

## CLASSES AND PRICING - 2012

### CULINARY LEARNING VACATIONS

3-day course: \$650 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. However, the classes are tailored to the level of participants and whatever your level you will leave with new skills and knowledge. 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 *Roasted Butternut Squash and Pear 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 and 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 when available 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 Soufflé with Crème 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 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. Mornings and late evening are 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.

**\$2275 per person - 5 nights (double occupancy)**

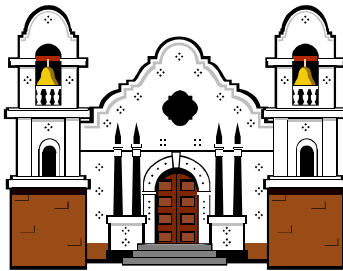
**Non-Cooking Companion \$1375 per person**

### *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: \$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 afternoon as we prepare a multi-course meal incorporating various cooking techniques. The course continues Saturday 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 and are available at CasaLana or other nearby B&Bs.

### **Stocks, Soups and Stews - Jan 21**

A rich sauce or soup usually starts with a really good, flavorful stock or broth. In this session we focus on the basic techniques of making stocks such as *Vegetable, Chicken or Fish Stock*. Then we will use the stock to prepare soul-warming soups and stews. Our menu will include dishes like *Brown Vegetable Stock; Roasted Butternut Squash Soup; hearty Cioppino or a Rich Burgundy Beef Stew*.

### **Latin Flavors - May 12**

We embark on a culinary tour featuring Latin flavors with dishes from Mexico and Spain. Our menu will use items selected from local markets to prepare traditional recipes from various regions of Mexico and Spain. The menu will begin with tapas from Spain such as *Spanish Sherry, Olives & Almonds, Gambas al Ajillo or Roasted Fingerling Potatoes with Romesco*. The menu continues with favorites from Mexico such as *Jicama Orange Slaw with Pepitas, Pibil Style Pork with Pipián Verde; Calabacitas Rellenas* and we'll finish with *Caramelized Plantains with Pineapple Syrup and Crema*.



### **Summer Flavors - Aug 4**

We will celebrate the bounty of the garden and savor the rich, vibrant flavors of summer. Our menu will incorporate the abundance of peppers, squash and tomatoes in recipes such as *Herbed Tomato Garlic Bruschetta; Garden Greens with Herb Vinaigrette; Grilled Spice Rubbed Pork with Chermoula; Ratatouille* and *Mixed Fruit Galette with Homemade Sorbet* or other delicious recipes.

### **Grill Favorites - Sept 22**

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; Grilled Chicken Roulades; Grilled Vegetable Brochettes with Romesco Sauce; Grilled Herbed Polenta* and *Grilled Brioche with Fruit Compote*. These recipes may become some of your summertime favorites

### **American Favorites - Feb 4**

Students of this culinary adventure will explore a vast array of American cuisine - the hearty comfort foods of the Heartland, the fiery foods of Louisiana, the tantalizing tastes of the Southwest and much more. As you learn about and prepare the foods of the various regions, you will be introduced to a whole new world of tastes and experiences. Our menu may include recipes such as *Waldorf Stuffed Endive; Wilted Spinach Salad with Warm Mustard Vinaigrette; Jambalaya; Spicy Greens with Glazed Onions; Spiced Fruit Crisp* or other American favorites.

### **Garden Harvest - June 9**

If you think healthy recipe choices means that they are flavorless, think again! This class will teach you options for creating delicious and flavorful recipes with less fat and more flavor. Using fresh, flavor-filled ingredients from the garden and market, our heart healthy menu will include items such as *Endive stuffed with Spicy Red Pepper Spread; Roasted Vegetable Soup with Garlic Croutons; Fish en Papillote with Julienned Vegetables; Fruit Salsa; Chocolate 'Mousse' with Raspberry Coulis*; or other flavor filled options..

## TEAM-BUILDING CLASSES AND PRIVATE CLASSES

Gourmet Retreats at CasaLana offers customized private classes tailored to your needs. We work with you to create a menu and class for your event based on your objectives, the size of the group and your budget.

