



## Cooking Classes: Summer/Fall 2015

Loyola University Chicago's Retreat and Ecology Campus is excited to be hosting a series of culinary classes covering a variety of topics from sushi to Caribbean cuisine. Led by Loyola's executive chef and former restaurateur, John Schnupp, all classes will be held in our inviting Duchossois Food Systems Lab and Kitchen in Woodstock.

### THE TASTE OF ISLANDS

*Saturday, June 13, 11 a.m.–2 p.m. • \$55*

In this hands-on class, taste traditional island rum punch, appetizers, and cuisine of the Caribbean. Prepare and enjoy spicy spiny lobster noodle salad, conch ceviche, curried goat, and more.

### FOOD AND WINE PAIRING – OLD WORLD VS. NEW WORLD

*Thursday, June 18, 6–9 p.m. • \$75*

Taste and discuss the difference between Old and New World wines. Event starts with a wine reception and appetizers followed by a five-course wine dinner.

### CULINARY TEEN CAMP I

*Mon–Wed, July 13–15, 10 a.m.–2 p.m. • \$265*

*Ages 12–18 years*

Get a taste of the culinary life. Learn the basic techniques of slicing and dicing, pan searing, grilling, and presentation skills. Lunch will be provided each day, and on graduation day, the young chefs will prepare a three-course lunch to celebrate.

### CULINARY TEEN CAMP II

*Mon–Wed, July 27–29, 10 a.m.–2 p.m. • \$295*

*Ages 12–18 years*

*Pre-requisite: Teen Camp I*

Second-time campers will learn new techniques including sushi, sauces, chicken stock, braising, and sweet rolls. For their graduation party, the students will plan, prepare, and execute a three-course lunch. Each student may invite one guest.

### AMERICAN REGIONAL BBQ

*Saturday, July 18, 11 a.m.–2 p.m. • \$55*

Explore, prepare, and taste BBQ styles from across the country. Take in the Carolinas, Memphis, St. Louis, and every corner of Texas—all with the perfect beer or glass of wine.

### FARM-TO-TABLE WINE DINNER, MONTINORE ESTATE ORGANIC WINES

*Friday, July 24, 5:30–9:30 p.m. • \$75*

*Farm tour at 5:30 p.m., dinner at 6:30 p.m.*

Enjoy a marvelous dinner showcasing the organic wines of Oregon's Montinore Estate. Also take a tour of our farm operations. Evening starts with a wine reception followed by a five-course wine dinner.

### SUSHI 101

*Saturday, August 8, 11 a.m.–2 p.m. • \$55*

Learn sushi chef secrets to making maki rolls, perfect sushi rice, sashimi, and the surprisingly simple slicing techniques. Our sushi will be complemented with the perfect beer and wine refreshment.

### FARM-TO-TABLE WINE DINNER—AN EVENING UNDER THE STARS IN THE GARDEN

*Friday, August 21, 5:30–9:30 p.m. • \$75*

*Farm tour at 5:30 p.m., dinner at 6:30 p.m.*

Experience the true meaning of farm-to-table while spending the evening under the stars. Start with a wine reception followed by a five-course dinner.

### MASTERING GLUTEN FREE – DELICIOUS AND ECONOMICAL EVERYDAY FOOD

*Saturday, September 19, 11 a.m.–2 p.m. • \$55*

Learn to avoid gluten as well as cooking and baking without it. We'll cover tips to make everyday foods affordable and work with new ingredients to modify family favorites. Gluten-free beverages will be served.

### FOOD AND WINE PAIRING – EARTH'S FLAVORS REIMAGINED

*Saturday, September 26, 5–9 p.m. • \$75*

*Farm tour at 5 p.m., dinner at 6 p.m.*

Explore how we produce the food we eat and the effect that has on the health of our planet and ourselves. Communal tables make for an exciting evening, which starts with a wine reception followed by a five-course wine dinner.

### FROM SEA-TO-TABLE – EXPLORING THE WORLD OF SEAFOOD

*Saturday, October 10, 11 a.m.–2 p.m. • \$55*

In this hands-on class, learn more about the purchase, storage preparation, and sustainability of a variety of seafood as well as the versatility of fish in any menu. Perfectly paired wines will accompany the dishes.

### FOOD AND WINE PAIRING – THE WINES OF BORDEAUX

*Saturday, October 17, 6–9 p.m. • \$75*

Explore the famous wine region of Bordeaux with classical French cuisine, French-style table service, and fine wines from this region. Evening starts with a wine reception followed by a five-course wine dinner.

Registration: To register for any culinary classes, visit [LUC.edu/cookingclasses](http://LUC.edu/cookingclasses).

Cancellation policy: A two-week notice is required for cancellation of any class or event. If you do not cancel by email or telephone at least two weeks in advance of your scheduled class, you will be charged in full for the class.

For more information, contact [lurec@LUC.edu](mailto:lurec@LUC.edu) or 815.338.1032.



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