

CLASSES AND PRICING - 2009

CULINARY LEARNING VACATIONS

3-day course: \$695 per person

5-day course: \$1200 per person

ESSENTIAL SKILLS - The Culinary Learning Vacations focus on essential skills ranging from basic cooking techniques to advanced. Skills that you will use everyday and that will give you confidence in the kitchen. The 3-day course is geared to beginning level cooks who want to build a solid foundation of skills. The 5-day course is appropriate for cooks of intermediate to advanced skill level. The *Culinary Learning Vacations* cover topics ranging from preparing stocks, soups and sauces to cooking techniques for various cuts of meats, fish and vegetables. We talk about the difference between braising and roasting and why you should do one versus the other. Each day we'll work with recipes that incorporate a variety of cooking methods such as sautéing, roasting, broiling and poaching. You will also learn basic cutting techniques, how to choose the right knife for the task, as well as how to select and care for your knives. We study flavor dynamics and balance as you learn to enhance flavors while adding your own style and flare to the dishes we create. Menus are seasonally adjusted but may include items such as *Garden Vegetable Soup; Caponata; Flat Bread with Grilled Vegetables; Herb Crusted Tenderloin; Salmon en Papillote; Hazelnut Biscotti* and more. We will make pantry recipes to have on hand for everyday cooking like *Red Pepper Aioli; Sundried Tomato Pesto* and *Garlic Bechamel*.

Students receive a detailed reference manual with recipes, logo apron, and meals prepared by class served with wine/ beverage. Accommodations are additional.

BOOT CAMP FOR COOKS

5-day course: \$1450 per person



The 5-day Boot Camp for Cooks is geared to advanced level cooks who are confident in the kitchen but want to expand their skills to a new level. Building on your culinary expertise you will learn techniques to allow you more creativity in the kitchen. Students will make stocks which are used as a base for other recipes and sauces. You will learn about flavor dynamics and presentation skills. Topics covered include primary and secondary sauces, egg-based sauces, bread baking, pastries, ingredient selection and storage, pantry essentials, menu planning and entertaining; and much more. Learn about different products with comparative tastings and how to use them to enhance your favorite recipes.

Students will harvest herbs, vegetables and fruits from the gardens at CasaLana to use in the recipes prepared. Menus are seasonally adjusted but may include items such as *Gingered Carrot Soup with Creme Fraiche; Vegetable Strudel with Sauce Soubise; Semolina Flat Bread with Grilled Vegetables; Hand-made Raviolis with Roasted Vegetables and Pesto; Herb Crusted Rack of Lamb; Pan-Seared Salmon; Creamy Risotto; Warm Chocolate Souffle with Creme Anglaise* and more. We discuss pantry essentials and prepare recipes that enhance your every-day meals like *Olive-Caper Relish; Spicy Remoulade; Pickled Beets and Peach Chutney*.

In addition to our daily kitchen sessions, we will travel to local culinary points of interest. We may take an excursion to Copia, Oxbow Public Market or the Culinary Institute of America for a cooking demonstration and garden tour. Or, we may visit a winemaker, grower or farmers' market to learn about food at the source, how to select the season's best picks and pairing food and wine when planning menus. Each evening is free time for you to enjoy and explore the Napa Valley on your own.

Students receive a detailed reference manual with recipes, logo apron, and meals prepared by class served with wine/ beverage. Accommodations are additional.

CULINARY TOURS

Epiculinary Flavors of Napa Valley

The Epiculinary Flavors of Napa Valley program combines the kitchen learning experience of the culinary learning vacation with expanded excursions in the Wine Country and 5 nights accommodations (based on double occupancy). Tour dates are indicated on the schedule as Flavors of Napa Valley. Visit the Gourmet Retreats web site for a detailed itinerary and topics.

\$2475 per person - 5 nights (double occupancy)

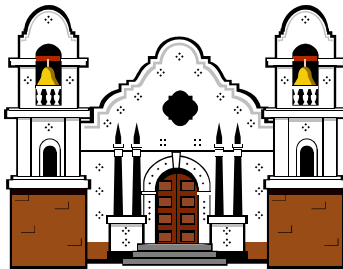
Non-Cooking Companion \$1575 per person

Gourmet Retreats in Mexico

Gourmet Retreats partners with well established tour companies to offer culinary tours to the historic cities of San Miguel de Allende, Guanajuato and Oaxaca, Mexico. The week long tours include 6 nights accommodations; 4 - 5 hands-on cooking lessons; market tours and more. Tour dates are shown on the schedule as Gourmet Retreats in Mexico. Visit the Gourmet Retreats web site for a detailed itinerary. Other dates can be arranged for private tours.

