

# CLASSES AND PRICING - 2015

## CULINARY LEARNING VACATIONS

3-day course: \$650 per person (accommodations additional)

This 3-day course teaches foundational skills that you will use everyday, skills that will give you greater confidence in the kitchen. The classes are tailored to each participant's level and whatever your level you will leave with new skills and knowledge. Topics range from preparing stocks, soups and sauces to cooking techniques for various cuts of meats, fish and vegetables. Learn the difference between braising and roasting and why you should do one versus the other. Each day we 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 explore flavor dynamics and balance as you learn to enhance flavors while adding your own style and flare to the dishes we create.

In the *Lifestyle Wellness* sessions in addition to learning essential kitchen skills you learn about foods and techniques that are satisfying, nutritious and health-based. As you discover secrets to flavor-filled, low-fat recipes you will know how to incorporate healthy choices into your daily life. Optional spa treatments, private yoga or pilates sessions can be added to compliment your lifestyle wellness experience.

Menus are seasonally adjusted and incorporate ingredients from CasaLana gardens and local markets. Visit the website by class date for details of the menu planned. Students receive a detailed reference manual with recipes, logo apron, and meals prepared by the class served with wine / beverage. Mornings and late evening are free time for you to enjoy and explore the Napa Valley on your own. Accommodations are additional and are available at CasaLana.

## BOOT CAMP FOR COOKS

5-day course: \$1450 per person (accommodations additional)



The 5-day Boot Camp for Cooks is geared to experienced 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 available 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 Crème 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 Vegetables* or *Fruit Chutney*. Menus are posted on the web site for each class date.

On one day during the week, in addition to our daily kitchen session, we take a culinary excursion. Depending on availability and season, we may visit an estate vineyard for a garden tour followed by a formal food and wine pairing; or perhaps a session with an olive oil producer to learn about various types of oils and the processing. Other options include visiting a local grower or farmers' market to learn about food at the source, how to select the season's best picks or we may visit a winery to learn what to consider in pairing food and wine when planning menus.

Students receive a detailed reference manual with recipes, logo apron, and meals prepared by class served with wine/ beverage. Mornings and late evening are free time for you to enjoy and explore the Napa Valley on your own. Accommodations are additional and are available at CasaLana.

## CULINARY ADVENTURES IN NAPA VALLEY

### *Flavors of Napa Valley*

The Flavors of Napa Valley program combines the kitchen learning experience of the culinary learning vacation with an excursion 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 sample tinerary and information about topics covered.

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

Non-Cooking Companion \$1375 per person

### *Calistoga Culinary Adventure*

Gourmet Retreats partners with an established culinary tour company to offer a unique Culinary Adventure based in Calistoga. Located in the northern tip of Napa Valley, Calistoga is often referred to as the Hot Springs of the West. Your 3-night, 4-day getaway includes two cooking classes, dining at a Michelin starred restaurant, olive oil tasting and a private food and wine pairing. Contact Gourmet Retreats for more information and pricing.



## GOURMET WEEKEND RETREATS

2-day course: \$350 per person (accommodations additional)

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 the class served with wine/beverage. Accommodations are additional and are available at CasaLana.

## WINE COUNTRY CLASSES

1-day course: \$175 per person (accommodations additional)

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.

### ***Heart Healthy Soups - Feb 7***

A rich 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. Our menu will include dishes like *Brown Vegetable Stock; White Bean, Kale and Roasted Garlic Soup; Wild Mushroom Soup with Fried Sage*. We'll accompany the soup with *Herbed Polenta* and finish off with *Fruit Sorbet*.

### ***Support for Lifestyle Choices - June 20***

Choosing an alternate diet to support your health and well-being can feel overwhelming. You may think you can't dine out or enjoy having friends over for meals. Not true! A first step in supporting your choice is understanding how to make it work in the real world. This class will address being gluten-free, vegan or vegetarian. You will learn food, products and recipes that you can incorporate into your daily life. Chances are when you serve them to your friends and family, they will find them delicious and won't recognize them as a 'special diet'. Our menu will include dishes such as *Spicy Kale Chips; Roasted Asparagus Soup; Caesar Salad with 'Parmesan' GF Croutons; Vegetable Lasagna with Pesto; Sautéed Berries on GF Short Cake*.



