



Institute of
Culinary Education

EST. 1975

NEW YORK | LOS ANGELES

THE MAIN COURSE

FALL-WINTER 2021
RECREATIONAL
COURSE CATALOG





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Culinary Education**

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SCHOOL OF RECREATIONAL COOKING

The Institute of Culinary Education (ICE) in New York City is home to the largest program of hands-on recreational cooking classes, baking classes and wine classes in the world. In ICE’s recreational classes we teach classic culinary and pastry techniques and skills while experiencing flavors from every facet of the culinary world. Our recreational cooking classes are offered year-round.

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PROGRAM OVERVIEW

Typical Class Structure

You will work in teams and each team will be assigned a portion of the menu. As a general rule, classes last 3 to 6 hours. Typically, a class consists of three segments: a brief lecture, cooking, and eating. At the end of class, participants gather to enjoy the food they have prepared. Wine is served with meals in some classes. All class menus are subject to change. You may want to consider a light snack before joining us for class. Students are encouraged to bring a light lunch or dinner to all pastry classes.

Our Staff

Our chef-instructors come from a wide variety of culinary backgrounds and bring all of those experiences to the classroom. We offer classes with our staff of expert chef-instructors, many of whom also teach in ICE's professional programs.

Recipes

Recipes and instructions are provided for class use and are meant to be taken home.

Leftovers

If there are leftovers after the class meal, they may be taken home. Unused ingredients are not to be taken home. In an effort to reduce our waste footprint, we ask that you bring reusable containers and bags to take home any leftovers. We hope we can count on your support as we work to make ICE more sustainable.

Clothing

We suggest you dress in loose, comfortable, casual clothing and flat, close-toed comfortable shoes.

Cellular Phone Policy

Cellular phones must be placed on their "vibrate" function at all times while class is in session. While we request that you do not talk on your phone, you may do so if necessary in the hallway, outside of your classroom or kitchen.

Policy on Photography & Taping

You are welcome to take photographs and/or digitally record select, limited portions of your class, provided such reproductions are for your personal use and enjoyment, and do not disrupt the flow of the class, other students, or your chef-instructor. Photography and digital reproductions that are intended for commercial use, reproduction, and/or distribution are strictly prohibited, without prior consent by ICE's marketing department.

We encourage you to tag ICE in your social media photos
[@iceculinary](#)

GENERAL POLICIES

Payment, Refund & Make-Up Policies

To register for any class payment in full is required at the time of registration. Two weeks withdrawal notice is required for a refund (excluding gift certificates). Please note, a transaction fee will be deducted from the refund for each class seat registration that is canceled by the registrant/student based on the following scale: Classes up to \$125 will incur a \$20 fee, classes in the \$126-\$350 range will have a \$30 fee, and classes valued over \$351 will incur a \$50 fee. When a class is dropped three to 13 days prior to the start date, only school class credit will be issued, and the corresponding transaction fee will be deducted (see above).

Rescheduling a class still entails a cancellation, therefore, a transaction fee will still be charged to customers. There are no refunds or school credits issued when fewer than 48 hours notice from the class start date is given.

Students must attend the first class in a series. Students may make up missed classes after first class is attended in any Techniques series or Wine Essentials course without charge after attending the first lesson. Techniques make-up classes are available on a limited basis and must be arranged with ICE's Customer Service Manager. All make-up classes are subject to availability. Missed make-up classes cannot be rescheduled.

Gift certificates are not refundable, but may be transferred to another person.

Cancellation & Other Policies

The Institute of Culinary Education reserves the right to cancel any class that fails to attract sufficient enrollment. In case of cancellation, all students will be notified and a full refund will be given. Students traveling to ICE from outside the New York metropolitan area should confirm their class registration(s) before finalizing travel arrangements.

In order to minimize class interruptions, ICE maintains the right to deny student registration and/or entrance if the student is more than 10 minutes late.

Alcoholic Beverage Policy

Alcoholic beverages may be made available for consumption in certain classes. No outside alcohol can be brought into recreational classes. Class participants may be asked to present identification to prove that they are of legal New York State drinking age and will be held responsible for limiting their consumption of alcohol to safe amounts. PREGNANT WOMEN, PEOPLE WHO WILL BE DRIVING, AND PEOPLE ON CERTAIN MEDICATIONS SHOULD NOT CONSUME ALCOHOL.

ICE is located at 225 Liberty Street in Brookfield Place

TO REGISTER FOR ALL CLASSES VISIT:
recreational.ice.edu

For questions contact us at: rec@ice.edu . (800) 522-4610





CULINARY INTENSIVES

Fine Cooking 1 Intensive

Monday, September 13-16, 9 a.m.-3 p.m.
 Saturdays, September 25-October 23, 9:30 a.m.-3:30 p.m.
 Mon.-Thurs., October 18-21, 9 a.m.-3 p.m.
 Saturdays, October 30-November 20, 9:30 a.m.-3:30 p.m.
 Mon.-Thurs., November 8-11, 9 a.m.-3 p.m.
 Mon.-Thurs., December 13-16, 9 a.m.-3 p.m.
 Mon.-Thurs., January 24-27, 9 a.m.-3 p.m.
 4-sessions • \$800

Once you master essential cooking techniques, you possess the culinary grounding to cook both classical cuisines and the latest cooking styles. These full-participation classes teach fundamental skills, not just recipes. Most important, you'll gain the experience you need to cook with confidence and pleasure—without relying strictly on recipes. Each class culminates with a student-prepared meal. The course consists of four 6-hour classes. Fine Cooking 1 is a prerequisite to Fine Cooking 2. The course completes in four days.

LESSON 1: KNIFE SKILLS, SAUTEING, AND VINAIGRETTE

Chilled gazpacho soup; omelets and scrambled eggs; sautéed lamb chops with herb butter; sautéed broccoli; diced sautéed potatoes with persillade; simple salad; and fresh fruit macerated with liqueur

LESSON 2: STOCKS, ROASTING, WORKING WITH POULTRY

Arborio chicken soup with escarole; poached eggs in red wine sauce; rosemary roasted chicken; baked stuffed tomatoes Provençale; roasted garlic; rice pilaf; French style spinach, bacon and mushroom salad with curry vinaigrette and clafouti

LESSON 3: BRAISING AND SHELLFISH COOKERY

Mussels steamed in white wine; braised lamb shanks with juniper berries and rosemary; braised leeks; warm lentil salad; Belgian endive salad with shallot vinaigrette; chocolate and grand marnier soufflés and chocolate mousse

LESSON 4: GRILLING

Crudité plate; salad Niçoise; grilled London broil; mixed grilled vegetables of the season and flambéed bananas