\$1950 per person - 6 nights (double occupancy)

Non-Cooking Companion \$1750 per person



GOURMET WEEKEND RETREATS

2-day course: \$375 per person

The *Gourmet Weekend* classes offer a recreational cooking experience where you will learn a variety of recipes and techniques while enjoying great food. Your retreat begins Friday as we prepare a multi-course meal incorporating various cooking techniques. The course continues Saturday morning when you prepare a delicious brunch to enjoy before your departure in the afternoon. Menus are planned based on seasonality and product availability, and feature a particular ethnic cuisine or style of cooking. Topics and menus for the Gourmet Weekends are posted on the web site.

Students receive recipe hand-outs and meals prepared by class served with wine/beverage. Accommodations are additional.

WINE COUNTRY CLASSES

1-day course: \$175 per person

The *1-day Wine Country* classes offer a recreational cooking experience where you will learn recipes and techniques specific to the theme of the class. Menus are planned based on seasonality and product availability, and feature a particular ethnic cuisine or style of cooking. Topics and menus for the Wine Country Classes are posted on the web site.

Students receive recipe hand-outs and multi-course meal prepared by class served with wine/beverage. Accommodations are additional.

Winter Comfort Foods - Jan 16

The chill of winter often makes us turn to warm, comforting foods. Cuisine for this session will incorporate slow-cooked dishes that fill the kitchen with soul-warming aromas. The recipes we prepare may include *Penne with Aged Vermont Cheddar; Braised Beef Shanks; Herbed Potato Gratin; Roasted Root Vegetables; Herbed Buttermilk Biscuits, Spiced Winter Fruit Crisp with homemade ice cream* or other hearty comfort dishes.

Saveur Cooks Classic Italian Cuisine - Apr 17

Join us for a class hosted with Saveur Magazine on classic Italian cooking. An appetite-inspiring journey through the trattorias and farmhouses of Italy, this exciting class will take you on a historical journey of the regions and rituals of Italy. The recipes, timeless classics of Italian cooking selected by the editors of SAVEUR, bring to life the pleasures of this beloved cuisine—a cuisine based on fresh ingredients of the highest quality. You'll also discover the techniques necessary to prepare a complete menu of delicious classics. Look for *Saveur Classics* in the schedule of classes.



Holiday Favorites - Dec 12

Holidays are such a busy and often stressful time that entertaining can seem like a chore instead of fun. This session will give you some delicious recipes to add to your repertoire and make your holiday entertaining fun again. They are sure to impress your family and friends, yet keep you out of the kitchen and in the party. *Sundried Tomatoes, Goat Cheese & Fresh Herbs; Wild Mushroom Soup with Black Pepper Whipped Cream; Bourbon Pepper Tenderloin with Cabernet Sauce; Point Reyes Blue Cheese Mashed Potatoes; Wilted Winter Greens and Warm Chocolate Soufflés with Crème Anglaise*

Summer Grill Favorites - July 25

Summertime is a highpoint for outdoor entertaining. Taking full advantage of the season's bounty and your grill can be a great reward. You will learn how to maximize flavor and tenderness using marinades and rubs. You will also learn about sauces and salsas to serve that will add a unique flair to your summertime dishes. We will make dishes like *Grilled Portobello Mushroom Salad; Balsamic-Plum Glazed Pork Tenderloin; Grilled Vegetable Mélange; Grilled Fruits* and many other recipes that will become your summertime favorites.

Fall Harvest - Oct 2

We savor the last of the summer garden and celebrate the rich, earthy flavors of fall. Our menu will incorporate the abundance of figs, squash and tomatoes in recipes such as *Wilted Spinach Salad with Portobello Mushroom and Feta; Balsamic Glazed Pork Stuffed with Figs and Walnuts; Fall Fruit Chutney; Sautéed Fall Greens with Caramelized Onions; Roasted Root Vegetables and Red Peppers; Pancetta and Vegetable Strata with Roasted Tomato Salsa* and other favorite fall recipes.

CHEF INSTRUCTORS AT GOURMET RETREATS

Lana Richardson is the host and founder of Gourmet Retreats at CasaLana. With almost twenty years experience in the corporate business world, Lana left a successful career in the software business and enrolled in the chef program at the California Culinary Academy. After graduating with top honors, she was chef at Walnut Creek's popular Secret Garden Tea Room and also cooked at Bradley Ogden's Lark Creek. In 1996 Lana started her own business, which offered catering and private chef services. Soon customers' requests led to Lana teaching cooking classes in private homes and at B&Bs.

In 1998 Lana decided to create a business that would combine her background in customer education and her professional chef training with her passion for cooking, teaching and gardening. She opened her B&B, CasaLana, in 1999 in Napa Valley where she hosts and teaches classes at Gourmet Retreats cooking school. It has been a great success with more options for classes and tours being added every year. Gourmet Retreats cooking school was featured on the *Food Network* in a segment of the show "*Recipe for Success*".

