

### HOW TO MAKE A GOURMET LUNCH

· August 18, 2012–10:00 AM ·

A Grand Chef teaches you how to prepare gourmet lunches at home. The menu includes an exotic Oriental Chicken Salad with a lavish Fresh Tropical Fruit Cocktail and a Grand Marnier Zabaglione for dessert. *This is a \$45.00 class.*

### COOKING ESSENTIALS VI: BAKING BASICS

· September 15, 2012–10:00 AM ·

Enjoy learning how to make a variety of breads including Sourdough, French and our own Grand Loaf. Learn the basics of bread dough preparation. After you are finished, you will have a fresh loaf of bread to take home and share.

### COOKING ESSENTIALS VII: PASTRY BASICS

· October 20, 2012–10:00 AM ·

A Grand Chef will share the secrets of preparing the top three classic French pastries of all time: Crème Brûlée, Mousse and Bananas Foster. These rich gourmet desserts will be an instant success when served to your guests.

### HOW TO COOK A THANKSGIVING DINNER

· November 17, 2012–10:00 AM ·

One step at a time, a Grand Chef will teach you how to prepare a remarkable Thanksgiving meal for your holiday guests. A grocery list will be provided to ensure you have all the ingredients needed on hand. The Chef will then take you through each course—salad, entrée, starch, vegetable and dessert. Leave confident in preparing this traditional meal, while saving both time and money. This year you can actually enjoy preparing your Thanksgiving meal.

### HOW TO MAKE A GINGERBREAD HOUSE

· December 15, 2012–10:00 AM ·

Learn step by step instructions on how to build and decorate your own Gingerbread House. Get in the holiday spirit and leave with a gingerbread house creation of your own. Children receive a half price discount on this fun and festive class with paying adult.



**Grand Hotel Marriott Resort, Golf Club & Spa**

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For more information on the Grand Hotel Marriott Resort, Golf Club & Spa, visit [www.marriottgrand.com](http://www.marriottgrand.com).



## CULINARY ACADEMY 2012

cooking essentials · wine class & gourmet cheeses · grilling · soups & salads · pastries · family fun cooking · baking





## Culinary Academy at The Grand

Each month, a Chef at the Grand Hotel Marriott will be teaching classes at the resort's Culinary Academy. The classes are aimed at expanding the participants' knowledge of the culinary basics while also incorporating more advanced techniques. Whether you are a beginner or an expert, the Chef's classes are fun, hands-on experiences that will have people raving about your culinary skills. In each Grand Culinary Academy, you will receive a two-hour cooking demonstration, recipes, food sampling and a diploma. Classes are on Saturdays at 10:00 AM and are limited in size.

Most Grand Hotel Culinary Academy programs are \$25, unless otherwise noted.

**Call 251.928.9201 for more information and to register for the classes**

### **COOKING ESSENTIALS I: INTRO TO COOKING**

· January 21, 2012–10:00 AM ·

Even if you have been cooking for years, a Grand Chef will offer many insights and secrets that you can use at home. Here is a sampling of what you will learn: Culinary do's and don'ts, how to hold a knife, knife cuts, how to sharpen a knife, sanitation and nutrition.

### **COOKING ESSENTIALS II: SOUPS**

· February 18, 2012–10:00 AM ·

Soups should be an essential part of your diet. They will keep you warm in the winter and are the perfect complement to salads in the summer. The menu for this Academy includes: Loaded Baked Potato, Gazpacho and Grand Gumbo. Dazzle your friends and family when you use your new gourmet cooking skills at home.

### **COOKING ESSENTIALS III: SALADS**

· March 17, 2012–10:00 AM ·

Salads are a must for any time of the year and bring balance to your diet. In this class, learn how to prepare Baby Mixed Greens with Goat Cheese and a Strawberry-Poppy Seed Vinaigrette, Spinach Salad with a Hot Bacon-Dijon Dressing and Grand Marnier Macerated Tropical Fruit Salad with Wild Berry Yogurt Sauce.

### **COOKING ESSENTIALS IV: ENTRÉES–SAUTÉ**

· April 21, 2012–10:00 AM ·

Learn the art of Sautéing, meaning "to jump", while being taught the step-by-step process of making the following dishes: Sautéed Chicken Breast with a Sun-dried Tomato Cream Sauce, Teriyaki Glazed Flank Steak and Plantation Shrimp Pasta.

### **WINE CLASS WITH GOURMET CHEESES**

· May 19, 2012–10:00 AM ·

This class is perfect for the wine lover whether a novice or an expert. We will be tasting and discussing wine varieties. Learn insights on how to choose the perfect wine and then how to pair it with food. The growing regions of wine will be discussed while you sample gourmet cheeses from around the world. *This is a \$30.00 class. Must be over 21 years to attend.*

### **COOKING ESSENTIALS V: GRILLING BASICS**

· June 16, 2012–10:00 AM ·

Prepare yourself for the summer grilling season. A Grand Chef will instruct you on the techniques of grilling meat, poultry and fish. Grilling can be a way to enhance flavors while also reducing calories. This is a great class for couples.

### **FAMILY FUN COOKING**

· July 21, 2012–10:00 AM ·

Take a break from the Grand's signature pools and learn to prepare a variety of foods with your children. Young children and the young-at-heart will help prepare a variety of great summer dishes. Children attend this class for free with paying adult.