Fine Cooking 2 Intensive

Saturdays, October 30-November 20, 9:30 a.m.-3:30 p.m.
 Mon.-Thurs., November 15-18, 9 a.m.-3 p.m.
 4-sessions • \$800

ICE's Fine Cooking series are the classes on which our recreational program's reputation was built. This intensive course expands on our Fine Cooking 1 series and takes a deeper dive into essential culinary techniques. These full-participation classes teach fundamental skills, not recipes. This course covers everything from filleting a fish, to properly sautéing, to cover poaching techniques and fundamental sauce making. As you advance through the series, you'll gradually come to understand each cooking concept. You'll have a firm grasp of ingredients and equipment; you'll know why things happen; you'll learn how to avoid and correct mistakes. Most importantly, you'll gain the experience you need to cook with confidence and pleasure — without relying strictly on recipes. Each class culminates with a student-prepared meal. Prerequisite: Fine Cooking

LESSON 1: FILETING ROUND FISH, CRÊPES AND SAUCES

Sautéed sea bass with white sauce variations; macaroni and cheese; couscous variations; sautéed snow peas with cherry tomatoes; salade vert with sauce vinaigrette and crêpes

LESSON 2: BASIC POTATO SOUP, SWEET & SAVORY TARTS

Potage parmentier; chicken breast stuffed with goat cheese; sautéed greens with olive oil and garlic; salade grande ferme and sweet and savory tarts

LESSON 3: POACHING, VEGETABLE AND BUTTER SAUCES

Poached salmon with beurre blanc; handmade fettuccine; poached fruit; tomato sauces and crème anglaise

LESSON 4: HANDLING SHELLFISH, FISH STOCKS

Seafood buffet; oysters with garlic butter; fried squid with cilantro lime dipping sauce; Chesapeake Bay crab cakes; bouillabaisse and coeur à la crème with fruit coulis

Introduction to Culinary Arts Intensive

Sat.-Sun., September 11-October 23, 9:30 a.m.-3:30 p.m.
Sat.-Sun., October 30-December 19 (skips 11/27-11/28), 9:30 a.m.-3:30 p.m.
Sat.-Sun., January 22-March 12 (skip 2/19 & 2/20), 9:30 a.m.-2:30 p.m.
13 sessions • \$2,650

If you're looking to spend more than a few hours at a recreational class but don't have the time or the investment for the full-blown professional track, we've designed this course especially for you. You will cover the foundations of the culinary arts to become an accomplished cook. Throughout the 13 lessons, you will have the opportunity to gain a strong understanding of cuisine and its underpinnings.

LESSON 1: INTRODUCTION TO THE BASICS

Salsa; crudo; chicken stock; fish fumet and brown veal stock

LESSON 2: SOUPS & GRAINS

Minestrone, spiced carrot soup; lobster bisque; rice pilaf, Cuban black beans; wheatberry salad and spicy hummus

LESSON 3: SALADS AND SANDWICHES

Cobb salad, tabbouleh and potato salad; Rueben, muffaletta and more

LESSON 4: EGG AND BREAKFAST COOKERY

Waffles; crepes; roast bacon and sausage; eggs benedict and omelets

LESSON 5: DRY HEAT COOKING: SAUTE

Chicken supreme with a wine-shallot sauce; flank steaks with red wine sauce; pommes persillade and sautéed spinach

LESSON 6: DRY HEAT COOKING: GRILLING

Grilled vegetables; grilled salmon with salsa verde; grilled pork chop with grilled cactus salad and grilled NY strip steak with compound butter

LESSON 7: DRY HEAT COOKING: ROASTING

Whole roast chicken with pan-gravy; rack of lamb persillade with red wine jus; Tuscan roast loin of pork with garlic and rosemary; roast fingerling potatoes and roasted garlic

LESSON 8: FISH & SHELLFISH COOKERY

Sautéed filet of sole a la meuniere; red snapper baked in papillote; buerre blanc sauce; Maine lobster roll; steamed mussels in a Thai curry sauce

LESSON 9: MOIST HEAT COOKING: BRAISING & POACHING

Braised osso bucco Milanese with gremolata; coq a vin; ratatouille; braised red cabbage; poached salmon with saffron aioli; steamed Chinese striped bass with sticky rice

LESSON 10: FRENCH CUISINE

Soupe a l'onignon gratinee; salad nicoise; beef Bourguignon and pommes puree

LESSON 11: ITALIAN CUISINE

Insalata tre colore; risotto with wild mushrooms, tagliatelle con ragu bolognese and braised rabbit with red onions, prosciutto and broccoli rabe

LESSON 12: ASIAN CUISINE

Pork and chive dumplings; scallion pancakes: pad Thai; Vietnamese summer rolls and Japanese maki sushi

LESSON 13: MARKET BASKET CHALLENGE

Culinary Boot Camp Intensive

Mon.-Thurs., September 27-30, 9 a.m.-3 p.m.

Mon.-Thurs., January 10-13, 9 a.m.-3 p.m.

4-sessions • \$800

This class is for the serious food enthusiast! ICE Boot Camps give you the opportunity to learn how to cook and bake like the pros. This four-day Boot Camp focuses on classic cooking techniques, to give you the foundations that will make you a better cook.

LESSON 1: DRY HEAT COOKING: SAUTE

Sautéed pork tenderloin with pan sauce; sautéed salmon with salsa verde; sautéed spinach; sautéed chicken supreme with pan sauce and pommes de terre

LESSON 2: DRY HEAT COOKING: GRILLING

Grilled chicken with maitre d'hotel butter; chimichurri flank steak; grilled shrimp; grilled pork chops with roasted poblano and grilled vegetables

LESSON 3: DRY HEAT COOKING: ROASTING

Roasted veal tenderloin with truffle-oyster-mushroom cream sauce; roasted chicken with pan sauce; curry roasted cauliflower and pan squash

LESSON 4: MOIST HEAT COOKING: BRAISING, POACHING

Braised lamb shanks with juniper and rosemary; braised chicken thighs with mushrooms and balsamic vinegar; braised Moroccan monkfish osso bucco, salmon; clams with saffron and tomatoes and blanched asparagus

Italian Boot Camp Intensive

Tue.-Fri., November 2-5, 9 a.m.-3 p.m.

4-sessions • \$800

Learn how to cook and bake like the pros. This four-day Boot Camp focuses on the class cooking techniques and regional cuisines of Italy.

