



Cooking School

Registration begins Saturday, September 19, 2009 at 9:00 a.m. Registration at Gretchens or phone (360) 336-8747. Registration for classes will not be taken before Saturday, September 19, 2009.

September

Latin American Fiesta with Peter Belknap

Monday, September 28, Evening 6:30-8:30 \$40

Samba into the kitchen and capture spicy, colorful, savory Latino flavors. Mui Sabroso!

Fall Harvest, Dining & Decorating with Mark Iverson

Wednesday, September 30, Evening 6:30-8:30 \$40

A fun, interactive class where you'll learn great recipes and make a festive table decoration perfect for fall entertaining.

**ONE-DAY
SALE**
Saturday, October 3

25%
Off Sale
15% Off Wine,
Food Electrics

Gretchens & Embellish

October

A Food and Wine Pairing with Jim Kowalski & Renee Stark

Tuesday, October 6, Evening 6:30-8:30 \$45

The menu's not set but this will be a fun and festive evening. That's a promise!!!

Bombay Buffet, A Journey to India with Robert Atterberry

Wednesday, October 7, Evening 6:30-8:30 \$40

Begin your taste-trip to the East with Curried Tofu Bites, Ful Muddamas (chilled lentils, lemon, olive oil tapenade served on endive). Then turn your taste buds to gently steamed Chicken served in a Red Curry Sauce and Pork Cutlets braised and served in a Green Curry Sauce. Served with Jasmine steamed rice and spicy and plain cashews, golden raisins, NW fresh yogurt and diced cucumbers. Add a side dish of Green Field Cabbage Braised with a Pepper

Vinegar (mild flavor). Add Naan Bread for dipping and scooping and you don't need the utensils (we will provide them just in case).

Celebrate the Fall Harvest with Don Shank

Monday, October 12, Evening 6:30-8:30 \$40

Tonight you will be treated to a wonderful 3-course dinner showcasing the bounty of our own Skagit Valley.

Quonset Cuisine with Tom Hoffman

Wednesday, October 14, Evening 6:30-8:30 \$40

Now Chef at the Long Haul Cafe (AKA Quonset Hut) Tom will put his "spin" on the ever popular comfort food that "diners" are known for.

Japanese Home style Dinner with Chinatsu Workman

Monday, October 19, Evening 6:30-8:30 \$40

Our favorite Japanese chef is back with another authentic menu to include Kidira Gobo (Sauteed Burdock Root), Chicken Karaage (Deep-fried Ginger Marinated Chicken) Salad with Homemade Ginger-onion Dressing, Slow Cooked Pork and a surprise dessert.

Cooking with Olive Oil with Mary Ellen Carter

Wednesday, October 21, Evening 6:30-8:30 \$40

Mary Ellen is now bottling extra virgin cold press olive oil from California. Join her for a tasting in celebration of this liquid gold. Learn to make "dukkah" an Egyptian nut and spice mixture for bread dipping, Poached Halibut in Olive Oil with a Lemon Aioli and for dessert lovely Madeleine Cakes made with Olive Oil.

Honoring Julia with Susan, Anne, and Doreen

Thursday, October 22, Evening 6:30-8:30 \$40

Bon Jour! Everyone's favorite chef will be celebrated with a menu inspired by Julia Childs' own recipes, prepared by a trio of terrific cooks from our staff. Bon Appetit!

From Italy with Love with Peter Belknap

Monday, October 26, Evening 6:30 - 8:30 \$40

Chef Peter brings us his favorite Italian recipes. Cook up a little bit of Italy in your kitchen. That's Amore!!!

A Lebanese Fall Supper with Nahla Gholam

Tuesday, October 27, Evening 6:30-8:30 \$40

With authentic recipes from her homeland, Nahla will prepare a Roasted Vegetable Salad, Eegah (Zucchini Omelette) with Mint Yogurt, Sheikh El-Mehsheh (an Eggplant Lamb Stew) and a surprise dessert.

November

Warm Up to Winter with Jim Kowalski

Tuesday, November 3, Evening 6:30-8:30 \$40

Farm to Market Bakery is becoming very well known for its great lunches and Chef Jim's hearty soups are always in demand. Tonight's menu??? Soup, soup, and more soup.

The Flavors of Italy with Giuseppe Mauro

Wednesday, November 4, Evening 6:30-8:30 \$40

Tonight's wonderful Italian menu will include Penne Arrabiata con Salsiccia (Italian Sausage in a spicy Tomato Sauce) and Cioppino Isolabella (Fish, Clams, and Mussels in a light Tomato Broth).

