

PREP Kitchen Essentials

Cooking Class Schedule

www.prepkitchenessentials.com

562.430.1217

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16 6:30-9p \$75 Learn To Cook 2: The Advanced Series Week 2	17 6:30-9p \$75 Learn To Cook Feb Week 1	18 6:30-9p \$75 Knife Skills	19 6:30-9p \$75 Easy Seafood Recipes	20
21 1-3:30p \$75 Bon Appetit: Recipes of Julia Child	22	23 6:30-9p \$75 Learn To Cook 2: The Advanced Series Week 3	24 6:30-9p \$75 Learn To Cook Feb Week 2	25 6:30-8:30p \$35 Cheeses of Italy with Venissimo Cheese	26 6:30-9p \$75 Pasta Workshop Homemade Pastas and Sauces	27
28 1-3:30p \$75 Decadant Desserts			6:30-9p \$75 Learn To Cook Feb Week 3			

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2 6:30-9p \$75 Learn To Cook Series March Week 1	3	4	5 6:30-9p \$75 Stocks And Soups	6 10:00a-1p \$75 The Doctor is in the House with Dr. Allen Arnette
7	8 6:30-9p \$75 Dinners From Provence	9 6:30-9p \$75 Learn To Cook Series March Week 2	10 5-7:30p \$75pr Parents and Kids Cook Together	11	12 6:30-9p \$75 Fish Basics	13
14	15	16 6:30-9p \$75 Learn To Cook Series March Week 3	17 6:30-9p \$75 Gastro Pub Foods	18 6:30-8:30p \$35 Cheeses of France with Venissimo	19 6:30-9p \$75 Tastes of India	20
21 1-3:30p \$75 Bon Appetit: Recipes of Julia Child	22 5-7:30p \$65 Kids Supper Club (Ages 8-13)	23	24 6:30-9p \$75 Gluten Free Cooking	25 6:30-9p \$75 Flavors Of Spain	26 6:30-9p \$75 The Tuscan Kitchen	27 10:00a-1p \$75 The Doctor is in the House with Dr. Allen Arnette
28	29	30 6:30-9p \$75 Easy Entertaining	31 6:30-9p \$95 Sushi Workshop			

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-9p \$75 Vietnamese Kitchen	2 6:30-9p \$75 Tastes of Morocco	3
4	5	6 6:30-9p \$75 Learn To Cook Series April Week 1	7 6:30-9p \$75 Pasta Workshop	8 6:30-9p \$75 Vegetarian Cooking	9 6:30-9p \$75 Girls Night Out	10 9a-12:30p \$225 Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
11	12 6:30-9p \$75 Paris Bistro	13 6:30-9p \$75 Learn To Cook Series April Week 2	14	15 6:30-8:30p \$35 Cheeses of Spain with Venissimo Cheese	16 6:30-9p \$75 Tastes of Spain: Tapas and Paella	17 9:30a-12:30p Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
18	19 5-7:30p \$75pr Parents and Kids Cook Together	20 6:30-9p \$75 Learn To Cook Series April Week 3	21 6:30-9p \$75 Mediterranean Cuisine	22	23 6:30-9p \$75 Easy Italian Dinners	24 9:30a-12:30p Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
25	26 6:30-9p \$75 Steakhouse Dinner	27 6:30-9p \$95 Sushi Workshop	28 6:30-9p \$75 Knife Skills	29	30 6:30-9p \$75 Chinese Dim Sum	

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 5-7:30p \$75pr Parents and Kids Cook Together	5 6:30-9p \$75 Cinco De May Fiesta	6 6:30-9p \$75 Sauteeing 101	7 6:30-9p \$75 Fish Basics	8 9a-12:30p \$225 Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
9 1-3:30p \$75 Bon Appetit Recipes from Julia Child	10	11 6:30-9p \$75 Learn to Cook May ADVANCED Series Week 1	12 6:30-9p \$75 Learn to Cook Series May Week 1	13	14 6:30-9p \$75 Tastes of Spain: Tapas and Pintxos	15 9:30a-12:30p Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
16	17	18 6:30-9p \$75 Learn to Cook May ADVANCED Series Week 2	19 6:30-9p \$75 Learn to Cook Series May Week 2	20 6:30-9p \$75 Knife Skills	21 6:30-9p \$75 Grillin' and Thrillin'	22 9:30a-12:30p Cleanse Detox Program 21-Day Series w/Dr. Allen Arnette
23	24 5-7:30p \$65 Kids Supper Club (Ages 8-13)	25 6:30-9p \$75 Learn to Cook May ADVANCED Series Week 3	26 6:30-9p \$75 Learn to Cook Series May Week 3	27 6:30-9p \$35 Cheeses of Italy With Venissimo Cheese	28	29

All of our classes are hands-on and 100% participatory unless marked demonstration, demo or lecture. Each class lasts approximately two and a half to three hours and includes a meal and comprehensive instruction. Our luxurious kitchen is state-of-the-art, **sparkling clean** and roomy, participants use only the finest ingredients, tools and appliances.