LESSON 1: PASTA AND NORTHWESTERN ITALY

Gnocchi con pesto Genovese; ravioli con sugo di burro e savoria (ravioli with

sage-butter sauce); minestrone Milanese; calamari ripieni (shrimp-stuffed squid) and costoletta al alvaldostana (pan-fried stuffed veal chops)

LESSON 2: NORTHEASTERN ITALY

Antipasti: grissini e antipasti platter (breadsticks with cured meats and cheeses); Primi: risi e bisì (risotto with peas) and tagliatelle con ragu di Bolognese; Pesce: fritto misto (mixed fried seafood); Carne: polpetta fritte (breaded meatballs); Contorni: fagiolini con l'orore di vaniglia (green beans with a vanilla-laced tomato sauce)

LESSON 3: PASTAS OF ROME & CENTRAL ITALY

Spaghetti carbonara, linguini cacio e pepe, rigatoni alla gricia and bucatini amatricana, triglie all'anconetana (pancetta-wrapped fish), fughi misto (mixed fried mushrooms)

LESSON 4: SOUTHERN ITALY AND THE ISLANDS

Antipasta: mozzarella in carrozza (mozzarella sandwich), insalate caprese; Primi: bucatini con salsa Pomodoro (pasta in ricotta-red sauce); Pesce: pesce all'acqua pazza (fish in crazy water); Carne: stemperata di pollo (Sicilian braised chicken); Contorni: fritti di melanzane (eggplant fritters)

Cooking 101

Sundays, September 12-26, 9:30 a.m.-12:30 p.m.

Sundays, November 7-21, 9:30 a.m.-12:30 p.m.

3-sessions • \$395

You want to make great food in a minimum amount of time, but don't have a clue how to go about it. Or, you're on your own for the first time and have discovered that eating out is expensive and takeout is tiresome! Does this sound like you? Then this is the course to take. In three relaxed, fun-filled classes, we'll get you on your cooking feet, teaching you how to prepare simple, delicious food. You'll learn about basic cooking equipment and menu planning; knife skills, including vegetable chopping and paring; how to make salad, vinaigrette, and other easy no-cook dishes; how to roast garlic and root vegetables; how to prepare delicious pasta; how to sauté and roast meats and more; and how to make desserts in minutes.

LESSON 1: KNIFE SKILLS & SAUTÉING

Guacamole; pico de gallo; make your own taco bar and tres leches cake

LESSON 2: ROASTING AND VINAIGRETTES

Classic Caesar salad; roast cornish hens with root vegetables and blueberry crisp.

LESSON 3: SHELLFISH & PASTA COOKERY

Shrimp cocktail; garlic bread; fettuccini alfredo; arugula and radicchio salad with apples and glazed walnuts and ice cream tiramisù

Techniques of Healthful Cooking Intensive

Mon.-Thurs., October 4-7, 9 a.m.-3 p.m.

3-sessions • \$395

What does "healthy cooking" mean, anyway? Plant-based? Macrobiotic? Low-salt? Gluten-free? While there is no single definition for what constitutes healthy eating, most people will agree that there are several key principles and dietary guidelines that will lead you toward a well-balanced diet. In this intensive series, we will explore a sensible approach to cooking and eating, using a wholesome array of ingredients. You will learn which foods you should choose on a regular basis to keep your body running smoothly, as well as those you should try to limit and why. Each day, you'll get fully hands-on in our kitchens as you master a variety of dishes that demonstrate how you can cook healthfully, without sacrificing flavor.

LESSON 1: BREAKFAST & BRUNCH

Chocolate chia breakfast bites; morning glory muffins; tofu scramble with lime cilantro mojo; rosemary and black pepper biscuits with mushroom gravy and crispy shiitake "bacon" and roasted broccoli gratin with crispy onions

LESSON 2: QUICK & HEALTHY SNACKS/LUNCH

Warm arugula-barley salad with shaved beets and lemon citronette; whole wheat pita; muhammara (red pepper-walnut spread); greens and beans veggie burger sliders; vegan Caesar salad; Egyptian baba ganoush with tahini drizzle and chopped herbs

LESSON 3: POWER BOWLS

Freekeh and quinoa; shiitake mushroom and onion fricassee; coconut ginger carrots; curried succotash; charred cauliflower with smoked paprika; root vegetable stir-fry with miso; multigrain turkey meatballs (vegan option - black bean) and hot & sour kabocha squash and amaranth soup

LESSON 4: COMPLETE MEAL

Herby fish kabobs on rosemary skewers (vegan option — tofu); raw cauliflower couscous with Swiss chard, peppers and almonds; whole wheat penne with tempeh bolognese; poached salmon bundles with green goddess sauce; ginger, sea greens and carrot salad with goji berries and tempeh scallopini.



BASICS + ESSENTIALS

Knife Skills 1

Saturday, October 2, 9:30 a.m.-12:30 p.m.

Monday, October 4, 3:30-6:30 p.m.

Sunday, October 10, 9:30 a.m.-12:30 p.m.

Saturday, October 23, 1:30-4:30 p.m.

Friday, October 29, 11:30 a.m.-2:30 p.m.

Thursday, November 11, 7:30-10:30 p.m.

Tuesday, November 16, 3:30-6:30 p.m.

Thursday, December 9, 3:30-6:30 p.m.

Sunday, December 19, 9:30 a.m.-12:30 p.m.

Thursday, December 22, 7:30-10:30 p.m.

Tuesday, December 28, 9 a.m.-12 p.m.

1-session • \$120

Knowing how to use knives skillfully is the foundation of all cooking, and doesn't have to be scary or frustrating. Many home and even professional cooks don't always wield a knife correctly, however, which increases food preparation time and makes the process harder — and less safe — than it should be. Simply put, good knives are the foundation of a well-equipped kitchen. This class remedies all these basic issues: You will learn how to slice, dice, chop, and much more in the safest and most efficient manner. This class will even guide you through the practice of keeping your knives sharp and handling them correctly.

Knife Skills 2

Sunday, December 19, 1:30-4:30 p.m.

1-session • \$130

Knowing how to use knives skillfully is critical for cooks, yet many people have never mastered proper technique. Similarly, good knives form the foundation of a well-equipped kitchen, yet even some accomplished home cooks don't know how to select and care for them. In Knife Skills 2, you will hone your fish and poultry fabrication skills. You will learn to properly break down a raw chicken and fillet a fish. Note that Knife Skills 1 is a recommended prerequisite.

Pasta 101

Saturday, November 13, 9:30 a.m.-12:30 p.m.

Saturday, December 4, 1:30-4:30 p.m.

Monday, December 27, 1-4 p.m.

1-session • \$125

Learn to make fresh handmade pasta, as well as a variety of simple sauces. You will work in a small group in our state-of-the-art kitchens to create from scratch the following menu: **fresh, handmade pasta dough; spicy puttanesca; easy and classic Alfredo.**

Essential Skills

Saturday, September 18, 1:30-4:30 p.m.

Friday, October 15, 3:30-6:30 p.m.

Thursday, December 30, 9 a.m.-12 p.m.

