

Connecticut Culinary Institute

230 Farmington Avenue 1760 Mapleton Avenue
Farmington, CT 06032 Suffield, CT 06078

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**New
Classes!**

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To Your Life!**

(860) 677-7869 (860) 668-3500

- ▶ Recreational Culinary Classes
- ▶ Professional Culinary Training Programs
- ▶ Café Mise en Place in Farmington

May to July 2006 Schedule of Courses

C5642

Class Times:

Saturday Morning	9-12 noon
Saturday Afternoon	9-12 noon
Sunday Afternoon	1-4pm

Call For Class Availability
Classes are Offered in Farmington and Suffield

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Connecticut Culinary Institute

A MATTER OF TASTE

Schedule of Courses May to July 2006

Young Chefs

Dianne Veale **9:00 AM**
 Campus: **Suffield**
 5 Sessions (330108)
 \$450.00

Calling all Kids and Teens... CCI is offering cooking camps for kids ages 8-12 years old and for teens 13-16 years old. CCI will run these 2 sessions of Cooking Camp during the month of July – July 10th through the 14th, for kids, and July 17th through the 21st, for teens. The kids will come to CCI's campus in Suffield and be under the supervision of a CCI chef instructor and an assistant chef at all times. The sessions are limited to 10 kids per week, so sign up fast! CCI Cooking Camp will teach your young chef to cook dishes that are new and familiar. They will even master a few skills and surely have fun too!

During the five sessions, one week at camp, the kids will learn to make bread, explore different cuisines from around the world and share delicious meals that your young chef will then be able to duplicate at home. We will even whip up a lunch for parents to share on the last day. Registration closes for each session 2 weeks prior to the start of class, so please sign up soon. The classes include a chef's jacket, a chef hat, a completion certificate and a photo of your young chef and his or her new pals! We can't wait for CCI Cooking Camp!



Kids Camp

July 10-14
 9 AM-12 Noon **\$450.00**

Menus include: Smoothies, Pizza, Calzones Salads, Tacos, Mexican Rice, Mexican Wedding Cookies, Won Ton Soup, Stir Fries, Fried Rice, Fortune Cookies, Oven Fried Chicken, Pasta, Cobblers, Homemade Ice Cream and more!

Teens Camp

July 17-21
 10:30AM-1:30PM **\$450.00**

Menus include: Fresh Handmade Pasta and Raviolis, Pizza, Salads, Ceviche, Tamales, Chili Rellenos, Empanadas, Dim Sum (dumplings, egg rolls, spring rolls etc.), Sushi, and American Barbeque Classics – we'll even learn how to smoke our own ribs!

Basic Knife Skills I

Tomm Johnson **1:00 PM**
 Campus: **Farmington**
 1 Session (100115) \$85.00
Saturday, May 06, 2006

Also Offered

Bill Apicerno **1:00 PM**
 Campus: **Suffield**
 1 Session (100115) \$85.00
Sunday, May 21, 2006

Knowing how to select and use knives is an important factor in producing gourmet meals safely. In this class, you will be shown how to properly sharpen cutlery and apply this new skill to your own knives. You will learn how to chop, slice and dice efficiently and carefully. Chiffonade, Rondelles, Diagonals, Julienne, Batonnet, Paysanne, and Brunoise are some of the cuts you will be taught, as you prepare soup and salad for lunch.

Artisanal Breadmaking Workshop

Alex Hammond **2:30 PM**
 Campus: **Farmington**
 1 Session (160110) \$85.00
Saturday, May 06, 2006

Using bread baker's tools and techniques, you will learn to use different grains, sourdough starters, fruits, nuts and herbs as you create beautiful rustic loaves in the tradition of European bread bakers. Soon your home will be filled with the irresistible aroma of freshly made, artfully crafted bread. Your bread basket will be filled with Rustic Boules, Fougasse, Shaft of Wheat, Baguettes, Ciabatta, and Unique Sough Dough Multigrain Breads.

