

INTRODUCTION

I'm so happy you are joining me for our St. Albert Schools Big Easy cooking class. This class is for people of all skill levels who just want to make themselves and their family/friends a nice meal, learn a few things but most importantly have a fun night in. I've had the privilege to work with some amazing chefs and I can't wait to share those skills with you.

Participation - The key to this class is "no man/woman/child is left behind!" We will make sure everyone is progressing and we welcome questions on the Zoom chat but would also be happy to have you shout it out if we are not getting to your question soon enough. Just unmute and let 'er rip. Otherwise we'll have you mute your microphone (only when the class starts) so you can bang away on your pots and pans, swear or "cheers" whenever you want.

Video - We may touch base with you from time to time on video to show off your amazing dishes. If you don't wish to be called on or you just dumped the whole thing on the floor and want to pick it up like nothing happened... turn off your video. But part of the fun of this class is seeing how everyone else is doing so we encourage you to keep it on! Make sure you turn up your volume ON ZOOM. If that is not turned up your computer volume may not be sufficient.

Language - There could be some colorful language but I'm aware kids may be present and we encourage kids to participate, but just throwing it out there in case I slip up!

So let's get cooking!

Enthusiastically,

Chef Joey



COOKING CLASS

Theme: St. Albert Schools Big Easy
Date: Jan. 29, 2020
Time: 6:00pm - 8:15pm MST

PRE-PREP REQUIREMENTS:

In order to allow us to focus on how we make the flavours of your dish jump off the plate, we ask that you get a bit of done either the night before or anytime before class so that some support menu items and menu prep are out of the way. Should take less than an hour. Here is the list for the class:

Jambalaya Skewers with Creole Fresca Sauce

Pre-class prep:

- Mix jambalaya spices in a small bowl and split into two bowls
 - Half used for Jambalaya
 - Half used for Creole sauce
- Cut sausage and ham into 2" pieces and chicken into 1" pieces.
- Cut veggies into large 2" pieces.
- Chop 1 tomato.

Crab Cakes

Pre-class prep:

- Mix crab cake spices into a small bowl.
- Drain crab meat into a strainer and refrigerate.
- Finely chop ¼ of each: red pepper, celery and 2 green onion stalks
- Zest 1 lemon and finely chop

Chili Chocolate Mousse

Pre-class prep:

- Chop chocolate into pea-sized chunks.
- Dissolve ¼ packet or 1 tsp of gelatin into 1 tbsp cold water.
- Separate 2 egg yolks and put yolks into a bowl with 2 other eggs.

SHOPPING:

Ideally you can print out the recipes but if you do not have a printer no problem! We will be walking you through the whole process so not required.

We have provided you with the recipes, a shopping and prep list and a master shopping list to help when you are in the stores. If you cannot find fresh herbs we will provide quantity suggestions for dried herbs.

Make sure you complete your pre-class prep!

See you at class!