1-session • \$125

For a flash course on all the basics you need to make a varied and impressive meal, look no further. With a professional chef, you'll gain the skills vital for moving through any simple menu with ease. You'll practice knife skills, roasting

vegetables, cooking proteins with a pan sauce and a vinaigrette. Then you'll use what you learned as you make a menu of: **popovers; sautéed chicken with classic pan sauce; roasted root vegetable salad with fresh herb dressing and mashed potatoes.**

Seafood 101

Friday, September 17, 11:30 a.m.-2:30 p.m.

Sunday, November 21, 1:30-4:30 p.m.

1-session • \$130

In this course, you'll learn the techniques to prepare five simple and delicious seafood dishes. The chef instructor will share tips and tricks for selecting the best seafood, and you'll sit down to your completed menu of: **refreshing shrimp salad with herbal vinaigrette; Thai curry mussels; fish tacos; steamed fish en papillote with vegetable ribbons, citrus and herbs.**

All About Technique: Sauces

Monday, September 20, 7:30-10:30 p.m.

Saturday, November 13, 1:30-4:30 p.m.

1-session • \$125

The sauces you will learn to make in this class are not just for special-occasion dishes you'll prepare once a year. Relying on pantry ingredients and reflecting the contemporary cook's lifestyle, they are meant to easily take a grilled meat or poached fish from simple to superlative with a pan reduction, *beurre blanc* or a pesto. You will master these techniques by making **sautéed steak with red wine reduction sauce; poached salmon with *beurre blanc* and pasta with pesto.**

The Pizza Parlor

Saturday, September 25, 9:30 a.m.-12:30 p.m.

Saturday, October 16, 1:30-4:30 p.m.

Thursday, December 30, 1-4 p.m.

1-session • \$125

Whether you like your pizza with a thick or a thin crust, with tons of sauce or no tomato at all, this class will give you a repertoire that includes just about everyone's favorite. You'll start by learning to make pizza dough, and while the dough is rising, prepare various toppings. You'll learn the best baking techniques and work hands-on to make the following: **pizza dough; tomato sauce; pesto sauce; pizza toppings including prosciutto, fresh herbs and sautéed vegetables; and dessert pizza with Nutella and fresh fruit.**

All About Technique:

Fish Butchery

Friday, October 1, 11:30 a.m.-2:30 p.m.

Thursday, November 18, 3:30-6:30 p.m.

1-session • \$130

Fish butchering doesn't have to be intimidating. Get this essential skill down to a science as you

learn the techniques to fabricate a whole flat fish, a whole round fish and much more. You'll learn the cooking methods most suitable to fish cookery, such as *en papillote*, sautéing and frying. Then you'll use those techniques to make a feast of: **sautéed fillets of flounder à la meunière; Mediterranean branzino baked en papillote and panko-breaded flounder with tartar sauce.**

Mushrooms: Key Ingredient

Sunday, October 3, 1:30-4:30 p.m.

Friday, November 5, 3:30-6:30 p.m.

1-session • \$125

With such a wide variety of flavors and textures, mushrooms could be part of just about every dinner, serving as a side, filling or meat substitute in a main dish. Whether you are a lifelong mycophile unafraid of foraging for your own mushrooms or an amateur who prefers to purchase clearly labeled mushrooms out of a basket, you will leave this class with a repertoire of recipes for mushrooms such as *porcini*, *chanterelle*, oyster and many more. On your menu: **duxelles bourekas (baked mushroom-filled filo triangles); penne with sun-dried tomatoes and chanterelles and porcini-crusted arctic char with Brussels sprouts, oyster mushrooms and brown butter.**

Pasta 102

Monday, October 11, 3:30-6:30 p.m.

Friday, November 19, 11:30 a.m.-2:30 p.m.

1-session • \$125

Expand your knowledge and techniques in preparing dishes using fresh pasta dough, homemade sauces, fresh herbs, and more. Over the course of the evening, you will learn to create intricate, trattoria-quality pastas, such as: **Potato Gnocchi with Gorgonzola Sauce; Ricotta Cavatelli with Peas, Mint and Lemon; and Spaghetti Carbonara.**

Fall Favorites at ICE

Saturday, October 23, 9:30 a.m.-12:30 p.m.

Sunday, November 14, 1:30-4:30 p.m.

1-session • \$125

That chill in the air is simply inspiration for the warming and original dishes you'll learn to make in this cooking workshop, centered around the exciting produce and flavors of fall. From soups and salads to sides and ribs, all of the dishes on this seasonal menu are perfect for family dinners, parties and more. We'll make and dine on: **roasted butternut squash and apple soup**; **Guinness-braised short ribs with creamy polenta and roasted cipollini onions**; and **roasted Brussels sprouts with lemon and pancetta**.

All About Technique: Braising

Friday, October 29, 3:30-6:30 p.m.

1-session • \$125

Braising - searing at a high temperature, then finishing in a liquid at a lower temperature to infuse flavor — can add umami and more to pretty much any meal! And the best part is, it creates tender, juicy dishes with a minimal amount of effort. We'll master this technique as we make a braised banquet of: **Guinness-braised short ribs with creamy polenta and roasted cipollini onions**; **braised chicken thighs with mushrooms and balsamic vinegar** and **braised fennel**.

Essential Skills 2

Saturday, October 30, 1:30-4:30 p.m.

Friday, December 3, 11:30 a.m.-2:30 p.m.

1-session • \$125

Learn techniques that will serve you for years, whether you're making a casual dinner or a gourmet multicourse meal. We'll cover techniques including poaching, sautéing, grilling and cooking risotto. Using your newly acquired skills, we'll make and dine on a complete meal of: **grilled vegetable gratin**; **mushroom risotto**; **pan-seared steak with compound butter** and **mesclun salad with Dijon vinaigrette**.

Winter Favorites at ICE

Wednesday, December 8, 3:30-6:30 p.m.

1-session • \$125

These memorable but easy-to-learn dishes bring winter to the fore, using some of our favorite recipes and ingredients. They'll be the hit of any meal during the cooler days, while still tasting fresh, bright, and ideal for the moment. Everything is seasonal, and everything is delicious! You'll make and then enjoy: **creamy cauliflower soup**; **roasted root vegetable salad with maple-mustard vinaigrette** and **seared duck breast with port wine reduction**.



INTERNATIONAL CUISINE

Essentials of Thai

Thursday, September 23, 3:30-6:30 p.m.

Friday, October 15, 11:30 a.m.-2:30 p.m.

Wednesday, December 8, 7:30-10:30 p.m.

Thursday, December 30, 1-4 p.m.