### ***Preserving Summer Flavors - September 19***

As the warm days of summer give way to the brisk mornings of fall we start to consider how to keep the bright flavors of our harvest available in the coming months. We don't want to let go of the taste of garden fresh tomatoes, sweet apples or figs. Now is the time to get out the canning jars and make sure we have summer's flavor packed into them for the winter months. In this class you will learn about the steps to making preserves, jams, fruit butters, chutney and more. We will do some quick vegetable pickles and talk about how to make homemade fermented slaws. Recipes include *Herbed Tomato Sauce; Pickled Onions; Spiced Fig Preserves* and more.

### ***Mediterranean Cuisine - March 28***

The diversity of the Mediterranean region results in a dazzling assortment of foods and flavors. We will experience the deep, earthy flavors of robust dishes from Mediterranean regions of Italy, Spain, France or Greece. Our seasonally based menu will include items like *Spicy Hummus, Lemon Chicken with Oregano Sauce, Caponata, Gianduja Brownies; Gelato; Pissaladiere*; and much more



### ***Flavors of Spring - May 9***

Shake off the winter doldrums as we harvest tender, young vegetables and greens from the garden. We use the pick of the garden and market to prepare our meal of items such as *Brushcetta with Marinated Feta and Arugula, Grilled Asparagus with Olive Relish; Grilled Lemon-Thyme Chicken; Creamy Risotto with Spring Vegetables; Strawberry-Rhubarb Crisp* and more.

### ***Celebration of Summer - August 22***

We will celebrate the bounty of the summer and savor the rich, vibrant flavors using fresh, flavor-filled ingredients from the garden and market. Our menu will incorporate the abundance of peppers, squash and tomatoes in recipes such as *Herbed Tomato Garlic Bruschetta; Garden Greens with Marinated Feta and Roasted Peppers; Grilled Achiotte Chicken with Salsa Verde; Ratatouille and Mixed Fruit Galette with Homemade Sorbet* or other delicious recipes.

## 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 4 people; \$175 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. 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
11	12	13	14	15	16	17
3-Day Culinary Learning Vacation - Lifestyle Wellness						
18	19	20	21	22	23	24
						<b>Gourmet Weekend</b> <i>Winter Favorites</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
						7 Wine Country Class <i>Heart Healthy Soups</i>
8	9	10	11	12	13	14
3-Day Culinary Learning Vacation - Essential Skills						
15	16	17	18	19	20	21
						<b>Gourmet Weekend</b> <i>Italian Cuisine</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
← 5-day Boot Camp for Cooks →						
15	16	17	18	19	20	21
3-Day Culinary Learning Vacation - Lifestyle Wellness						
22	23	24	25	26	27	28
						Wine Country Class <i>Mediterranean</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
3-Day Culinary Learning Vacation - Essential Skills						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
← 5-day Boot Camp for Cooks →						

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

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SUN	MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12	13
3-Day Culinary Learning Vacation - Essential Skills						
14	15	16	17	18	19	20 Wine Country Class <i>Lifestyle Food</i>
21	22	23	24	25	26 Gourmet	27 Weekend
						<i>Early Summer Harvest</i>

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SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10 Gourmet	11 Weekend
						<i>Summer Grill</i>
12	13	14	15	16	17	18
						<b>3-Day Culinary Learning Vacation - Essential Skills</b>
26	27	28	29	30	31	
						<b>4- day Flavors of Napa Valley</b>

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SUN	MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14	15
						<b>3-Day Culinary Learning Vacation - Essential Skills</b>
16	17	18	19	20	21	22
						<b>Wine Country Class</b> <i>Celebrating Summer</i>
23	24	25	26	27	28	29
						<b>5-day Boot Camp for Cooks</b>

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SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11 Gourmet	12 Weekend
						<i>Summer Bounty</i>
13	14	15	16	17	18	19
						<b>Wine Country Class</b> <i>Preserving Summer</i>
20	21	22	23	24	25	26
						<b>3-Day Culinary Learning Vacation - Essential Skills</b>

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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 <b>Gourmet</b>	3 <b>Weekend</b> <i>Fall Harvest</i>
11	12	13	14	15	16	17
3-Day Culinary Learning Vacation - Lifestyle Wellness						
18	19	20	21	22	23	24
← 4-day Flavors of Napa Valley →						

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 <b>Gourmet</b>	7 <b>Weekend</b> <i>Holiday Favorites</i>
8	9	10	11	12	13	14
3-Day Culinary Learning Vacation - Essential Skills						
15	16	17	18	19	20	21

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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
<b>CasaLana is available for private holiday classes and parties</b>						
6	7	8	9	10	11	12
<b>CasaLana is available for private holiday classes and parties</b>						
13	14	15	16	17	18	19
<b>CasaLana is available for private holiday classes and parties</b>						