PLANNING A PARTY OR PRIVATE EVENT? PREP's cooking classes are perfect for special occasions of any kind. Extraordinary food, a beautiful venue, gracious hosts, familiar faces—all key ingredients of a memorable gathering, whatever the reason, including:

- ◆ Parties and Dinner Parties
- ◆ Corporate Events and Team Building
- ◆ Non-Profit Groups
- ◆ Children's and Adult's Birthday Parties
- ◆ Mother - Daughter - Father - Son - Parent - Child
- ◆ Social Clubs, Cooking Groups, Etc...

Don't Miss Out On Free Class Offers, Discount Offers and More

Customers on our [email mailing list](#) receive free class offers, monthly discount offers, recipes, special event invites and much more. If you received this schedule in the mail, we don't have your email address. If you would like to receive free class offers and more, just email us at prepessentials@yahoo.com and we will add you to our email mailing list. Be sure to include your full name and mailing address so we can update our records accordingly.

Rave Reviews for PREP Cooking Classes:

******* Five out of Five Stars Yelp:** I've been to Prep to take several of their cooking classes, and I've been nothing but impressed. Most cooking classes in the area are the sort where the chef demonstrates and you get a recipe, but Prep is all about hands-on learning. Each class is structured so that you learn the recipes and science behind the dishes, then break up into teams to make them. The classes end with a meal where you eat your creations. All in all, I have to say my experiences at these classes have been excellent and I look forward to using the skills learned going forward. I truly enjoyed the teacher, she has a fantastic capability for patience with us! -- Rachel J. Huntington Beach

******* Five out of Five Stars Yelp:** The cooking class experience would be a GREAT bday gift or date night. So fun and you get to meet a few other people, share wine, messy hands and good times... definitely worth it! -- Skylar R. Long Beach.

******* Five out of Five Stars superpages.com:** Beautiful store, lots of goodies and great classes. LH Aliso Viejo.

Perfect Edge Knife Sharpening Available at PREP

Get a professional, razor sharp edge on all knives, scissors, garden tools and most blades.

Knives sharpened on Mondays (except the 5th Monday of any month)

Drop off anytime, pick up Tuesdays anytime.

VOTED BEST KNIFE SHARPENER IN LA 2009 by LOS ANGELES MAGAZINE

PREP KITCHEN ESSENTIALS

12207 Seal Beach Blvd, Seal Beach CA 90740 562-430-1217

We are located in Seal Beach, CA, in the beautiful Shops at Rossmoor, between Peet's Coffee and Ann Taylor Loft, near Chico's and Coldwater Creek.

Please visit our website for more information including complete menus, chef bios, special events...

www.prepkitchenessentials.com



Cuisinart



Registering for Classes: All class reservations are confirmed upon registration or enrollment. For online registrations, a confirmation is automatically sent to the "Bill To" email address as provided in the order. We cannot be responsible for undelivered or bounced back online confirmations due to spam filters or firewalls. For phone registrations or for registrations made at our store, a confirmation will be provided at that time. Arrive 15 minutes prior to your class as classes start on time. If you have a coupon or gift certificate for the class, please mention when registering and coupons and gift certificates must be presented at check-in. **Exchanges, Credits and Refunds:** Should you need to cancel a reservation for a class, you will receive a full refund for any cancellation made before three (3) days before the class date. Cancellations made three (3) days or fewer before the class date will incur a 30% "cost of goods" fee with the remainder put on a Cooking Class voucher that can be applied toward a future class. No refunds, exchanges or vouchers will be given to cancellations made on the day of the class or no shows. Changes and cancellations may be made in person or by calling our store at 562-430-1217. Due to timing issues we cannot accept or honor email cancellations. In the event we cancel a class a full refund will be given. **Substitutions and Class Format:** We reserve the right to substitute ingredients, menu items, recipes and instructors. Unless noted otherwise, all our classes are hands-on and participatory in style. The exceptions to the hands-on format are classes labeled as "Demonstration" or "Demo" or "Lecture".

PREP voted Best Housewares in Orange County 2008 and 2009 by City Voter My Fox LA