

PREP KITCHEN ESSENTIALS

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www.prepkitchenessentials.com

Private Cooking Classes at PREP Kitchen Essentials - Adults

Thank you for your inquiry regarding PREP's private cooking classes. We hold many such classes and our happy clients include Boeing, Toyota, Tangram, Price Waterhouse, Long Beach Visitors Bureau, Wachovia Securities, SoCal Edison, as well as private individuals. We conduct classes for corporate team building groups, birthday and anniversary parties, showers, club events, women's and men's groups and more.

Our Adult Class fee is \$75 per person with a minimum of 14 people (or \$1050). Adult classes last 3 hours. If you would like a class to go longer than 3 hours due to additional activities, we have a site fee of \$100 per hour or part thereof. If you want to mingle, we suggest you and your guests arrive early as there is no additional fee for pre-class attendance. (For example, if your 3-hour class is scheduled from 6:00p to 9:00p, you and your guests are welcome to come at 5:00p to mingle and socialize with no site fee. But if you stay to mingle beyond 9:00p, the additional site fee applies). Classes include professional instruction, hands-on preparation of recipes, and full portions of the foods prepared in class, served on china with flatware and stemware. We serve coffee, tea and water. If you would like us to provide additional beverages (wine, sodas, etc.) or additional foods (snacks, appetizers, cheese plates, special desserts, etc.) this can be arranged for an additional per person fee. Clients are welcome to bring their own wine or other beverages at no additional fee.

Classes are generally designed to be "hands on" and participatory in style - everyone breaks into teams and the teams make the recipes that are on the menu. This format however can be tailored to any amount of individual or team participation. All attendees enjoy a full serving of all foods made at every class. All of PREP's recipes are made entirely from scratch, we do not use packaged, prepared or frozen foods.

To reserve a date, we take a credit card number or a deposit check. We need a final, confirmed attendee count by 7 days before the class, at which time we require and charge the full amount for the class (# of confirmed attendees times the per person fee). As we buy food and hire staff, absolutely no refunds can be given for Private Class cancellations in part or entirety made after this 7-day point. No refunds can be given for confirmed attendees who do not attend the class. We charge our normal fee for additional attendees above the confirmed number.

Following is a listing of the types of classes and recipes we offer but classes can be tailored to any theme and include any menu or recipe of your choosing. Generally, the client picks a theme (Pasta, Tapas, Sushi, etc), then picks 5 or 6 of the items from that list and then we refine details from there. Class time allows for 4-6 recipes depending on complexity.

Classes, menus and recipes can be individually tailored to your preference. The themes and recipes below can be used for ideas and guidelines and are among our most popular private event recipes.

See menu suggestions below.

APPETIZERS AND HORS D'OEUVRES

Avocado, Burrata, Tomato, & Basil Crostini
Bacon & Gruyère Soufflé
Bagna Caude with Bread & Crudités
Blue Cheese Soufflé
Braised Meatballs in Red-Wine Gravy
Brie & Apricot Crostini
Bruschetta
Chicken Saté with Peanut Dipping Sauce
Chicken, Chutney, & Cheese Empanadas
Cilantro Pesto Marinated Grilled Shrimp
Crab Cakes with Basil Aioli
Crab Puff Gougeres
Croque Monsieur Palmiers
Curried Deviled Eggs
Flank Steak Crostini with Herbed Remoulade
Flank Steak Lettuce Wraps
Fondue (Cheese, Meat) with Bread & Crudités
Goat Cheese Soufflé
Goat Cheese, Tomato, Basil, & Pine Nut Puffs
Grilled Chicken Skewers with Romanesco Sauce
Grilled Miso Chicken Skewers with Baby Bok Choy
Grilled Salmon Skewers with Citrus Miso Sauce
Gruyère Gougeres
Herbed Aioli with Roasted Potatoes
Hot & Spicy Pork Buns
Mediterranean Chicken & Vegetable Kabobs
Mushroom & Leek Tart
Parmesan & Anchovy Palmiers
Peruvian Ceviche
Pissaladiere (French Onion Tart)
Rustic Bread with Dark Chocolate, Olive Oil, & Salt
Savory Crêpes (Ham, Cheese, Mushroom)
Shitake Mushroom Lettuce Wraps
Shrimp Ceviche
Shrimp with Spicy, Thai Dipping Sauce
Smoked Paprika & Kalamata Olive Devilled Eggs
Smoked Salmon Toasts with Dill & Lemon Crème Fraiche
Spanish-Style Garlic Shrimp
Stuffed Dates Wrapped with Applewood Smoked Bacon
Sundried Tomato & Basil Stuffed Devilled Eggs
Sundried Tomato & Cheese Palmiers
Tomato & Gruyère Cheese Tarts
Tuna Empanadas
Vietnamese Spring Rolls with Peanut Sauce
Wok Fired Edamame