1-session • \$125

Explore the unique ingredients, simple techniques and sometimes fiery recipes of Thai cooking, one of the most distinctive of Southeast Asia. You'll learn to cook authentic versions of some of the country's most popular recipes. You'll make: **summer rolls with dipping sauce**; **satay with peanut sauce**; **yellow chicken curry**; **jasmine rice and pad Thai**.

Essentials of Tuscan Cooking

Sunday, October 31, 1:30-4:30 p.m.

Tuesday, November 16, 7:30-10:30 p.m.

Thursday, December 30, 9 a.m.-12 p.m.

1-session • \$125

The simple yet refined flavors of Tuscan cooking are world famous, and with good reason. Whether the product of one of Florence's great restaurants or the simple dishes from a country kitchen, the integrity of Tuscan cooking has won applause for centuries. Learn some of the secrets of this venerable cuisine as you make and enjoy: **crostini with roasted eggplant**; **bistecca alla fiorentina**; **pollo alla toscana** and **cipolline agrodolce**.

Dim Sum

Saturday, October 30, 9:30 a.m.-12:30 p.m.

Tuesday, December 28, 1-4 p.m.

1-session • \$125

Sitting down to an assortment of dim sum in a bustling restaurant is the culmination of a weekend stroll through Chinatown. It's never easy to choose from the myriad of delicacies that pass by the table, or to not try

just one more thing. In this class, you will learn to prepare a variety of popular dim sum dishes, to impress family and friends with a feast of your own. You will make: **shrimp shao mai**; **spring rolls**; **spareribs and pan-fried vegetable dumplings with spicy dipping sauce**.

All About Technique: Sushi

Saturday, September 18, 9:30 a.m.-12:30 p.m.

Sunday, October 10, 1:30-4:30 p.m.

1-session • \$125

Sushi-making doesn't have to be limited to the view from a seat at your local Japanese restaurant. Bring the sushi bar home by practicing your skills at preparing nigiri (sashimi fish on top of thumb-size, compact sushi rice), perfecting the texture of rice, and learning the proper techniques to create a stellar hand roll. Once you've gotten the basics down, you will try your hand at: **sushi rice**; **maki and futomaki rolls (both thin and thick)**, **inside-out rolls**; **nigiri and temaki (hand roll)**. You will soon learn that sushi is something you too can master.

Essentials of Indian Cooking

Friday, September 17, 3:30-6:30 p.m.

1-session • \$125

From the Portuguese-influenced cuisine of Goa to the wonderful sweets of Bengal, Indian cuisine has multiple regional variations, and is generally characterized by perfect spice and flavor combinations. You will learn to identify these spices, along with shopping and storing tips, and will make a masala spice blend. Your menu is vegetarian and will consist of: **pakora**; **cilantro-coconut chutney**; **goobi (cauliflower) tikka masala**; **saag paneer** and **pulao (rice pilaf)**.

Asian Dumplings

Thursday, October 14, 3:30-6:30 p.m.

Sunday, November 7, 1:30-4:30 p.m.

1-session • \$125

Learn how to make scrumptious dumplings from a wide range of Asian traditions — all hands-on. We'll also create perfect dipping sauces in each tradition. Together, you'll make and dine on: **steamed shrimp shao mai with orange dipping sauce; deep-fried chicken wontons with sweet chili sauce; vegetable gyoza with spicy dipping sauce; and pork and chive dumplings.**

The French Bistro

Monday, September 27, 7:30-10:30 p.m.

Friday, October 22, 11:30 a.m.-2:30 p.m.

Tuesday, December 28, 9 a.m.-12 p.m.

1-session • \$125

By the latter half of the 19th century, bistros were centers of social life in Paris, catering to great painters, writers, musicians and other artists. The simple, down-to-earth food served at such bistros quickly became as celebrated as the eateries' most famous patrons — and it's still celebrated in Paris and around the world today. You will make traditional dishes of that bygone era, such as: **steak tartare; frisée salad with apples, lardons and goat cheese in a warm shallot-bacon vinaigrette; moules frites and haricot verts amandine.**

Essentials of Moroccan Cooking

Friday, December 10, 3:30-6:30 p.m.

Wednesday, December 29, 1-4 p.m.

1-session • \$125

The history, culture and geography of Morocco are all richly evocative. It is easy to imagine yourself sipping mint tea while sitting on a terrace in Casablanca or Marrakech, or hiking the Atlas Mountains. The cuisine of Morocco reflects its Berber, Mediterranean, African and European influences, with a generous use of powerful spices. In this class, you will make some of the most acclaimed dishes of the Moroccan repertoire, including: **grilled kefta (lamb) kebabs; chicken tagine with preserved lemons and olives; sweet spiced couscous; carrot salad with lemon-herb dressing and harissa.**

Essentials of Korean

Friday, November 5, 11:30 a.m.-2:30 p.m.

1-session • \$125

From bibimbap to bulgogi, the signature dishes of Korea have seduced America with intoxicating flavors. Sweet-spicy flavor combos are popular, as are the vegetables, meat and seafood that are featured in main dishes as well as in banchan, the Korean assortment of side dishes that appears in most traditional meals. You will learn to make **dakgangjeong (hot chicken wings); bulgogi (grilled seasoned sliced beef) with assorted banchan; and bibimbap (seasoned vegetable rice bowl).**

Essentials of Middle Eastern Cooking

Thursday, October 7, 3:30-6:30 p.m.

Friday, November 12, 11:30 a.m.-2:30 p.m.

1-session • \$125

Although it contains vast areas of arid landscape, the Middle East is a fertile spot on the culinary map. Over the years, various empires have ruled the region's countries, leaving their imprint on the colorful, aromatic and diverse flavors. Recipes are dominated by spice blends, in-season vegetables and fruits, grains, olives and olive oil, nuts, herbs, and pickled and preserved foods. From Beirut, the "Paris of the Middle East," to Jerusalem, considered the oldest city in the world, you will get a taste of the incredible culinary heritage with a magnificent vegetarian menu of **hummus; tabbouleh; falafel, tahini sauce; baba ganoush and homemade pita.**

Cuban Surf & Turf

Monday, October 4, 7:30-10:30 p.m.

1-session • \$130

The flavorful cuisine of Cuba reflects the country's Spanish, African and Caribbean influences. From cooling ceviche to hearty ropa vieja, these influences manifest themselves in an array of seafood and meat preparations, not to mention unforgettable side dishes that will make you wonder why you didn't cook Cuban sooner. You will make **ropa vieja (shredded flank steak in tomato sauce); pescado enchilado (sea bass in sofrito); frijoles negros (black beans Cuban-style); rice and tostones (savory fried plantains).**



MAKE + TAKE

Make & Take Sushi

Friday, November 19, 3:30-6:30 p.m.

