

Sear, Simmer & Saute: City Cooking Classes



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With the full flush of fall's bounty at our fingertips and the coziness of our wintertime kitchens approaching, could there be a better time to enroll in a cooking class? Opportunities abound when it comes to taking classes in the city. There are programs that offer students the chance to journey into the cuisines of countries like Mexico, Thailand, Italy and Spain or to focus on preparation and technique in the areas of baking, entertaining and cooking basics. Whether you're looking for a hands on class sure to improve your everyday skills or an evening out, replete with camaraderie and wine and snacks, one of the courses below is sure to suit your needs.

ECC's City Campus Fall Culinary Series

Many of the culinary classes in our area are comprehensive instructional demonstrations followed by a tasting. The classes at ECC's City Campus are completely hands-on; each student experiences every step of the process themselves in the college's fully-equipped teaching

kitchen. Students receive 20 minutes of seated instruction at the beginning of each 4-hour class. After that, they launch into prep and cooking under the guidance of Chef Songin, a personable and skilled teacher. Once the cooking is complete, students gather and share the bounty of their efforts. This season's classes include single session courses like *Southern Italian Temptation, Pasta and Vine* (October 16) or workshop series like *Fundamentals in Baking*, a two part program offered in both November and December. For more information, contact ECC at **716.851.1800**, or access the full schedule by visiting ECC's Workforce Development Site at www.ecc.edu/paths/noncredit.asp

Torches

The trend of taking cooking classes in restaurants has taken metropolitan cities by storm. Torches has taken that idea and run with it. Once a month, 20 lucky students will have the opportunity to cook in a professional kitchen with the guidance of classically trained chefs, JJ and Kevin Richert. The class is split into two areas of study, divided between the dining room where participants will learn about wine, table d'Ã©cor and other ideas for easy and sophisticated entertaining; and the kitchen, where they'll practice techniques on par with their own skill level. The evening commences in a big family style meal complete with drink, fun and dessert! At a cost of only \$100 per person, it's a great opportunity and a good alternative to that typical dinner date. Classes include *French Cuisine- Braise, Braise, Braise!* (Oct. 21), *Regional American- Grilling* (Nov. 18), and *Holiday Fare* (Dec. 16). Call **716.447.7915** for more information.

A Taste of the World

A Taste of the World is a much more intimate affair. Small groups of ten students gather in the home of skilled chef (and Buffalo Rising contributor) Laura Anhalt for a look at classic preparations and traditional flavors from around the world. Along with her partner Beverly Barry, Anhalt works with students as they prepare a meal, learning new techniques and skills along the way. Afterwards, they join one another and enjoy the fruits of their labor. *Mexican Flavors Workshops*, which take place at least twice a month, offer the chance to learn about dishes like Shrimp Taquitos, Chicken Breasts in Fig and Red Wine Sauce, Individual White Rice & Cheese Cups and Guavas filled with a Sweet Cheese and Coconut Mousse (Oct. 12), but there are also special classes that focus on holidays like the Day of the Dead, Thanksgiving and Christmas. The cost per class is \$35 (unless otherwise noted) and includes instruction, wine and hors d'oeuvres, the meal and recipe cards. Taste of the World's classes fill up quickly, for more information, call **716.481.0651** or visit www.atasteoftheworldbuffalo.com

Delish

Geared toward the demonstration side of the learning process, Delish on Elmwood offers a schedule cram-packed with food and fun. Classes like *Upscale Vegetarian* (Nov. 7) and *The New Tastes of Texas* (Nov. 29) focus on food, where the *Classes with Glasses* series (Oct. 19 and Nov. 16) offers students the opportunity to learn about wine and pairings. Delish offers sessions five nights a week at a cost of \$35 (unless otherwise noted). If you're interested, don't hesitate, as they sell out quickly. The website offers a detailed calendar and the opportunity to

register online: www.delishelmwood.com or call **716.881.2022**.