SOUPS

Butternut Squash Soup with Fried Sage Leaves
Chicken Matzo Ball Soup
French Onion Soup with Gruyère Toasts
Mushroom Bisque
Roasted Red Pepper & Tomato Bisque
Sausage & Bean Soup
Spiced Carrot Soup
Tuscan Vegetable Soup Topped with Pancetta

SALADS

Arugala Salad with Beets & Goat Cheese
Blue Cheese Wedge Salad

Caprese Salad with Tomato, Fresh Mozzarella, Basil
Chèvre & Peach Salad with Balsamic Vinaigrette
Chop House Salad
Citrus Salad with Arugala, Watercress, & Sesame Dressing
Cobb Salad
Fig, Blue Cheese, & Prosciutto Salad
Grilled Romaine with Blue Cheese & Shallot Dressing
Mediterranean Salad with Artichokes, Tomatoes, Feta
Mixed Green Salad with Grapes, Blue Cheese, Walnuts, & Sherry Vinaigrette
Mixed Green Salad with Shaved Fennel, Orange, Feta Cheese, & Citrus Vinaigrette
Mixed Greens, Cranberries, Blue Cheese, Pecans, & Balsamic Vinaigrette
Panzanilla (Cold, Tomato Bread Salad)
Pear, Blue Cheese, Pecan Salad, with Balsamic Vinaigrette
Red Leaf Salad with Raw Corn, Pine Nuts, Chèvre, & Cranberries in Citrus Vinaigrette
Salade Auvergnate (Greens, Blue Cheese, Walnuts, Tomatoes, Mushrooms, & Fresh Herbs)
Salmon Salad Niçoise
Strawberry, Goat Cheese, & Spinach Salad with Balsamic Reduction, & Vinaigrette

PASTA MAKING CLASS

Baked Ravioli with Sausage
Campanelle Pasta with Sausage & Beans
Cannelloni with Meat Sauce
Cavatelli Pasta with Shrimp, Peas, & Mascarpone
Classic Ragu Bolognese
Classic Spaghetti Carbonara
Fettuccini with Pesto
Lemon Pine Nut Taleteller
Linguini with Shrimp, Tomatoes, & Feta Cheese
Pasta Primavera (Garden Vegetables)
Pasta with Cream, Peas, Parsley, & Mint
Pasta with Tuna, Capers, & Anchovies
Ravioli (Any Kind)
Sausage, Mushroom Rigatoni with Brandy Cream Sauce
Shrimp Fra Diavolo with Linguini
Squash & Goat Cheese Ravioli with Brown Butter & Hazelnuts
Tagliatelle & Zucchini Ribbons with Parmesan Cream

PIZZA

Fresh Corn, Red Pepper, Sausage, & Fontina
Gorgonzola & Grape Pizza
Grilled Eggplant Tapenade & Fresh Mozzarella
Pizza Caesar Salad
Pizza Margherita (Fresh Mozzarella, Basil, & Tomatoes)
Pizzas on the Grill
Roasted Chicken Breast with Zucchini & Ricotta Focaccia
Tiramisu Dessert Pizza
Yellow Squash, Mozzarella, & Lemon-Thyme Pizza