1-session • \$125

Skip the takeout and come to ICE to make your own sushi. In this three-hour make-and-take class, we will teach you the proper techniques to create a stellar maki roll. Once you've gotten the basics down, you will try your hand at making a variety of **maki rolls (spicy tuna rolls, California rolls, veggie rolls).** You will soon learn that sushi is something you too can master.

Make & Take Dumplings

Friday, October 22, 3:30-6:30 p.m.

Friday, December 3, 3:30-6:30 p.m.

1-session • \$125

Learn how to make the dumplings from throughout Asia — all hands-on. We'll also create perfect dipping sauces. In this make and take class, you'll prepare: **steamed shrimp shao mai with orange dipping sauce; pork and chive pot-stickers with black vinegar dipping sauce and vegetable gyoza with spicy dipping sauce.**

Make & Take Thai

Friday, November 12, 3:30-6:30 p.m.

1-session • \$125

The cuisine of Thailand varies widely from region to region, equally influenced by geography and culture. In this make and take class, you'll learn to cook authentic versions of some of the country's most popular recipes. You'll make **green papaya salad; tom yum shrimp soup and chicken pad see ew.**

Cook at ICE and take home dinner without the dishes! Our make and take classes are designed so that you can learn how to make your favorite takeout and then finish it at home.

HEALTH-SUPPORTIVE

Bowls that Heal

Monday, September 20, 3:30-6:30 p.m.

1-session • \$125

Do you want to increase your mindfulness? Try eating your meals from a bowl. Trends may come and go, but the power of having a nutritious meal from one bowl is an age-old concept that is making its way back to the mainstream.

On your menu: **General Tso's broccoli and Kung Pao edamame black rice bowl with toasted sesame seeds; quinoa power bowl with bruléed butternut squash, balsamic roasted red onion, massaged rainbow chard and almond "cheese" crumbles.**

Vegan Burgers that Rock

Friday, October 1, 3:30-6:30 p.m.

Tuesday, December 28, 1-4 p.m.

1-session • \$125

Artisanal veggie burgers are starting to pop up in restaurants everywhere, but have you tried making your own at home? We'll show you the art of combining whole grains, beans, herbs and spices into flavorful patties that can take the heat. Learn how to make unique veggie burgers that are packed with plant protein and accompanied by delicious fixings. On today's menu: **French lentil and toasted sunflower**

burgers with red cabbage slaw; black rice and black bean burgers with mango salsa; and oven-roasted fries.

Meatless Monday Through Sunday

Monday, October 11, 7:30-10:30 p.m.

1-session • \$125

When it comes to healthy eating practices, no one can argue against the importance of including whole-food, plant-based ingredients on your plate. Learn how to incorporate more vegetables, whole grains and beans into your diet with ease. These recipes will take you beyond Monday with robust yet simple-to-prepare vegan dishes. We'll make and then sit down to an all-week-long menu of: **kale salad with green goddess dressing; sweet potato soup with chickpeas and cashew creme and risotto with kale pesto and turmeric-spiced pine nuts.**

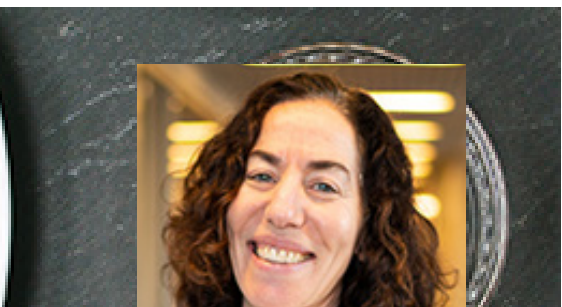
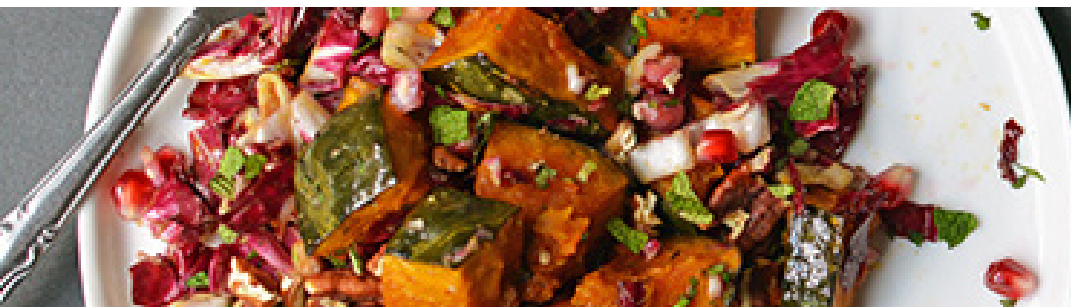
The Ayurvedic Kitchen

Rich LaMarita

Tuesday, November 9, 9 a.m.-3:30 p.m.

1-session • \$175

Ayurveda is a 5,000-year-old science of life, rooted in the knowledge and practices of Vedic India. It is designed to help people achieve long life, health and balance. In this one-day workshop led by Chef Richard LaMarita (a student and practitioner of Ayurveda for over 30 years), we will introduce the fundamental principles of Ayurvedic knowledge and practical applications, including diet. You'll learn about the nature and understanding of consciousness; the 5 elements and their relation to the 3 doshas; the definition of health in Ayurveda; how to identify your dosa (body type) and imbalances; the 3 cornerstones of the Ayurvedic diet; the science of digestion (Agni, Ojas and Ama); detoxification procedures; herbal remedies and medicinal uses of spices; and pulse diagnosis. The morning will be spent in lecture; then we'll spend the afternoon in the kitchen with hands-on cooking. We'll make: **basil ginger lemonade; aloo chaat (Indian-style potato salad); eggplant mushroom chickpea curry; long beans with paneer; spiced poha (steamed dry flattened rice); and roast cardamom peaches in a ginger syrup.**



HEALTH-SUPPORTIVE CERTIFICATE PROGRAMS

CULINARY NUTRITION

Mon-Fri, January 24-28 & January 31- February 4, 9:30 a.m.-4:30 p.m.

Mon-Fri, April 18-22 and April 25-29, 9:30 a.m.-4:30 p.m.

10 sessions • \$5,750

The Culinary Nutrition certificate program at the Natural Gourmet Center offers students an in-depth and hands-on exploration of evidence-based nutrition. The program explores the science of nutrition, trends and specialized diets, and nutrition in the marketplace, all through lectures and kitchen labs. Led by Chef Celine Beitchman, MS., ICE's director of nutrition education, the curriculum is taught by experts from the food, health and nutrition fields. Upon completion of the course, students will have experience incorporating the fundamentals of nutrition into their culinary perspective.

This course covers: food-based macronutrients; nutrients of concern in vegan/vegetarian diets; econutrition and sustainable food systems; farm-to-table and root-to-frond cooking; food allergies and allergy-free cooking; alternative diets; and macrobiotic, paleo, raw and Ayurvedic cooking.

