will be charged if cancellation is not received a minimum of three days in advance. We reserve the right to cancel a class for any reason, in which case a full refund will be given. For classes that involve student participation, **closed-toe shoes and kitchen-safe clothing are required.** Market Street will not be held liable for lost or damaged items or injuries to students.

### Team Building!

We also offer team building activities that enable you and your staff to cook together and share a meal. Allow our specially trained instructors to guide you through exercises that will not only build team unity and creativity, but also are rewarding and fun. Class sizes are limited and based on availability of the room and instructor. Prices are determined based on the menu chosen.

### Fabulous Party Classes!

Celebrating a birthday, holiday event, baby or bridal shower or having a girls night out or book club meeting? Do you need to entertain your church group, gourmet club or bunco group?

Why not let the Culinary School staff create a fun private cooking party for your special occasion? Invite your friends to come tie on an apron and either we can cook or you can have a cooking "event" that we will help you customize to fit your needs! When you finish your party, you and your guests will sit down and enjoy your culinary feats. After dessert, your happy guests will depart with recipes, new cooking skills and the memories of a fun and interactive event.

### Do you love food? Would you like to assist?

Volunteers are rewarded. For every two times you volunteer to assist with a cooking class or demonstration, you may attend one class free. Volunteer duties include assisting with room set up, serving food and cleanup. Call the Dish Event Center to volunteer. **Those wanting to volunteer must attend one class as a paid attendee before they may volunteer twice to attend their next class for free.**

### Private Kids Events

Do you have a Girl Scout Troop? Call us and we'll plan a private cooking class for a minimum of 10 students. Subject to availability due to previously arranged events.

Prices on brochure are per person per class.

MARKET STREET  
6100 W. ELDORADO PARKWAY  
MCKINNEY, TEXAS 75070

TO REGISTER FOR A CLASS, CALL DISH EVENT CENTER AT  
972-548-5167  
OR EMAIL  
561EVENT@MARKETSTREETUNITED.COM