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Through fun and educational hands-on cooking classes, culinary demonstrations, and lectures taught by top chefs and food professionals, we demystify home cooking and entertaining.

Hands-on Cooking Classes ● Private & Corporate Cooking Parties ● Nutrition Education

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Fried Chicken

Yields 4 to 6 servings

Ingredients

2 pounds thigh or breast meat (cut into strips)

Marinate:

4 cups buttermilk

2 eggs

⅓ cup mustard (powder or liquid)

1 tbsp each dried or fresh herbs (rosemary, thyme, oregano)

2 tsp garlic powder

2 tsp onion powder

1 tbsp paprika

1 tbsp salt

1 tsp pepper

Chicken coating:

4 cups flour

½ cup cornstarch

oil for frying

Allow chicken to marinate for a minimum of 1 hour or overnight. Remove from marinade. Dredge in flour mixture on all sides. Shake off excess. Fry in 350 degree oil for about 7 to 10 minutes, until golden brown and reaches an internal temperature of 165°

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COLLARD GREENS WITH POT LIQUOR

Serves 6-8

Ingredients

1 Tbsp	Lard or Olive Oil
½ lb	Ham Hock Meat, diced
1 each	Onion, minced
2 lb	Collard Greens, destemmed and roughly chopped
1 each	Dried Chili Pepper
1 qt.	Water
1 Tbsp	Kosher Salt
2 tsp	Ground Black Pepper
1 to 2 Tbsp	Red Wine Vinegar

Equipment:

- Chef's Knife
- Soup Pot

Directions

1. In a pan, heat up lard or olive oil, add onions and cook until they are softened and lightly browned.
2. Add the ham hock and cook for 3 to 4 min.
3. Add chopped collard greens in handfuls, letting each handful wilt a little bit before adding more to the pot.
4. When all the greens are slightly wilted, add the water and chili pepper. Bring to a simmer and cook slowly for 1 hour.
5. Remove pot from heat and add vinegar and black pepper to taste.
6. Adjust salt to taste and serve greens and cooking liquid together.

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Creamy Three Cheese Mac and Cheese

Serves 6-8

Ingredients

3 Tbsp	Grapeseed Oil
4 Tbsp	Butter
3 ½ Tbsp	All Purpose Flour
4 cups	Whole Milk, warmed
1 tsp	Dry Mustard
½ Tbsp	Smoked Paprika
8 oz	Gouda or Fontina Cheese, shredded
6 oz	Mild Cheddar or Swiss Cheese, shredded
½ lb	Elbow Macaroni or Rotini, cooked in salted boiling water
¼ cup	Parmesan Cheese, grated
¾ cup	Bread Crumbs
To taste	Salt & Pepper

Equipment

- Chef's knife
- Saucepan
- Whisk
- Baking dish
- Spatula

Directions

1. Preheat the oven to 375˚.
2. In a large sauce pan on medium heat, melt butter & whisk in the flour to make a blonde roux. While whisking, add the milk in slowly. Add the mustard & paprika, whisk until incorporated. Season with salt & pepper. Cook for about 6-8 minutes on a low simmer, until thickened.
3. Add the cheeses (except for the parmesan) & cook for 2-3 minutes until melted and smooth and season with salt & pepper. Transfer to an oven proof baking dish.
4. Mix the parmesan through the bread crumbs and sprinkle over the top. Place into the oven for about 15-20 minutes or so until golden brown.

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BUTTERMILK CORNBREAD

Serves 10

Ingredients

1 cup	Fine or Medium Cornmeal
1 cup	All-Purpose Flour
2 tsp	Baking Powder
½ tsp	Baking Soda
1 Tbsp	Sugar
1 tsp	Salt
2 large	Eggs, beaten
2/3 cup	Buttermilk
1 cup	Milk
3 Tbsp	Butter, melted

Equipment

- Large bowl
- Whisk
- Wooden spoon or spatula
- 9-inch baking pan
- Pastry brush

Directions

1. Preheat oven to 425˚F.

2. In a large bowl, whisk dry ingredients together until well combined. Form a well in the middle of the mixture. Add eggs, buttermilk, and milk until just combined. Stir in the melted butter until all ingredients are well incorporated.

3. Pour batter into pan and bake for 25 minutes until golden brown and slightly cracked on the surface. Remove from oven. Allow to cool for 5-10 minutes. Remove from pan, slice, and serve.

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