FOOD THERAPY

Mon-Fri, October 18-22 and October 25-29, 9:30 a.m.-4:30 p.m.

Mon-Fri, February 28-March 4 and March 7-11, 9:30 a.m.-4:30 p.m.

10 sessions • \$5,750

It is no secret that proper nourishment can be a powerful aid to the healing process. The Food Therapy certificate program curriculum covers whole-systems biology, core nutritional imbalances, and how to translate a dietary prescription into practical meal planning and preparation. Instruction includes how specific diets and cooking techniques relate to a range of illnesses. Led by Chef Celine Beitchman, MS., ICE's director of nutrition education, and chefs professionally trained in health-supportive cooking, the course consists of lectures, meal planning, case study discussions and kitchen lab sessions.

Celine Beitchman was an instructor, curriculum developer and director at the Natural Gourmet Institute for 10 years. She studied under the school's founder, Annemarie Colbin, Ph.D., and is an expert in nutrition education for healthcare professionals, chefs and home cooks alike. Chef Celine has prior experience as a private chef and in special events, catering, kitchen production, operations and management. She's worked as a line cook, garde manger, food stylist and pastry chef, and appeared in Bon Appetit, Brit + Co, HuffPost and Mind Body Green as a health food expert. Chef Celine joined the Institute of Culinary Education in 2019 to teach Health-Supportive Culinary Arts career classes and coming professional development courses in culinary nutrition and food therapy. She has a master's in clinical nutrition, a bachelor's in film and a Level 3 wine certification from WSET. "I look at wine, food and nutrition as a continuum," Chef Celine says. "I'm always able to find some meaningful connection, and I'll help you find that, too. That's my attitude when it comes to teaching."



Led by
ICE Director of Nutrition
Chef Celine Beitchman



STEAKHOUSE + TACOS + COUPLES

The Great NY Steakhouse

Thursday, November 18, 7:30-10:30 p.m.

1-session • \$130

New York City has some of the most famous steakhouses in the country. These classic establishments are known for a distinctive homey atmosphere and a trademark cuisine that has been pleasing diners for decades. Spend an evening learning the techniques and recipes you need to replicate your favorite steakhouse experience at home. You'll make and enjoy **classic shrimp cocktail; Caesar salad; grilled New York strip with beurre Maître d'Hôtel; creamed spinach and truffled mashed potatoes.**

Tacos & Tequila

Thursday, October 14, 7:30-10:30 p.m.

Thursday, December 9, 7:30-10:30 p.m.

1-session • \$130

It's a celebration of all things Mexican. We'll cover Mexico's greatest dishes and drinks, as well as a few with a twist. We'll make and then dine on: **fresh corn tortillas; adobo chicken; grilled skirt steak; sautéed shrimp; fresh pico de gallo; guacamole; and to drink, a classic margarita!**

Couples: Homemade Pasta

Thursday, September 23, 7:30-10:30 p.m.

1-session • \$275 for two

Have a blast learning to make fresh handmade

pasta, stuffed pasta, perfect sauces and all the accompaniments! There's nothing like handmade pasta's flavor and texture. Together, we'll learn to make dough the Old World way, then how to shape, cut and stuff it. You and your partner will create a complete fresh Italian dinner of: **pappardelle with Bolognese and burro e salvia (butternut squash ravioli with sage butter).**

Couples Tacos & Tequila

Thursday, September 30, 7:30-10:30 p.m.

Wednesday, December 15, 7:30-10:30 p.m.

1-session • \$275 for two

Kick back with this mini vacation to Mexico. Together, couples will learn to make a Mexican feast for every palate, including: **fresh corn tortillas; adobo chicken; grilled skirt steak; sautéed shrimp; fresh pico de gallo; guacamole; and to drink, a classic margarita.**

Couples Sushi & Sake Bar

Thursday, October 7, 7:30-10:30 p.m.

1-session • \$275 for two

Heading out to your local sushi bar this date night? Before you do, come to ICE to learn how to create your own sushi and sake bar at home. Together, you'll start by learning the basics of how to make the foundation of all sushi: delicious, seasoned rice. You'll then create a variety of sushi accoutrements, along with vegetables and raw fish. Finally, you'll learn to make **traditional hand rolls, maki, futomaki, and nigiri,**

before sitting down to eat with a refreshing glass of Japanese sake.

Couples Bourbon Steakhouse

Thursday, November 4, 7:30-10:30 p.m.

1-session • \$275 for two

Steak is always a satisfying dinner, but it gets more of a boost when paired with bourbon. Come to ICE with your significant other for a night of steakhouse cuisine, where you will savor classic flavors updated with bourbon notes. You will prepare and enjoy: **clams casino; wedge salad with crispy bacon, blue cheese and bourbon vinaigrette; New York strip steak au poivre with bourbon cream sauce; haricots verts (French green beans) and truffled mashed potatoes.**

Steak & Sauce

Wednesday, December 29, 9 a.m.-12 p.m.

1-session • \$135

Hearty hardly begins to describe the extravagant steak feast you'll be making in this class. Not only will you learn how to make the perfect filet mignon, skirt steak and more, but you'll also become versed in the art of rich sauces, like cognac cream, béarnaise and chimichurri. And we'd never forget the sides. Your saucy menu includes: **filet mignon au poivre with cognac cream sauce; onglet béarnaise (hanger steak with tarragon sauce) and skirt steak with olive chimichurri.**



FAMILY CLASSES

Pizza! Pizza! A Class for Parents & Kids ages 8 & up

Saturday, October 16, 9:30 a.m.-12:30 p.m.

1-session • \$120

In this fun-focused class, kids and their parents will spend a morning or evening making, and then eating, all kinds of pizza. You'll work together to make, construct and bake: **pizza dough; tomato sauce; pizza toppings including prosciutto, fresh herbs and sautéed vegetables; and dessert pizza.** *Limit 2 children per adult. All children and teens must be accompanied by an adult. Everybody attending class must be registered.*

Chocolate Workshop for Parents & Kids 8 & up

Sunday, October 31, 9:30 a.m.-12:30 p.m.

1-session • \$120

Get hands-on with chocolate in this one-of-a-kind course. You'll learn how to create chocolaty treats you can easily recreate at home, including dipping, decoration and much more. You'll leave with a beautiful selection of exclusive confections you've made yourself, like: **cookies-and-cream chocolate bark; peanut butter cups; and assorted dipped confections.**

Family Sushi Workshop for Parents & Kids 8 & up

Saturday, October 2, 1:30-4:30 p.m.

