

June 2010

▶ Volume 4; Issue 6

# Are You Ready to Cook?

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 11 - Showcasing the Spices of India
- 12 - West Africa Cuisine (Togo)
- 19 - Kids Can Cook - Father's Day
- 26 - Temptations of the Magreb

Tickets for the classes are available by advance purchase. All classes need a minimum of 6 participants to run. If we have to cancel a class, full refunds will be provided. If you have to cancel a class, a minimum of three days notice is required for a refund.

**Showcasing the Spices of India - Friday, June 11 @ 6 pm** - Historically, Indian spices and herbs were one of the most sought after trade commodities. The spice trade between India and Europe led to the rise and dominance of Arab traders to such an extent that European explorers, such as Vasco da Gama and Christopher Columbus, set out to find new trade routes with India leading to the Age of Discovery. When we buy curry powder at the supermarket, only one possible curry is available at our table. But if we separate curry powder into its component spices, to be used in endless combinations of ingredients and styles, we have at our finger-tips a superb range of flavours to cook with. The foods cooked and served in Indian homes is a world away from

curry powder. Join Chef Mark Arrowsmith in an evening of Indian spice discovery and enjoy the flavors of India. \$50<sup>+GST</sup> per person.

**West Africa Cuisine - Saturday, June 12 @ 6 pm** - "West African cuisine" is a useful umbrella term, but not a cuisine per say. The name embraces dozens of distinct regional and ethnic cuisines set in 20 different West African nations with climates ranging from desert to tropical. Though there are obvious differences among the local cuisines, there are also commonalities. Cooking and dining play an important cultural role in community and family lifestyles. Most West Africans eat slowly cooked, one-pot stews comprised of far more vegetables than meat. They enjoy those stews with a starch staple like pounded yam or

plantain. Peanuts are frequently used as a main ingredient or flavouring agent. Many dishes are enriched with tomatoes, onions and chilies. Seafood is especially popular along the coast while goat meat reigns inland. Chicken is cherished nearly everywhere. Typically, dining is communal and fingers are used to eat. A few centuries ago, Slave-ship traffic returning from the New World brought the chili, tomato, and peanut. The cooking-ingredient migration was not a one-way street. Slave ships carried African ingredients to the New World, including black-eyed peas and okra. (The famous Cajun dish gumbo, which uses okra, derives its name from the African word "gomba", meaning okra.) Tonight we will be featuring a Groundnut (peanut) stew. This is easily West Africa's most celebrated culinary preparation. I found it nearly everywhere in that part of Africa. Almost any meat (or none at all) can go into this one-pot dish as long as the cook generously adds peanuts, tomatoes, onions and chilies. Chef Edmond Segbeaya from Awassi. \$45<sup>+GST</sup> per person.

**Kids Can Cook - Father's Day Gifts - Saturday, June 19 @ 1 pm** - Come on out and make your Dad some yummy Father's Day Treats. We will make some delicious sticky buns and some Dad's Cookies. Chef - Barb from Culinary Conspiracy. - \$15<sup>+GST</sup> per person.

**Temptations from the Magreb - Saturday, June 26 @ 6 pm** - Along the NW coast of Africa lies the region of Maghreb; Morocco, Libya, Algeria, Tunisia and Mauritania call this area home and share similar culinary delicacies, but each country has it's own unique taste and style. This region is one of the worlds heartbeats for spice, and has its foundation of food preparation rooted to the ancient trading routes of the past. Old world cooking methods (the Tagine) are still used today to create wonderful one pot dishes that will spark your interest in spice! Simple combinations bring very strong results and learning how to prepare some of this food is easier than you think! Chef Mark Arrowsmith will be showcasing Culinary Conspiracy spices. \$50<sup>+GST</sup> per person.

## Summer Recipes—featuring LaTourangelle Walnut Oil

### Roasted Walnut Oil Mesclun salad

4 ounces mesclun or baby romaine or baby spinach	2 ounces goat cheese, crumbled or cut into small pieces
1/2 cup walnuts	3 Tbsp dried blueberries
<i>Dressing</i> : 4 Tbsp walnut oil	1 1/2 Tbsp balsamic or red wine vinegar
1 tsp prepared mustard	Salt and pepper to taste

Toss the salad greens in a bowl with half the dressing. Whisk the dressing ingredients together until thoroughly combined. In a small bowl thoroughly mix walnuts, blueberries and cheese with the other half of the vinaigrette. Arrange the greens on appetizer plates. Garnish with goat cheese, walnuts and blueberries.

### Roasted Walnut Oil Bruschetta

1/2 pound thinly sliced prosciutto, cut into two inch squares	1/2 pound brie, cut into thin wedges
2 pears, core, quartered and cut lengthwise in thin slices	3 Tbsp walnut oil
1 baguette	

Cut the baguette into thin slices across. Cover each piece of baguette with a piece of prosciutto, a piece of pear and a wedge of the brie. Toast under a broiler or in a toaster oven until the cheese is golden brown. Remove and drizzle with walnut oil. Serve hot.

### Roasted Walnut Oil Pesto

3 cups basil leaves	1 clove garlic, roughly chopped
3 Tbsp walnuts	3 Tbsp grated parmesan cheese
1/2 cup walnut oil	Salt to taste

Puree the ingredients until smooth in a food processor. Serve immediately or refrigerate covered.

*culinary conspiracy*



*sharing the secrets of fine food*