Smoking and Condiments

Tomm Johnson **9:00 AM**
 Campus: **Farmington**
 1 Session (410108) \$100.00
Saturday, May 06, 2006

Be ready for the season of tailgates and barbeques with this class. Low and slow cooking defines this kind of barbeque. In this class you will see how easy it is to smoke your own meats, cheeses and vegetables. You will also make your own ketchups, mustards, salsas and chutneys.

Taste of Asia

Vunay Sawyer **1:00 PM**
 Campus: **Suffield**
 1 Session (220111) \$100.00
Sunday, May 07, 2006

Learn to make some of the signature dishes from the Pacific Rim. Dishes from China, Vietnam, Japan and Thailand will carry you away to this fascinating part of the world. Exotic ingredients and various cooking techniques will be used as you prepare: Japanese Miso Soup with Tofu and Seaweed, Chinese Fried Wontons with Pork, Vietnamese Rice Paper Rolls with Shrimp, Indonesian Beef Satays with Peanut Sauce and Thai Pad Thai Noodles with Chicken.

Mother's Day Brunch

Ann Rossi **1:00 PM**
 Campus: **Farmington**
 1 Session (210131) \$100.00
Sunday, May 07, 2006

Treat Mom to this lovely brunch menu. Sunday brunch is a wonderful way to entertain and these dishes are sure to please year round. After you take this class, Mom will enjoy Classic Eggs Benedict, Smoked Salmon and Leek Frittata, Swiss Chard and Prosciutto Bread Pudding, Potato and Onion Galette, Banana and Fig Pound Cake with Orange Cream Cheese and Mediterranean Fruit Compote.

Elegant Summer Picnic

Matt Hamel **1:00 PM**
 Campus: **Farmington**
 1 Session (210132) \$100.00
Saturday, May 13, 2006

Dust off the silver candle sticks, linens and fine china. If you have ever experienced summer concerts at Tanglewood, you know how dining outside can be enjoyed in high style. This beautiful and delicious menu can be packed up and enjoyed anywhere. After this class your picnic basket will be filled with Smoked Salmon and Caviar with Brioche, Gorgonzola Pistachio Grapes, Baked Pita Chips and Roasted Pepper Hummus, Cold Herb Marinated Chicken Breast with Caesar Salad, Chilled Asparagus with Lemon Herb Mayonnaise. Chilled Melons in White Wine and Mangoes in Grande Marnier over Pound Cake. Cue the music!

Introduction to Cake Decorating

Dotti Cannon **2:30 PM**
 Campus: **Farmington**
 2 Sessions (170100) \$185.00
Saturday, May 13, 2006 - 5/20/2006

This class is designed for people new to cake decorating. Over two classes, we will cover proper use of the decorating bag, how to use the bag and different tips involved in decorating. We will explore proper techniques used in frosting the cakes as well as learning about cake baking, fillings, and various buttercreams. You will learn about simple borders, flowers, leaves, and free-hand writing techniques and then assemble and take home your decorated cake. You will be provided with a bag, coupler, tips, and rose nail to take home with you. Soon you will be confident decorating your own cakes at home.

Under a Tuscan Sun

Tomm Johnson **9:00 AM**
 Campus: **Farmington**
 1 Session (220235) \$100.00
Saturday, May 20, 2006

Summer is the perfect time to entertain buffet style. Our chef instructor will show you how easy it can be to create beautiful Tuscan delights for your next outdoor party. You will learn the art of terra cotta plating and how to create a balanced menu that focuses on room temperature foods, so you can truly relax and enjoy the time with your guests. We will prepare: Asparagus and Prosciutto, Avocado, Basil, Tomato and Shrimp Salad, Bruschetta with Eggplant and Mascarpone, Roasted Beets with Yellow Beans, Herbed Tuscan Chicken and Lentil Salad with Grilled Tuscan Skirt Steak.

Hand Made Pasta and Summer Sauces

Tomm Johnson **1:00 PM**
 Campus: **Farmington**
 1 Session (220249) \$100.00
Saturday, May 20, 2006

Learn how to make hand made pasta with our chef instructor. In this class you will use your hands and the pasta machine to create delicious hand made pasta and ravioli with a selection of tasty fillings and summer sauces. We will show you a vast array of pastas that can be cut in a number of shapes and styles that you can bundle up and take home to enjoy at a later time. Sauces will include Red Pepper Coulis, Primavera Sauce and assorted Pestos. Creative cooks will love this class!

