

CLASSES AND PRICING - 2008

CULINARY LEARNING VACATIONS

3-day course: \$650 per person

5-day course: \$1100 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. Both the 3 and 5 day *Culinary Learning Vacations* cover topics ranging from pantry essentials, 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: \$1100 per person



The 5-day Boot Camp for Cooks is geared to confident cooks who want to advance their skills. Building on your culinary expertise you will learn techniques to allow you more creativity in the kitchen. Students will make two 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 Center for Food, Wine and Arts, 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 4 nights accommodations (based on double occupancy). Tour dates are indicated on the schedule as Flavors of Napa Valley - Epiculinary. Visit the Gourmet Retreats web site for a detailed itinerary and topics.

\$1975 per person (double occupancy)

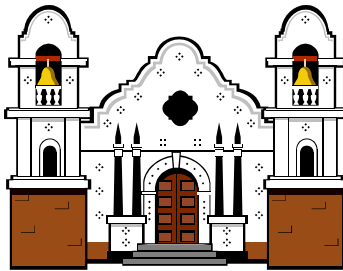
Non-Cooking Companion \$1150 per person

Gourmet Retreats in Mexico

Gourmet Retreats is partnering 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 7 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 (double occupancy)

Non-Cooking Companion \$1750 per person



GOURMET WEEKEND RETREATS

2-day course: \$350 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: \$160 - \$175 per person (price varies based on topic and/or guest chef)

Basic Baking Workshop - Feb 1

The aroma of fresh baked bread fills the kitchen with a warm, welcoming scent. In this session you learn to make variations of biscuits, muffins, quick breads and leavened breads such as focaccia, multi grain and doughs that are perfect for homemade pizza or flatbreads. You also learn how to make tender pastry such as all butter pie dough. The menu will include items such as *Yogurt Herb Biscuits; Caramelized Onion Flatbread; Whole-Wheat Pita Bread; Almond-Banana Muffins; Fresh Fruit Tart* and other fresh-baked delights.

Saveur Cooks Classic Cuisine - Apr 11; May 30; Oct 22

Join us for classes hosted with Saveur Magazine on classic Spanish, French, American or Italian cooking. In each class you experience a mouthwatering exploration of authentic Spanish, American, French or Italian cuisine. From the tapas of Spain to the farmhouses of Italy, these exciting classes will take you on a historical journey of the regions and rituals of Spain, America, France and Italy. You'll also discover the techniques necessary to prepare a complete menu of delicious classics. Look for *Saveur Classics* in the schedule of classes.

Flavors of Tuscany - Sep 6

This class will teach students about the flavors and preparation of some Tuscan favorites. Learn how to make pizzas from scratch; homemade pasta dough and cannelloni; aioli; and a classic Italian dessert, Panna Cotta! Our menu will include favorites such as *Pancetta Wrapped Prawns with Roasted Red Pepper Aioli; Wild Mushroom and fresh Herb Pizza; Radicchio, Arugula & Endive Salad with Shaved Parmesan Reggiano, Extra Virgin Olive Oil and Lemon; Lamb Parmesan with Homemade Cannelloni and classic Marinara and Panna Cotta with Fruit Coulis*



Tapas - Mar 1

Tapas are those wonderful 'small plates' from Spain that everyone is talking about. People often make a meal from grazing on an assortment of Tapas. Learn how to make these easy Tapas for family & friends. You'll love the bold, new flavors! Our menu will include recipes such as *Spanish Sherry, Olives & Almonds; Eggplant & Roasted Pepper Spread; Roasted Asparagus with Serrano Ham and Aioli; Gambas al Ajillo (sautéed shrimp in garlic & wine); Empanadilla with Chorizo; Pimientos, & Spinach; Grilled Vegetables with Romesco Sauce; Manchego & Zucchini Tortilla* plus some special sweet treats.