**Team-building** classes bring together co-workers, staff and managers to share tasks in the kitchen as they work together to prepare recipes. Whether you are celebrating a special achievement or developing communication skills between co-workers, the group will enjoy a fun session and delicious food in a relaxed atmosphere. Classes are available as demonstration, hands-on or combined format and range from single subject to full-meal preparation. Includes recipe hand-outs and food served with wine/beverage. Pricing depends on format, menu and number of attendees. Call for quote.

**Private classes and parties** - The gardens and serene river setting provide an ideal location in the wine country to gather a group of friends and/or family for a special birthday, anniversary or other special occasion. Includes recipe hand-outs, logo apron and food served with wine/beverage. Sessions are typically about 5 hours total including the meal.

Pricing: \$750 for up to 5 people; \$150 per additional person.

## YOUR HOSTESS AND CHEF INSTRUCTOR

**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".

Some classes at CasaLana may be taught by guest instructors. Profiles for guest instructors that have taught at CasaLana are listed on the website. Unless otherwise indicated, classes are taught by 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. The meal is usually served 3 - 4 hours after class begins. Please plan to eat something before coming to 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
15	16	17	18	19	20	21 Wine Country Class <i>Stocks, Soups &amp; Stews</i>
22	23	24	25	26	27 Gourmet	28 Weekend <i>Comfort Foods</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Wine Country Class <i>American Favorites</i>
5	6	7	8	9	10	11
3-Day Culinary Learning Vacation						
12	13	14	15	16	17 Gourmet	18 Weekend <i>Italian Cuisine</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
FEB 26	FEB 27	FEB 28	FEB 29	1	2	3
← 5-Day Culinary Learning Vacation →						
4	5	6	7	8	9 Gourmet	10 Weekend <i>Wine Country Cuisine</i>
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
3-Day Culinary Learning Vacation						
15	16	17	18	19	20	21
← 5-Day Culinary Learning Vacation →						
22	23	24	25	26	27	28
						<b>Gourmet Weekend</b> <i>Mediterranean Cuisine</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
						<b>Wine Country Class</b> <i>Latin Flavors</i>
13	14	15	16	17	18	19
3-Day Culinary Learning Vacation						
20	21	22	23	24	25	26
← 5-day Boot Camp for Cooks →						

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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
						<b>Gourmet Weekend</b> <i>Flavors of Spring</i>
3	4	5	6	7	8	9
						<b>Wine Country Class</b> <i>Garden Harvest</i>
10	11	12	13	14	15	16
3-Day Culinary Learning Vacation						

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 Gourmet	7 Weekend
<i>Summer Grill</i>						
8	9	10	11	12	13	14
3-Day Culinary Learning Vacation						
22	23	24	25	26	27	28
← 4- day Flavors of Napa Valley →						

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Wine Country Class <i>Flavors of Summer</i>
5	6	7	8	9	10	11
3-Day Culinary Learning Vacation						
19	20	21	22	23	24	25
← 5-Day - Boot Camp For Cooks →						

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SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7 Gourmet	8 Weekend
<i>Summer Bounty</i>						
9	10	11	12	13	14	15
3-Day Culinary Learning Vacation						
16	17	18	19	20	21	22 Wine Country Class <i>Summer Grill</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Gourmet	6 Weekend
					<i>Fall Harvest</i>	
14	15	16	17	18	19	20
	<b>3-Day Culinary Learning Vacation</b>					
21	22	23	24	25	26	27
	← 4-day Flavors of Napa Valley →					

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SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
	← Culinary Tour - Mexico — Oct 28 - Nov 3 →					
4	5	6	7	8	9 Gourmet	10 Weekend
					<i>Holiday Entertaining</i>	
11	12	13	14	15	16	17
	<b>3-Day Culinary Learning Vacation</b>					

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SUN	MON	TUE	WED	THU	FRI	SAT
						1
	<b>CasaLana is available for private holiday classes and parties</b>					
2	3	4	5	6	7	8
	<b>CasaLana is available for private holiday classes and parties</b>					
9	10	11	12	13	14	15
	<b>CasaLana is available for private holiday classes and parties</b>					