New England Grilling Workshop

Matt Hamel **1:00 PM**
 Campus: **Farmington**
 1 Session (210133) \$100.00
Sunday, May 21, 2006

Join us at CCI as we crank up the grill and cook New England style, using seasonal New England ingredients. We New Englanders love our seafood and corn on the cob and this menu includes those treats and more. You and our grill meister will make and enjoy a Lobster and Clam Bake, Grilled Corn on the Cob, Grilled Fresh Seasonal Vegetables, and Grilled Marinated Potatoes. We will even grill dessert!

Cooking with Beer

Matt Hamel **1:00 PM**
 Campus: **Farmington**
 1 Session (140108) \$100.00
Saturday, May 27, 2006

Discover how this thirst quenching beverage can be used to add flavor and fun to a variety of dishes. Bring along your favorite brew to enjoy after we prepare German Lager Pork Chops with Sauerkraut, Beer Can Chicken, Beef, Cheddar and Ale Soup, Guinness Rolls and Raspberry Beer Cake with Cream Cheese Frosting for dessert.

Summer Salads and Flatbreads

John Twichell **2:30 PM**
 Campus: **Farmington**
 1 Session (270103) \$100.00
Saturday, May 27, 2006

Every culture has its version of flatbread in their culinary repertoire. In this class you will see how easy it is to make an assortment of delicious breads and use them as a platform for fabulous seasonal salads. When we say platform, we mean forget the plate! Your flatbread will become the china! We will top our breads with an assortment of salads such as Roasted Pear with Gorgonzola, Frisée and Walnuts, Fresh Tomato Carpaccio and Buffalo Mozzarella, and a Salad of Grilled Peaches, Arugula, Prosciutto and Goat Cheese.

Grilling Party

Tomm Johnson **9:00 AM**
 Campus: **Farmington**
 1 Session (270111) \$100.00
Saturday, June 03, 2006

Learn chillin' and grillin' CCI style! Want to be the envy of your neighbors? Then join us as we fire up the grill and show you some great mouthwatering and delicious grilled foods that go way beyond burgers and steaks. We will create a menu that will be the hit of your next outdoor party! Learn to make: Grilled Marinated Chicken Breast with Pineapple Salsa, Grilled Lamb Chops with Red Onion Marmalade and Grilled Vegetables, Grilled Snapper with Herbs and Asparagus, and Grilled Figs with Raspberries and Prosciutto.

The Flavors of Spain

Ana Jaramillo **1:00 PM**
 Campus: **Suffield**
 1 Session (220102) \$85.00
Sunday, June 04, 2006

Come and join us as we explore the regions and the flavors of this popular and fabulous cuisine. We'll prepare a sampling of "tapas" and "Empanadas", such as Tapa de Atun Empanada (Tuna Empanada), Pimientos Rojos Asados con Picadillo de Ajo (Fire-Roasted Peppers with Minced Garlic), Pisto Manchego (Stewed Zucchini, Peppers, and Tomatoes), Paella and Flan al Caramelo (Caramel Flan).

Shrimply Marvelous

Yunay Sawyer **1:00 PM**
 Campus: **Farmington**
 1 Session (260101) \$100.00
Sunday, June 04, 2006

Jazz up your table with the snappy and spicy taste of shrimp prepared in a variety of ways! Our menu for this class will include Thai Hot & Sour Soup, Caribbean Jerk-Spiced Shrimp, Indian Curried Shrimp with Basmati Rice, and Mexican Shrimp Enchiladas with Tomatillo Sauce.

Cooking with Olive Oil

Michelle Ades **1:00 PM**
 Campus: **Farmington**
 1 Session (140110) \$100.00
Sunday, June 04, 2006

The Mediterranean has made use of olive oil or "liquid gold" for thousands of years, for everything from light, heat, medicine, food and perfume. Join this class as we explore how you can enhance the flavors of your summer culinary creations with olive oil. Enjoy sampling a variety of oils from Spain, Italy, France and Greece. You will see how each olive oil has a different flavor profile. After tasting these olive oils the class will prepare several dishes and enjoy a feast showcasing oils from the region including:

Roasted Garlic Hummus with Cumin Pita Crisps, Summer's Bounty of Italian Panzanella Salad and French Salad Niçoise, Sicilian Caponata, Halibut Provençale, Catalan Chicken Romesco, Grilled Shrimp Oreganata on a bed of Fava Beans, Artichokes and Olives and Spanish Orange Almond Fig Cake.