Cuisine of China with Huiming Hsiao

Thursday, November 5, Evening 6:30-8:30 \$40

A truly authentic menu from Huiming's homeland: Crispy Pork Dumplings, BBQ Curry Chicken Sticks and Chinese Fried Rice with Bacon. We'll provide the chop sticks!

Holiday Entertaining with Liz Abelsen

Wednesday, November 11, Evening 6:30-8:30 \$40

Appetizers, hors d'oeuvres, spreads, dips, roll-ups-learn the difference and how to make them a meal. Simple food done well can satisfy and impress family and friends. Tonight, Liz will share some of her favorite recipes.

An Elegant Evening with Scott Fraser & Renee Stark

Monday, November 16, Evening 6:30-8:30 \$45

You are invited to indulge your senses in an exquisitely prepared 3-course dinner with fine wine.

Fabulous French Cuisine with Nahla Gholam

Tuesday, November 17, Evening 6:30-8:30 \$40

This evening you will be treated to Escallop Cordon Bleu (Beef with Ham & Cheese), Sauteed Legumes and a most delicious Creme Caramel; expertly prepared and graciously presented for your dining pleasure.

Totally Turkey with Tom Hoffman & James Youngquist

Wednesday, November 18, Evening 6:30-8:30 \$45

Behold the Bird! What would Thanksgiving be without the Turkey. Join Chef Tom for some preparations that will make this year's holiday the best yet. James will showcase wines to perfectly pair with your feast.

Austria with Peter Belknap

Monday, November 23, Evening 6:30-8:30 \$40

Discover the classic, elegant, old-world flavors of the Austrian kitchen.

December

Continental Soul Food with Michael Miller

Tuesday, December 1, Evening 6:30-8:30 \$40

Tonight, Train Wreck's talented chef will present an innovative menu to include Hand-made Andalucian Sesame & Olive Oil Crackers, Local Chevre, Walla Walla Sweet Onion Relish, Manchego & Olives; Caraway Braised Beef Short Ribs, with Hand-made Roasted Carrot & Gorgonzola Ravioli; Almond Basque Cake, and Roasted Apple & Vanilla Ice Cream.

Traditional Lebanese Christmas with Nahla Gholam

Thursday, December 3, Evening 6:30-8:30 \$40

A very special celebration featuring holiday foods and customs. On the menu: Sheesh Barak (Yogurt Soup-a very special holiday dish), Beet Salad with Garlic Chicken and Ossmalieh (a special dessert with shredded Fillo layered with Bread Creme Filling).

January

French Country Kitchen with Peter Belknap

Monday, January 11, Evening 6:30-8:30 \$40

Simple, delicious comfort food with an irresistible French country flair.

Boun Appetito with Giuseppe Mauro

Wednesday, January 13, Evening 6:30-8:30 \$40

Come savor the flavors of Italy as Giuseppe prepares Penne alla Messinese (Pasta with Sauteed Mushrooms in a Gorgonzola Tomato Sauce with Arugula) and Saltimbocca alla Romana (Breast of Chicken with Prosciutto, Fresh Sage and capers in a White Wine Sauce).

Best of Thai with Mary Ellen Carter

Tuesday, January 19, Evening 6:30-8:30 \$40

Join Mary Ellen Carter as she features Thai traditions in tastes focusing on the rich colors, and sweet and spicy flavors found in Thai cooking. Curries and coconut will be the featured ingredients as she prepares for your enjoyment: Red Curried Pumpkin Soup, Vegetarian Yellow Curry Pineapple with Jasmine Rice, and Chicken cooked in a Green Kaffir Lime Leaf Curry.

DECEMBER 10TH

DECEMBER 17TH

GIRLS NIGHT OUT
shop till you drop

MENS SHOPPING NIGHT

DECEMBER 5TH

JUST GET IT DONE!

25% Off *Holiday* Merchandise

Comfort Cuisine with Liz Abelsen

Thursday, January 21, Evening 6:30-8:30 \$40

Often we just want the basic comfort foods of our childhood. From Mac & Cheese, Pot Pie, a good soup, and of course that awesome Homemade Pie. These are recipes you'll definitely want to add to your own collection.