Healthy & Flavorful - June 20

If you think healthy recipe choices mean they are flavorless, think again! This class features techniques for creating delicious and flavorful recipes with less fat and more flavor. Our heart healthy menu will include items such as *Endive stuffed with Spicy Red Pepper Spread; Roasted Vegetable Soup with Garlic Croutons; Halibut en Papillote with Sautéed Vegetables and Fruit Salsa; Chocolate 'Mousse' with Raspberry Coulis;* or other flavor filled options.

Fall Harvest - Oct 4

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.

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*

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
13	14	15	16	17	18 Gourmet	19 Weekend <i>Comfort Food</i>
20	21	22	23	24	25	26
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Wine Country Class <i>Basic Baking</i>
3	4	5	6	7	8	9
← 5-Day Culinary Learning Vacation - Boot Camp For Cooks →						
10	11	12	13	14	15 Gourmet	16 Weekend <i>Wine Country Cuisine</i>
17	18	19	20	21	22	23
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
						1 Wine Country Class <i>Tapas</i>
2	3	4	5	6	7 Gourmet	8 Weekend <i>Italian Cuisine</i>
9	10	11	12	13	14	15
3-Day Culinary Learning Vacation						
30	31	1	2	3	4	5
7-day Culinary Tour—Gourmet Retreats in San Miguel de Allende, Mexico March 30 - April 5						

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SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11 Wine Country Class - <i>Saveur - Spanish</i>	12
13	14	15	16	17	18	19
← 5-Day Culinary Learning Vacation →						
20	21	22	23	24	25 Gourmet <i>Mediterranean Cuisine</i>	26 Weekend


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SUN	MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16	17
Flavors of Napa Valley - Epiculinary						
18	19	20	21	22	23	24
← 5-Day Culinary Learning Vacation →						
25	26	27	28	29	30 Wine Country Class - <i>Saveur - Italian</i>	31


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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 Gourmet <i>Latin Grill</i>	7 Weekend
8	9	10	11	12	13	14
3-Day Culinary Learning Vacation						
15	16	17	18	19	20 Wine Country Class - <i>Healthy & Flavorful</i>	21
22	23	24	25	26	27	28
← 5-Day Culinary Learning Vacation - Boot Camp For Cooks →						

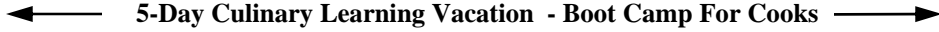
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SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
 5-Day Culinary Learning Vacation						
13	14	15	16	17	18 Gourmet <i>Summer Bounty</i>	19 Weekend
27	28	29	30	31	Aug 1	
Flavors of Napa Valley —Epiculinary						

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SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
3-Day Culinary Learning Vacation						
10	11	12	13	14	15 Gourmet <i>Mediterranean</i>	16 Weekend <i>Cuisine</i>
17	18	19	20	21	22	23
 5-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Wine Country Class <i>Tuscan Flavors</i>
14	15	16	17	18	19	20
 5-Day Culinary Learning Vacation - Boot Camp For Cooks						
21	22	23	24	25	26 Gourmet <i>Summer Grilling</i>	27 Weekend

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Wine Country Class <i>Fall Harvest</i>
5	6	7	8	9	10	11 Flavors of Napa Valley - Epiculinary
12	13	14	15	16	17	18 3-Day Culinary Learning Vacation
19	20	21	22 Wine Country Class <i>Saveur Spanish</i>	23	24	25

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SUN	MON	TUE	WED	THU	FRI	SAT
					Oct 31 Gourmet <i>Fall Harvest</i>	1 Weekend
9	10	11	12	13	14	15
← 7-day Culinary Tour—Gourmet Retreats in Oaxaca, Mexico Nov 9 - Nov 15 →						
16	17	18	19	20	21	22 Flavors of Napa Valley - Epiculinary

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Gourmet <i>Holiday Entertaining</i>	6 Weekend
7	8	9	10	11	12 Wine Country Class <i>Holiday Favorites</i>	13
14	15	16	17	18	19	20 CasaLana is available for private holiday classes and parties