Summertime Tapas Party

Paul Zdanis **9:00 AM**
 Campus: **Farmington**
 1 Session (270113) \$100.00
Saturday, June 10, 2006

Imagine your buffet table filled with beautiful, delicious, and seasonal dishes. Join our chef instructor as you create fantastic "small plates" that will delight and impress your summertime guests. Using the freshest of seasonal ingredients you will prepare and enjoy Brie and Raspberry Tartlet, Citrus Cream Cheese Filled Strawberries, Mascarpone and Pistachio Filled Apricots, Shrimp, Crab and Scallops Rockefeller, Native Young Asparagus and Ruby Red Grapefruit Salad, Pan Seared Petite Filet of Beef with Portabellas, Caramelized Onions and Marsala, and a Miniature Angel food Cake with Strawberry Sorbet and Fresh Rhubarb Compote.

Barbeque Party

Matt Hamel **1:00 PM**
 Campus: **Farmington**
 1 Session (270115) \$85.00
Saturday, June 10, 2006

Grab the apron and the tongs as we barbeque CCI style! We will discover the world of mops, rubs and marinades as we prepare finger licking dishes that your friends and family will be enjoying for years to come. On the menu: Tennessee BBQ Pulled Pork, Kentucky BBQ Ribs, Texas BBQ Short Ribs, and Asian BBQ Chicken Skewers.

Classic Thai Cuisine

Ana Jaramillo **1:00 PM**
 Campus: **Suffield**
 1 Session (220224) \$85.00
Sunday, June 11, 2006

Thailand's rich heritage of Indian and Chinese cuisine give chefs the opportunity to use the freshwater fish of the rivers and canals, the rich grains and cereals of the plains, fresh exotic produce, and seafood from the Gulf of Thailand. Highlighted on this menu: Hot and Sour Shrimp Soup, Shrimp Pad Thai, and Red Curry Chicken with Steamed Jasmine Rice.

Kids Cook – Breakfast

Dianne Veale **1:00 PM**
 Campus: **Farmington**
 1 Session (330124) \$85.00
Sunday, June 11, 2006

Who doesn't like breakfast any time of the day? Create an awesome breakfast feast that will impress family and friends this summer and all year round. Kids will learn from our Chef instructor how to make: Crepes, Omelets, Frittatas, Quiches, Pancakes, Cinnamon Buns and the best Fruit Salad ever! Yum. Recommended for ages 8-12

Advanced Knife Skills

Tomm Johnson **9:00 AM**
 Campus: **Farmington**
 1 Session (120136) \$100.00
Saturday, June 17, 2006

If you have taken our Basic Knife Skills class, you have mastered vegetables. Pack up your knives and learn how easy and economical it is to break down large cuts of chicken, beef, pork and fish into smaller cuts. When you are finished you will create a simple dish and learn some special garnishes. Next time you are at the warehouse store you will be able to take advantage of the deals when you buy whole chickens and the large cuts of beef and pork.

Fresh Fruit Desserts

Dotti Cannon **2:30 PM**
 Campus: **Farmington**
 1 Session (170138) \$85.00
Saturday, June 17, 2006

Here in New England we patiently wait for the delicate, fragrant and sweet fruits of summer. Using simple baking techniques we will use these seasonal fruits of summer to create simple but fabulous fresh fruit desserts. You will make and take home: Fresh Fruit Tarts, Peach Cobblers, and Blueberry Lemon Galettes.

Perfect Pizza and Calzones

Tomm Johnson **1:00 PM**
 Campus: **Farmington**
 1 Session (210121) \$85.00
Saturday, June 17, 2006

Hearth Baked, Grilled and Calzones: Using one master handmade pizza dough, we'll create awesome pies from the stone lined oven and the BBQ grill. Our palette of sauces and toppings include San Marzano plum tomatoes, Parmesan Reggiano, garlic infused extra virgin olive oil, fresh basil, fresh littleneck clams, shrimp, grilled vegetables and more!