Winter Warmth with Chef Michael Aspen

Tuesday, January 26, Evening 6:30-8:30 \$40

Join us for an evening of Greek-inspired dishes. As a boy growing up in Chicago, Michael would look forward to the occasional dinner at his best friend's house whose mom surely provided subliminal inspiration toward his life-long affair with Mediterranean-style cooking. On the menu: Caramelized Fennel Tart, Olive Stuffed Flank Steak with Smashed Potatoes, Walnut Torte with Lemon Glaze

Francina Cucina! with Francean Dutchbrown

Thursday, January 28, Evening 6:30-8:30 **HANDS ON** \$40

Come for the fun and stay for the food! Roll up your sleeves and learn to make Ravioli. We will have two fillings (one meat, one vegetarian) and sauce for each. Additionally, Francean will prepare a Pesto Torte, Mixed Greens with House-made Dressing, and a Ricotta Cake with Bourbon Sauce.

February

Southern Cookin' with Peter Belknap

Monday, February 8, Evening 6:30-8:30 \$40

Peter treats us to good old-fashioned, satisfying, southern food. Y'all come hungry!!!!

Authentic Hand-made Taco Bar with Charlie Silk

Wednesday, February 10, Evening, 6:30-8:30 \$40

We'll start with a snack of Empanadas as Charlie teaches us to make fresh corn tortillas. Then the fillings: Shredded Beef, Simmered Cod, Salsa Verde, Pico de Gallo and Fresh Guacamole. To finish we'll assemble our own Tacos and enjoy the feast.

Fat Tuesday with Tom Hoffman

Monday, February 15, Evening 6:30-8:30 \$40

An early celebration of this very festive holiday will be bursting with flavor and fun.

Food Lovers Delight with Michael Aspen

Tuesday, February 16, Evening 6:30-8:30 \$40

If you love to cook and you love to eat you will surely enjoy this evening of indulgent foods offered by Chef Michael Aspen. Come share and celebrate this event with the ones you love. Menu includes: Fried Oysters with Beurre Blanc, Pan Seared Duck Breast with Sour Cherry Confit, and Over the Top Chocolate Roulade.

Warming the Heart with Robert Atterberry

Monday, February 22, Evening 6:30-8:30 \$40

Chef Robert has selected a sophisticated, yet homey menu for this evening. Apple Fennel Slaw with Apple Balsamic

Reduction, Lamb Shanks with Winter Chutney Glaze and Confit of Skagit Valley Leeks, Celery Root mash and Skagit Valley Swiss Chard will be offered.

Bakery Specialties with Jim Kowalski

Tuesday, February 23, Evening 6:30-8:30 \$40

If you've been to the Farm to Market Bakery in Edison, you know something about their wonderful pastries. Be it sweet or savory, it's always delicious. Tonight Jim will teach you how to recreate these delicacies in your own home.

More Authentic Lebanese with Nahla Gholam

Thursday, February 25, Evening 6:30-8:30 \$40

Nahla will begin with a Pita Appetizer for you to enjoy as she prepares two soups you will love for your late winter suppers. They are hearty and delicious; a staple at the Cafe at Mediterranean Specialties.

March

Basic II Culinary Skills Part 1 and 2 with Anne Fleming

Monday, March 1 & 8, Evening 6:00-9:00 **Hands On** \$75

Continuing from our Basic 1 class we'll enhance our knife skills & make flavorful stocks, used in great soups & sauces. Night 1 we'll make 2 stocks and 3 soups. Night 2, more advanced knife skills & sauces. We'll prepare a crostini appetizer, green salad w/ sherry vinaigrette, pork w/ salsa & berry wines sauce, rice followed by Chocolate Pots de Crème.

Daytime

Cuisinart Cooking With Kim Virent

Sunday, October 25, Afternoon, 12:00-1:30 \$20

Ever look at the Cuisinart Food Processor on your counter and wonder-what can that thing really do? Well, wonder no more! Come take Cuisinart Food Processor 101-"All you wanted to know about Food Processors but were afraid to ask class". As an added bonus we will also chat about the Zyliss Mandoline. Food and wine to be served. 15% Off all items demonstrated. All profits donated to Local Food Bank.

Cookie Decorating with Anne Fleming

Sunday, November 1, Afternoon, 1:00-3:00 **HANDS ON** \$35

Learn the skills of filling, outlining and marbling sugar cookies. No experience necessary. You will go home with a beautiful collection of Thanksgiving & Christmas cookies.

Clay Cooking with Emile Henry with Roberta Milios

Sunday, November 8, Afternoon, 12:00-1:30 \$20

Join representative Roberta Milios as she demonstrates the versatility of Emile Henry Clay cooking. On top of your stove and in the oven, enjoy sweet and savory cooked in the french ceramic, cookware, ovenware & tableware. Lunch will be served. 15% Discount on all Emile Henry products. All profits donated to Local Food Bank.