ITALIAN

Artichoke Lasagna with Béchamel
Chicken Picatta
Chicken Saltimbocca
Meatballs in Tomato Sauce
Pasta al Pomodoro
Pork Roast braised with Milk & Fresh Herbs
Roasted Chicken with Rice & Peas
Roman Artichokes
Rosemary Roasted Pork Loin with Port Reduction
Shrimp Scampi
Steak Pizzaiola
Stuffed Escarole
Zeppole

MEDITERRANEAN

Babaghanou
Braised Chicken in Aromatic Sauce
Broccoli with Olives & Garlic
Cedar Plank Salmon with Fragrant Couscous
Date & Walnut Phyllo Rolls with Greek Yogurt & Honey
Greek Salad
Grilled Boneless Leg of Lamb in Herb Marinade
Melitzanes Imam (Spiced Eggplant)
Meze Platter with Hummus, Tapenade and Bagna Cuada
Moussaka
Roasted Whole Fish with Chermoula, Lemons, & Potatoes
Souvlaki with Greek Salad & Tsatsiki Sauce
Spanakopita
Swiss Chard & Pine Nut Tart
Tiropitas (Phyllo & Feta bake)
Warm Orzo Salad with Grilled Shrimp & Feta

FRENCH BISTRO

Braised Short Ribs in a Red Wine Sauce
Frisée Salade with Goat Cheese & Hot Bacon Vinaigrette
Garlic & Gruyère Mashed Potatoes
Leek & Potato Gratin
Macaroni Gratin
Mediterranean Braised Lamb
Pan Seared Pork Chops with Port Reduction
Pan Seared Rib-Eyes with Brandy-Mushroom Pan Sauce
Papillote of Whitefish Puttanesca with Fettuccine
Potato & Celery Root Purée
Salade Auvergnate
Spinach Salad with Strawberries, Chèvre, & Balsamic
Turkey & White Bean Cassoulet

SPANISH AND TAPAS

Ajillo Mushrooms (Garlic Mushrooms)
Alcachofas en su Salsa (Artichokes in Their Sauce)
Arroz con Leche (Rice with Milk)
Empanadas
Ensalada Andaluza
Escalivada (Roasted Vegetables)
Favas con Coentro (Grilled Fava Beans)
Gazpacho
Ham and Chicken Croquettes
Montego & Caramelized Onion Empanadillas
Paella a la Valenciana
Paella Vegetarian
Patatas Bravas (Crisp, Spiced Potatoes)
Red Onion & Orange Salad
Sangria Sorbet
Spicy Sausage and Cheese Tortillas
Tomatoes Stuffed with Crab and Hazelnuts
Tortilla Espanola (Spanish Omelette)
Tuna Croquettes

MOROCCAN

Apricot Yogurt Cake with Orange Honey Syrup
Beef-Short Ribs Tagine with Honey Glazed Squash
Beghrir (Flatbread)
Chicken Tagine With Apricots & Almonds
Couscous with Olives & Roasted Tomatoes
Fish Tagine with Peppers And Olives
Grilled White Fish with Sweet Chili Sauce

Kesra (Bread) with Charamoula & Spiced Lamb
Lamb Tagine With Raisins, Almonds, & Honey
Roast Beets with Carrot and Cumin Vinaigrette
Tagine of Artichoke Hearts, Potatoes, & Saffron

INDIAN

Coconut Milk Ice Cream with Ginger, Lime, & Mint
Curried Chickpeas with Onions & Green Chiles
Curried Spinach with Saag Paneer
Dahl Cooked in Coconut Curry
Fire Roasted Eggplant
Lamb Tikka with Crispy Onions
Mattar Paneer
Naan with Mint Chutney
Potato Vegetable Cakes with Ginger Cilantro Chutney
Rice Pilaf with Cashews & Raisins
Spice Rubbed Salmon with Mango Chutney & Rice Pilaf
Tandoori Chicken
Vegetable Pakora