Catch of the Day

Matt Hamel **1:00 PM**
 Campus: **Farmington**
 1 Session (210135) \$85.00
Saturday, June 24, 2006

You have caught the "Big One" - Now what? Learn the art of fish fabrication, as you clean, fillet and prepare delicious fish dishes with our chef instructor. We will use a variety of fish as we prepare Blackened Catfish, Red Snapper Vera Cruz, Pan-fried Flounder Fillet with Rémoûlade Sauce and more. This is the class for the fisherman and the cook who enjoys the catch of the day on the boat and in the kitchen.

Summer Cocktail Food

Ann Rossi **9:00 AM**
 Campus: **Farmington**
 1 Session (210136) \$100.00
Saturday, June 24, 2006

We all need to update our summertime party repertoire. Whether you are entertaining at the beach or in your own backyard these dishes are sure to please. Join us as you learn to create fun and delicious summer treats such as Pecan Crusted Salmon, Corn and Scallion Cakes with Ancho Cream, Santa Fe Shrimp, and Texas Rubbed Shredded Pork on Garlic Toasts, Polenta Fries, and Smoked Trout Mousse with Cucumber, Chorizo and Jack Quesadillas, Sesame Chicken Skewers, with Orange Ginger Glaze, and Brie and Guava Won Tons. Adding just a few of these dishes to your recipe file will ensure a tasty and fun party.

Farmer's Market Cuisine – Soups, Salads, Pasta, and Risotto

Dianne Veale **1:00 PM**
 Campus: **Farmington**
 1 Session (210137) \$85.00
Saturday, July 01, 2006

Join our Chef instructor as she empties her satchel from the West Hartford Farmers Market. Using the freshest ingredients she finds, you will prepare a variety of Soups, Salads, Pasta and Risotto Dishes. There will surely be more surprises to this menu, for she always comes back with something new to try and lots of it!

Cooking Techniques

Bill Apicerno **1:00 PM**
 Campus: **Suffield**
 1 Session (100135) \$100.00 per class
 5 Sessions \$450.00 for series
6/04/06; 6/11/2006; 6/25/2006;
7/9/2006; 7/16/2006

Master the basic techniques that all fine cooks possess. In this series of five classes you will be able to cook like the pros. Take one class or the whole series.

Week #1: Soups / Stews / Salads

Techniques: stocks, sachet, mirepoix, vinaigrette, sauté, roasting, soups and stews

Recipes:

Vegetable and Chicken Stocks
Mushroom Barley Soup
Sweet Pea Soup with Mint
Roasted Vegetable Stew
Parmesan Broth with Sautéed Greens

Week #2: Chicken Basics

Techniques: braising, poaching, pan sear, sauté greens, chutney, mash potatoes

Recipes:

Roasted Chicken with
Mashed Yukon Gold Potatoes
Poached Free Range
Chicken with Biscuits
Pan Seared Chicken Breast
with Pineapple Chutney
Sautéed Collard Greens

Week #3: Fish Basics

Techniques: poaching, sauté fish, pan sauce, pilaf, and braised vegetables

Recipes:

Mussels in Coconut Broth
with Jasmine Rice
Sautéed Scallops with Onion Pan Gravy
Cod Poached in Herbed Clam Broth
Mixed Grain Pilaf
Braised Leeks

Week #4: Beef Basics

Techniques: marinating, grilling, braise beef, dumplings, and hash

Recipes:

Tamarind Marinated Flank Steak
Seared Sirloin with
Mushroom Worcestershire
Beer-Braised Short Ribs
Horseradish Dumplings
Leek and Apple Hash

Week #5: Kitchen Desserts

Techniques: parfait, baking, roasted fruits, melting chocolate, whipping cream, cookie dough

Recipes:

Raspberry Parfait
Fresh Fruit Crumble with Crème Fraiche
Apple Upside Down Cake
Roasted Whole Pineapple