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DAYTIME CONTINUED

Scandinavian Holiday Cookies with Doreen Schreuder and Anne Fleming

Saturday, November 14, Morning 10:00-12:00 HANDS ON \$35

Start a holiday tradition and impress your family and friends with these wonderful Nordic cookies. Come and learn the skills of making Krumkake, Fattigmann, Sandbakkese and Ebelskivers. They are harder to pronounce than make and wonderful to eat.

Lefse Making with Sharon Benson

Saturday, November 21, Morning 10:30-12:00 \$25

Bring an apron and learn to prepare this soft flatbread made with potatoes. A staple of Scndinavia, it is easy & fun.

Wine Tasting Classes

Our Wine Tasting Classes accommodate 24 people to taste wines with appetizers. Discounts are offered on wines tasted. Our knowledgeable wine reps present four to five wines.

Washington Wines with James Youngquist of Dickerson Distributing

Thursday, October 29, Evening 6:30-8:30 \$25

Wines for the Holidays with Tom Saunderson of Youngs Columbia

Thursday, November 12, Evening 6:30-8:30 \$25

The Wines of California with Renee Stark of Noble Wines

Tuesday, January 12, Evening 6:30-8:30 \$25

Lunches with Gretchens' Staff

A Taste of Fall with Anne

Friday, October 16, Afternoon 12:00-1:30 \$20

Ina Garten Inspired, with Anne

Friday, November 6, Afternoon 12:00-1:30 \$20

Food Network Favorites with Susan

Friday, November 20, Afternoon 12:00-1:30 \$20

Favorite Recipes from Gretchens' Staff with Susan, Anne & Kathy

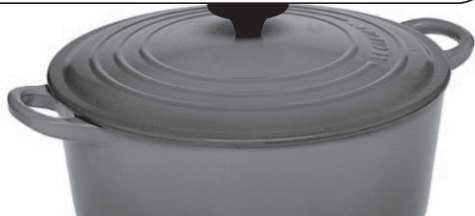
Friday, December 4, Afternoon 12:00-1:30 \$20

A Visit to Venice with Susan

Friday, January 8, Afternoon 12:00-1:30 \$20

A Winter-Time Brunch with Susan

Friday, January 22, Afternoon 12:00-1:30 \$20



Traditional cast iron cookware from France.

Le Creuset cookware has been crafted with meticulous old-world care in France since 1925. Each piece is poured into its own sand mold, giving it a unique personality! It's then coated with an enamel base and fired at 1650°F. Next, the final coat of enamel with color is sprayed and vitrified at 1450°F for lasting durability.

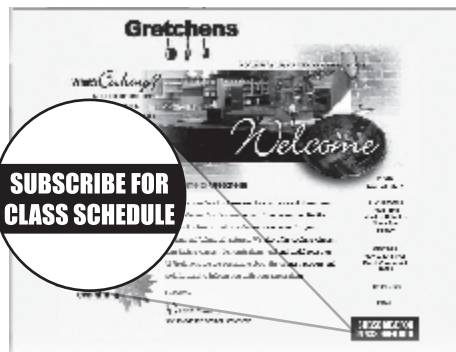
**strong enamel coating • easy to clean • will not absorb odors or flavors
absorbs and distributes heat evenly • knobs and handles are heat proof**

ATTENTION!

In an effort to be more green, we are moving our class schedule **ON-LINE ONLY.**

SUBSCRIBE for continued electronic mailing at:

<http://www.gretchenskitchen.com/subscribe.html>



Class and Cancellation Policies

- Classes are demonstration style unless noted. Instructors reserve the right to alter menus due to availability of seasonal ingredients.
- Payment must accompany each class reservation. Phone registration must be reserved with a credit card. Space is limited. If a class is full, your name may be placed on a waiting list.
- Gretchens will refund or credit tuition for cancellations up to 48 hours before class. Refunds or credits will not be given for cancellations less than 48 hours before class. Credit given may be used for future classes or purchases in the store.
- Classes may be cancelled due to insufficient enrollment. Upon cancellation, we will contact you by phone. Payment may be transferred to another class, refunded or credited.
- Class seating is based on a lottery system. Please inform us prior to the class if you wish to be seated with other guests.
- Guests will receive a tasting of all the dishes prepared in class and a complimentary glass of wine. The first tasting may not be served until an hour after class begins.