SUSHI (Sushi classes incur additional cost per person)

California Rolls
Caterpillar Rolls
Crunchy Shrimp Rolls
Cucumber Sake Cups
Miso Soup
Perfect Sushi Rice
Spicy Tuna Rolls
Tuna Nigori
Unagi

ASIAN

Asian Grilled Salmon
Asian Noodle Salad with Marinated Flank Steak
Bao Dumplings
Braised Bok Choy with Garlic
Buddha's Delight
Char Siu Bao (Steamed Buns with Barbecued Pork Filling)
Chow Mein
Duck Fried Rice
Garlic Spareribs
Ginger Scallion Noodles (ala Momofuku)
Green Prawns with Noodles
Green Papaya Salad
Jet Tila's Pad Thai
Long Life Noodles
Pan Seared Sesame Salmon with Ponzu Sauce
Scallion Pancakes
Sew Mai Dumpling
Shrimp Dumplings
Sizzling Savory Shrimp Crepes
Spicy Wok Edamame with Garlic & Chiles
Steamed Snapper with Ginger & Onions
Tom Kha Gai (Coconut Chicken Soup)

RISOTTO WORKSHOP

Caramelized Onion Risotto
Mushroom Risotto
Risotto Milanese (Parmesan & Saffron)
Risotto with Artichokes & Parmesan
Risotto with Asparagus, Peas & Prosciutto
Risotto with Radicchio
Risotto with Tuscan Kale & Toasted Pumpkin Seeds

Russ Parson's Asparagus & Shrimp Risotto

Shrimp Risotto

VEGETARIAN MAIN DISHES

Bistro Salad

Farro, Radicchio & Roasted Beet Salad

Fettuccine Primavera

Fettuccine with Sundried Tomato Pesto & Feta Cheese

Mixed Grilled Vegetables with Garlic, Herb, & Citrus Marinade

Moroccan Chick Pea Stew

Pasta with Arugula, Spinach, Preserved Lemons, & Toasted Pine Nuts

Pasta with Mushrooms, Herbs, & a White Wine Cream Sauce

Pasta with Seasonal Vegetables & a Goat Cheese

Penne with Zucchini & a Lemon Caper Herb Sauce

Raclette -Melted Cheese with Potatoes, & Charcuterie

Romano Cheese & Herb Omelettes

Savory Crepes (Cheese, Mushroom, Herbs)

Seasonal Vegetable Frittata

Spanish Tortilla with a Tomato Sauce

Vegetarian Paella

MAIN DISHES

Basque Style Grilled Tuna

Beef Burgundy

Braised Beef Stroganoff

Braised Mediterranean Lamb

Chicken Breast Stuffed with Goat Cheese, Basil, Sundried Tomatoes with a Pan Sauce

