

Mountwest

Community & Technical College



"Where Culinary Excellence Begins"
917 Third Avenue | Huntington, WV | 25701 | Phone: (304) 525.2960

May 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Bar Cookies 1 - 3 pm
2 Italian Desserts 1 - 3 pm	3 Office Hours 10 - 6 pm	4 Unique Potato Dishes 6 - 8 pm	5 Lunch Hour 6 - 8 pm	6 Chocolate Confections 6 - 8 pm	7 Korean Night 6 - 8 pm	8 Private Function
9 Mother's Day Brunch 9 - 11 am & 11 am - 1 pm	10 Office Hours 10 - 6 pm	11 Private Function	12 Creative Healthy Breakfast 6 - 8 pm	13 Private Function	14 Private Function	15 Private Function
16 Luscious Lemon Treats 1 - 3 pm	17 Office Hours 10 - 6 pm	18 Gourmet Dogs 6 - 8 pm	19 Intro to Sushi 6 - 8 pm	20 Creative Cheesecakes 6 - 8 pm	21 Spring Dinner 6 - 8 pm	22 Culinary Team Tryouts 12 - 4 pm
23 Wrap and Roll Appetizers 1 - 3 pm	24 Office Hours 10 - 6 pm	25 Private Function	26 Private Function	27 International Spuds 6 - 8 pm	28 Private Function	29-31 CLOSED Memorial Day Weekend



Visit us on the web at www.cookingandculinary.com

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May 2010 | Class Details

 - Hands on Class  - Demo Class  - Seated Service

Saturday, May 1 | Bar Cookies

- Whether you like to call these cookies, bars, or fingers...we just call them delicious. Let Chef Todd show you how to create such treats as Sinful Pecan Bars, Hearty Banana Fingers, and Canada's favorite, Nanaimo Bars. **\$30 | 1-3 pm**

Sunday, May 2 | Italian Desserts

- Italy has provided us with some spectacular sweet treats and in this class we will show you how to create these comforting dishes in your own home. We'll start by making Lady Finger cookies to assemble a traditional Tiramisu, then follow with some delicate Pine Nut Cookies, and finish with a chilly Strawberry Balsamic Granita. **\$30 | 1-3 pm**

Tuesday, May 4 | Unique Potato Dishes

- Let student chef Shelley Wyatt show you some great tasting dishes you can make with potatoes. We start with a great version of Lazy Pierogies, followed by Cheese and Bacon Stuffed Dumplings, and a mouth watering Red Potato Salad. Finally we will make a wonderful dessert of Potato Donuts with chocolate drizzle. **\$25 | 6-8 pm**

Wednesday, May 5 | Lunch Hour

- Join us for lunch today for a great selection of soups, salads, and artisan breads. We will have a Smoky Chicken Tortilla Soup and a Refreshing Verde Gazpacho. There will also be a salad bar with various fixings and an Artisan Bread Bar including Black Olive & Rosemary Focaccia, French Baguettes, and Fresh Made Brioche. Tell your business associates not to miss this one-day extravaganza. (Limited seating, Reserve today!) **\$8 | 12-1 pm**

Thursday, May 6 | Chocolate Confections

- Everyone loves chocolate and we have a few exciting recipes to curb that craving when it just won't go away. We start off with a traditional Chocolate Mousse, then follow up with a decadent Chocolate Orange Truffle Brownie, and wrap up the class with a chilly and creative Chocolate Sorbet. **\$30 | 6-8 pm**

Friday, May 7 | Korean Night

- Taste the spicy and colorful dishes of Korean Cuisine tonight with an exotic four course seated service meal. We begin our evening with Hae-mool Pajun a traditional seafood appetizer with mussels. Our Soup course will be Spicy Citrus Shrimp. Next try out a favorite of Korean cuisine, Ddok Kalbee, Pork Ribs with a Sweet Sauce. For dessert we will serve Ho-ddok, a fried sweet roll with a cinnamon and honey paste inside. (Limited seating, Reserve today!) (*Wine included, adults only please) **\$30 | 6-8 pm**