Meet Our Instructors

Liz Abelsen — Liz has spent many years in the culinary field, from owning a Seattle restaurant (3 1/2 out of 4 stars) to producing foods for high end West Coast grocery stores and catering for KOMO television, Childrens' Hospital, U of W and many more.

Michael Aspen — Michael is a Personal Chef and Culinary Educator. He has trained locally and in Europe in both cuisine and patisserie. His business, "A Taste of the Good Life", specializes in gourmet multi-course meals prepared in your home.

Robert Atterberry — Executive Chef Robert Atterberry, owner of Avenue Catering, has been an innovative source in the food industry for over 30 years. Chef Atterberry blends together his expertise in local foods with the freshest flavors of the day. For many years "Chef" served the finest meals at some of Skagit Valley's premier restaurants.

Peter Belknap — Peter is the lead Chef for Kitchen Connection at The Market in Anacortes (formerly Food Pavilion). When not cooking, Peter pursues other passion as exhibiting sculptor and painter.

Sharon Benson — Owner of the Benson Farmstead Bed & Breakfast, Sharon generously shares recipes from her Scandinavian culture.

Mary Ellen Carter — Cookbook author and cooking instructor, Mary Ellen Carter is one of Bellingham's best known food enthusiasts and a strong advocate of returning to the table to enjoy good food. Mary Ellen has authored 4 cookbooks including the local best seller - At Joe's Garden Harvest Recipes of the Northwest. Her latest cookbook Accent on Asia - Recipes for a Culinary Adventure reflects the last 15 years of teaching with the focus being on Asian cooking.

Francean Dutchbrown — Owner of Francina Cucina, Francean has developed a home party event where the guests learn to make wonderful ravioli. A glass of wine and wonderful Italian music set the mood for this fun, educational party.

Anne Fleming — Anne comes to Gretchens from Sur La Table in Kirkland. "I've been a Foodie all of my life, so when the opportunity came for me to attend Culinary School I jumped at it." Working at Gretchens gives me the best of all worlds, I get to do some of my own classes and work with some of the best chefs.

Scott Fraser — An in-house favorite, Chef Scott has returned to Gretchens. He and his wife Josee own Frasers Gourmet Hideaway, Oak Harbor's elegant new restaurant.

Nahla Gholam — Nahla is co-owner of Mediterranean Specialties Café & Goods in Bellingham. Her cooking skills developed through world travel, life experiences and a passion for good food.

Nahla cooks and teaches classes in her store.

Huiming Hsiao — Huiming was a television anchor-woman in Taiwan where her parents owned a famous restaurant. This is where she learned to cook. She now lives in Oak Harbor with her navy husband and one year old daughter. She welcomes the opportunity to share the cuisine of China with you.

Tom Hoffman — Born and raised in Mount Vernon, Tom is the chef of Long Haul Cafe at Truck City. He was formerly co-owner and chef of Ferry Street Grill & Bar in Sedro Woolley, WA.

Mark Iverson — A master of quick, easy elegant entertainment, Mark is the owner of Mark's on Pine Square, a floral design studio, and Courtyard Cafe & Catering.

Jim Kowalski — A graduate of the Culinary Institute of America, Jim has worked as a Chef in the Pacific NW since 2000. Jim and Lisa are the new owners of "Farm to Market Bakery" in Edison. Jim continues to do catering events and private parties.

Giuseppe Mauro — Owner of Giuseppe's Italian Restaurant, a Bellingham favorite was born, raised, and educated in Sicily. He has worked in some of the most prestigious establishments in Europe and the USA and his cuisine and hospitality make dining a true pleasure. We are very pleased to welcome him to Gretchens.

Michael Miller — Chef of Burlington's newest eatery, Train Wreck Bar and Grill, this innovative chef gives a whole new meaning to "Bar Food".

Don Shank — Don Shank is the Chef and owner of the local perennial favorite, "The Rhododendron" in Bow. Don utilizes the very best of Skagit Valley resources in his cuisine.

Charlie Silk — Charlie Silk is an integral part of The Porterhouse where he focuses on fresh Northwest fare. As a result of growing up in San Diego, he also excels at Mexican foods and enjoys expanding his knowledge of Asian and traditional comfort foods and sauces.

Chinatsu Workman — Chinatsu was born and raised in Osaka, Japan where she learned the art of traditional Japanese home-style cooking mainly from her mother. She is the owner of Chinatsu's Japanese Home Cooking which offers hands-on cooking classes.