Cindy Race grew up in southwestern Massachusetts, where she started her restaurant career at age 14 at the local historical inn and tavern. After restaurant stints around the country including positions as kitchen manager, executive chef and owner, Cindy settled in the Bay Area in 1994.

After 17 years, Cindy left the restaurant industry to private chef for a high-profile client, allowing her to focus on her personal interests in hand-picked ingredients and gracious, personal service. In addition, Cindy has been successfully matching other private chefs and clients for over ten years.

Cindy especially enjoys teaching cooking enthusiasts how to enjoy entertaining more by using shortcuts, good time-management skills and "treating a recipe as a roadmap". She has great enthusiasm and loves teaching.

Profiles for other guest instructors are listed on the website. Unless otherwise indicated, classes are taught by Cindy or Lana.

POLICIES AND DETAILS

- ◆ Full payment is required at time of registration. Confirmation of enrollment will be sent after registration and payment are processed.
- ◆ 14-day advance notice is required for cancellations. Class fees are non-refundable but the class may be rescheduled or enrollment transferred. A 10% fee will be charged for rescheduling.
- ◆ Cancellation within 14-days of the class date will result in forfeiture of the fee unless the space is resold. If the space is resold, rescheduling to another date will be permitted. Due to the financial impact of last minute cancellations this policy is strictly enforced. Exceptions will not be made regardless of the circumstance or nature of emergency situation.
- ◆ Alcohol is served with the food prepared and will not be served during the class. Non-alcoholic beverages are available during the class.
- ◆ Classes may occasionally be cancelled or rescheduled. If this is necessary, you will receive advance notice and your enrollment will be transferred or refunded.
- ◆ Menus are tentative and may be changed to take advantage of seasonal availability and quality.

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SUN	MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16 Wine Country Class <i>Comfort Food</i>	17
18	19	20	21	22	23	24
3-Day Culinary Learning Vacation						


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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
← 5-Day - Boot Camp For Cooks →						
8	9	10	11	12	13 Gourmet Weekend <i>Wine Country Cuisine</i>	14
15	16	17	18	19	20	21
3-Day Culinary Learning Vacation						




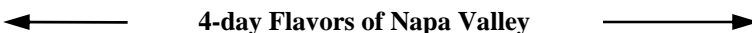
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SUN	MON	TUE	WED	THU	FRI	SAT
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← 5-Day Culinary Learning Vacation →						
8	9	10	11	12	13 Gourmet Weekend <i>Italian Cuisine</i>	14
22	23	24	25	26	27	28
3-Day Culinary Learning Vacation						



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SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10 Gourmet	11 Weekend <i>Mediterranean Cuisine</i>
12	13	14	15	16	17 Wine Country Class - <i>Saveur - Italian</i>	18
19	20	21	22	23	24	25
						


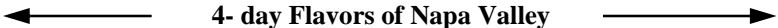
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SUN	MON	TUE	WED	THU	FRI	SAT
Apr 26	Apr 27	Apr 28	Apr 29	Apr 30	1	2
						
10	11	12	13	14	15	16
						
17	18	19	20	21	22	23
						
24	25	26	27	28	29	30
						



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SUN	MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12 Gourmet	13 Weekend <i>Flavors of Spring</i>
21	22	23	24	25	26	27
						



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SUN	MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25 Wine Country Class <i>Summer Grill</i>
26	27	28	29	30	31	Aug 1
						

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16	17	18	19	20	21	22
						
23	24	25	26	27	28 Gourmet <i>Summer</i>	29 Weekend <i>Bounty</i>

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20	21	22	23	24	25	26
						
27	28	29	30	Oct 1	Oct 2 Wine Country Class <i>Fall Harvest</i>	Oct 3

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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
					Wine Country Class <i>Fall Flavors</i>	
11	12	13	14	15	16	17
			←	4-day Flavors of Napa Valley		→
18	19	20	21	22	23	24
					Gourmet Weekend <i>Autumn Harvest</i>	
25	26	27	28	29	30	31
			3-Day Culinary Learning Vacation			

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SUN	MON	TUE	WED	THU	FRI	SAT
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		←	Culinary Tour - Oaxaca, Mexico — Nov 3 - Nov 9		→	
8	9	10	11	12	13	14
Oaxaca, Mexico →			←	4- day Flavors of Napa Valley		→
15	16	17	18	19	20	21
			3-Day Culinary Learning Vacation			

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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
					Gourmet Weekend <i>Holiday Entertaining</i>	
6	7	8	9	10	11	12
						Wine Country Class <i>Holiday Favorites</i>
13	14	15	16	17	18	19
CasaLana is available for private holiday classes and parties						