Sunday, May 9 | Mother's Day Brunch

- Come in this lovely day for an entertaining brunch to celebrate this Mother's Day. We will have an Omelet Station & Belgian Waffle Station so you can pick your options and see students prepare your meal in front of you. We will also have breakfast staples, such as Bacon, Sausage, and Toast. **\$15 | 9-11 am and 11am-1pm**

Wednesday, May 12 | Creative Healthy Breakfast

- Learn to make innovative healthy breakfast items. We will prepare a Caprese Egg-White Frittata, with Cherry Tomatoes, Fresh Basil, Buffalo Mozzarella, and a Balsamic Reduction. Tortilla wraps are a nice alternative to carb heavy biscuits. We will also make Spanish influenced, Flamenco Tomato Bowls, with Eggs. **\$25 | 6-8 pm**

Sunday, May 16 | Luscious Lemon Treats

- The sweet and tangy taste of lemon always brightens our day, so let us share a few recipes with you to help brighten your next gloomy day. Lemon Crumb Muffins start out our day of tangy tastes, followed by Lemon Ricotta Cookies topped with a Lemony glaze, and ending with everyone's favorite Lemon Bars. **\$25 | 1-3 pm**

Tuesday, May 18 | Gourmet Dogs!

- This new trend is popping up in all the big cities. We will start with making Korean inspired Kimchi Dogs. We will also make Mexican Bacon Wrapped Hot Dogs, Pineapple Hawaiian Dogs, and a made-from-scratch Gyro Dogs with Tzatziki Sauce. **\$30 | 6-8 pm**

Wednesday, May 19 | Introduction to Sushi

- You requested it, here it is. The return of our customer's favorite, Introductory to Sushi. Learn to roll your own sushi, we teach you several types of rolls and sauces that are so easy you can teach your friends. This makes a great dinner night or party idea. **\$30 | 6-8 pm**

Thursday, May 20 | Creative Cheesecakes

- If you love cheesecake then this is the class for you. We'll start off the class with a savory Bacon Onion and Cheddar Cheesecake, followed by a Silky Chocolate Mint Cheesecake, and finish with a light and airy Pineapple No Bake Cheesecake. **\$30 | 6-8 pm**

Friday, May 21 | Spring Dinner

- Join us this beautiful Spring Evening with a light spring four course seated service dinner. When seated you will have a amuse bouche of Honey Drizzled Gorgonzola Bruschetta. We then begin our meal with a light appetizer of White Bean Hummus with Home-made Pita Chips. We follow this dish with a beautifully presented Spring Vegetable Salad with an Avocado Vinaigrette. Our entrée this evening will consist of Rice Pilaf, Asparagus and Roma Tomato Bouquetiere and Tilapia Paupiettes with a Spinach Coulis. Dessert will be a refreshing Strawberry Kiwi Dessert Strata. (Limited seating, Reserve today!) (*Wine included, adults only please) **\$30 | 6-8 pm**

Saturday, May 22 | Culinary Team Tryouts

- Come in and check out our students trying out for our Fall Culinary Competition Team. There is no cost for this event, our doors are open to all. We will have several sets of students using mystery ingredients to create culinary works of art, sure to be an exciting day for students and guest. **FREE | 12-4 pm**

Sunday, May 23 | Wrap and Roll Appetizers

- Need a few new finger food recipes? If so then this is the class for you. We'll start off with Turkey Bacon Ranch Palmiers, Spicy Spanish Empanadas, and ending with the ever popular Pepperoni Rolls. **\$30 | 1-3 pm**

Thursday, May 27 | International Spuds

- Learn to create your favorite potato dishes from across the globe with such offerings as a traditional French Potato Dauphinoise, Italian Gnocchi, and Polish Perogies. **\$30 | 6-8 pm**

** Wine service limited to two glasses per person.*

