

Essential Cooking Skills

Learn your way around the kitchen with useful and practical wisdom

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Hello and welcome to the kitchen! Whether you love to cook, hate to cook or have never turned on an oven, this class aims to hone any skill level. This class will focus on practical kitchen skills that will prepare anyone to sustain and serve themselves, family and friends frugally, nutritiously and beautifully.

We will work on basic knife skills (dicing, chopping, chiffonade, etc.), how to properly measure ingredients, cookware knowledge, and table settings. We will be learning basic cooking techniques, such as blanching, braising, sauteing, frying, deglazing, steaming, etc. How to separate eggs all the way up to pan sauces, pasta making and breaking down a whole chicken. We will learn several “meals”, (starter, main/protein, side, veg, dessert) that can be prepared easily, quickly and frugally.

We will work on a few dishes that use one protein, cooked once, to be repurposed into other dishes to save time, money and waste.

Basically, your child will leave this class armed with techniques and recipes to cook complete meals, (breakfast lunch or dinner), for your own family, themselves or their own family, once out of the house!