Chicken Cordon Blue

Chinese Chicken Stir-Fry with Asian Vegetables

Grilled Chicken & Vegetable Skewers

Grilled Flank Steak or Grilled Chicken with Sundried Tomato Pesto

Grilled Rib-Eye with a Bearnaise Sauce

Grilled Shrimp with Garlic Butter

Herb Crusted Pork Roast with a Mustard Cream Sauce

Herb Roasted Whole Chicken with Homemade Gravy

Lemon Chicken Roasted with Asparagus, Cherry Tomatoes, & Artichokes

Mediterranean Roast Pork with Mustard Herb Sauce

Pan Seared Chicken Breasts with a Lemon & Caper Pan Sauce

Pan Seared Chicken Breasts with a Mushroom Cream Sauce

Pan Seared or Baked Salmon with Fresh Mango Salsa

Pan Seared or Oven Baked Salmon with Lemon Oil

Pan Seared Pork Chops with a Mushroom, Shallot Sauce

Pan Seared Steak with a Brandy, Mushroom Pan Sauce

Pan Seared Tuna or Salmon with a Ponzu Sauce

Poached Fish with Dill Sauce

Poached Shrimp with Green Goddess Dipping Sauce

Pork Chops with Apples & Brandy Cream Sauce

Red Wine Braised Short Ribs & Root Vegetables

Salmon with a Mango Chutney Sauce

Seafood & Meat Shabu Shabu with Dipping Sauces

Seafood Linguine Provençal

Smoked Salmon Fettuccine with a Herb Cream Sauce

Steak with a Blue Cheese Sauce

White Fish or Salmon with a Herbed Cream Sauce

White Fish or Salmon with a Parsley & Lemon Sauce

White Fish Puttanesca Papillote

SIDE DISHES

Braised Brussels Sprouts with Mushrooms and Bacon

Caramelized Onion Rice Pilaf

Caramelized Onion Risotto

Celery Root & Potato Gratin

Garlic & Herb New Potatoes
Garlic Oven Fries
Garlic Smashed Potatoes
Glazed Carrots with Cardamom & Spices
Gratin Dauphinois (Potato Gratin)
Greek Style Israeli Couscous
Green Beans with Shallots & Mushroom Cream Sauce
Gruyère & Garlic Mashed Potatoes
Haricots Verts (Green Beans with Garlic & Parsley Butter)
Herb & Parmesan Polenta
Herb & Parmesan Risotto
Herbed Couscous
Leek & Potato Gratin
Mashed Sweet Potatoes
Orzo with Peas & Parmesan
Perfect Mashed Potatoes
Roasted Root Vegetables
Saffron Risotto
Rice Pilaf with Sage & Prosciutto
Sweet Potato & Onion Gratin
Thyme, Garlic, & Rosemary Roasted Potatoes
Tomates Provençales (Baked, Stuffed with Garlic, Parsley, & Parmesan)
Twice Baked Sweet Potatoes with Candied Pecan Butter

DESSERTS

Almond, Pear, & Rosemary Tart
Almond, Yogurt, & Olive Oil Cake
Apple & Cherry Tart with Vanilla Ice Cream
Bittersweet Soufflés
Blueberry Cobbler with Vanilla Whipped Cream
Bourbon Pecan Pie with Vanilla Ice Cream
Burgundy Poached Pears with Chocolate Sauce & Vanilla Ice Cream
Cantaloupe Sorbet
Chocolate Cabernet Torte
Chocolate Caramel Tart
Chocolate Pots de Crème with Spiced Whipped Cream
Chocolate Soufflé
Chocolate Tart with Crème Fraiche & Fleur de Sel
Classic Apple Tart with Vanilla Ice Cream
Cranberry Poached Pears
Crème Fraîche Sorbet with Cardamom Shortbread Cookies
Crepes with Orange Sauce
Flambéed Bananas with a Rum Caramel Sauce & Crème Fraiche
Flambéed Peaches with Spiced Vanilla Ice Cream
Fondues
French Apple Tart with Cranberries & Streusel Topping
Fresh Strawberry-Basil Tart with Crème Fraiche & Balsamic Reduction
Lavender Ice Cream with Fresh Fruit
Lemongrass Pot de Crèmes
Lemon Chiffon Pie with Gingersnap Crust
Mexican Bread Pudding with Fleur de Sel Caramel Sauce
Molten Chocolate Cakes with Spiced Whipped Cream
Palmiers
Panna Cotta with Strawberries & Sugar Cookies
Pear & Almond Tart with Chocolate Sauce
Pear & Cranberry Tart with Vanilla Ice Cream
Ricotta Cheesecake with Cherry Compote
Seasonal Fruit Clafoutis
Sour Cream Pumpkin Pie with Vanilla Ice Cream
Tiramisu

Tres Leche Cake
Triple Chocolate Cookies
Warm Flourless Chocolate Cake

BAKING-THEMED CLASSES

Bread Basics
Cake Basics
Cake Decorating
Cupcakes
Julia Child
Pastries
Pies & Tarts
Restaurant Style Desserts