1-session • \$120

This sushi workshop makes the art and skill of sushi preparation a blast for parents and kids alike. Along with your child, you can let your creativity roam free as you make these fresh and healthy rolls. After learning the secrets of making perfect sushi rice, you'll keep busy making multiple types of sushi maki rolls, including: **California roll; Philadelphia roll; spicy tuna roll; and more.**

HOLIDAYS + ENTERTAINING

New Orleans Cocktail Brunch

Sunday, October 3, 9:30 a.m.-12:30 p.m.

Saturday, December 4, 9:30 a.m.-12:30 p.m.

1-session • \$125

This soulful menu adapts some of New Orleans' greatest hits into brilliant, brunch-appropriate dishes — the meal almost requires a jazz soundtrack to go with it. We'll invoke the spirit of the Big Easy as we make and eat: **barbecue shrimp; bananas Foster pain perdu; beignets; and a Cajun Bloody Mary.**

Cocktails & Apps

Tuesday, December 14, 7:30-10:30 p.m.

Tuesday, December 21, 7:30-10:30 p.m.

1-session • \$125

These exciting international dishes are ideal for accompanying delicious craft cocktails, providing a mouthwatering focus for any cosmopolitan gathering! Join us to make small bites and spreads that will amp up your parties and go perfectly with some tipples. Together, we'll make and enjoy cocktails and bites from around the world, including: **gruyere gougères; Moroccan lamb kebabs with chermoula sauce; salmon rillettes and brioche toast; polenta bites with roasted tomatoes; spiced nuts and Greyhound Martinis and Whiskey Sours.**

Make & Take Thanksgiving Pies

Monday, November 22, 9 a.m.-3 p.m.

Tuesday, November 23, 9 a.m.-3 p.m.

1-session • \$150

What would Thanksgiving be without flaky, delicious pies? This class teaches you everything you need to know to craft glorious pies perfect for fall as well as the holiday table. You'll start with the preparation of flaky and sweet piecrust doughs. Then you'll bake (and take home) two complete pies for your holiday table. Choose from: **classic pumpkin pie; apple-cranberry crumb; Southern pecan pie; and chess pie.**

Latkes & Sufganiyot

Saturday, November 20, 1:30-4:30 p.m.

1-session • \$125

The Festival of Lights celebrates the oil that burned for eight long nights. This enabled the Maccabees to find more oil after the battle when the amount that they had should have burned for one day. Fried foods are traditionally the focus of the feast. Latkes and Sufganiyot (deep-fried jelly doughnuts) are always on the menu. In this class, you will learn to make **classic potato latkes; hard cider apple sauce; herbed sour cream and sufganiyot.**

Holiday Dinner

Saturday, December 11, 9:30 a.m.-3:30 p.m.

Saturday, December 18, 9:30 a.m.-3:30 p.m.

1-session • \$150

There's nothing like the warm, savory scents and flavors of a complete dinner perfect for any fall or winter holiday. From savory, creamy soup to a tender roast to veggie sides and a rich dessert, everything here will thrill guests and family alike. We'll make a complete supper, then sit down to

the fruits of our labor, with a menu of: **chestnut-wild mushroom soup; herb popovers; horseradish-crusted beef roast; Brussels sprouts with pomegranate; mashed potatoes; and for dessert, cranberry-poached pear with ginger mascarpone.**

Family Gingerbread Workshop

Saturday, December 4, 9:30 a.m.-12:30 p.m.

Saturday, December 4, 1:30-4:30 p.m.

Saturday, December 11, 9:30 a.m.-12:30 p.m.

Saturday, December 11, 1:30-4:30 p.m.

Saturday, December 18, 9:30 a.m.-12:30 p.m.

Saturday, December 18, 1:30-4:30 p.m.

1-session • \$120

Building a gingerbread house is a superb holiday bonding activity for both you and your child! You'll learn plenty as you create future Christmas memories and traditions. Each child will prepare their own 5-by-6-by-8-inch gingerbread house with their parent assisting, from making and baking the dough to applying the final decorative touches. After class, you'll take your sugared, frosted, candy-studded masterpiece home. **This class is appropriate for children ages 5 and older. All children must be accompanied by a registered adult; maximum 2 children per adult. Each adult and child participant must be paid and registered.**

Italian Christmas Eve

Tuesday, December 21, 9 a.m.-3 p.m.

1-session • \$160

Throughout Italy, Christmas Eve is the occasion to sit down to a feast of fish and seafood dishes. In this holiday class, we will cover five classic dishes. We will make **baccala mantecato; linguine with clams, grilled calamari with aioli and arugula; baked branzino with fennel and olives and zuppa di pesce.**

Holiday Cookie Swap

Friday, December 17, 9 a.m.-3 p.m.

Monday, December 20, 9 a.m.-3 p.m.

Thursday, December 23, 9 a.m.-3 p.m.

1-session • \$150

Make more cookies than you can handle, then take 'em home for eating, swapping and gifting. We'll cover a wide range of holiday designs, traditions, flavorings and variations, creating a smorgasbord overflowing with cookies that'll make you the envy of your office, organization or any other cookie-swap occasion! We'll bake: **butter spritz cookies; chocolate mint crinkles; gingersnap cookies; pistachio wreaths; raspberry linzer cookies; holiday shortbread; chocolate chip cookies; and double chocolate chip cookies.**





PASTRY INTENSIVES

Introduction to Pastry & Baking Intensive

Sundays, November 7-February 13 (skip 11/28, 12/26, 1/2)

9:30 a.m.-3:30 p.m.

12-sessions • \$2,400

Learn the basic techniques of pastry and baking in this 12-session class. The course familiarizes students with the recipes and concepts used by professional bakers and pastry chefs, which form the basis of every competent baker's repertoire. The program investigates a broad range of pastries — both classic and modern — to provide a full understanding of all baking categories.

LESSON 1: QUICK BREADS

Zucchini loaves; chai honey scones and banana nut muffins

LESSON 2: YEASTED BREADS

One-step French bread: large and small batches; shaping boules; dinner rolls and fougasse

LESSON 3: PATE A CHOUX

Eclairs; gougères; choux au craquelin; French crullers

LESSON 4: PIES MADE WITH PATE BRISEE

Double crusted apple pie; plum and ginger galette; pecan pie

LESSON 5: PATE SUCREE TARTS & CHEESECAKE

Fruit tarts with pastry cream; dark chocolate and hazelnut tarts and cheesecake with graham cracker crust

LESSON 6: FRUIT DESSERTS

Peach cobbler; poached pears with crème anglaise; citrus pound cake and mixed berry pavlova

LESSON 7: PUFF PASTRY & COOKIES

Quick puff pastry; traditional puff pastry; chocolate cherry biscotti; chocolate chip cookies; checkerboard and pinwheel cookies; raspberry linzer; chocolate crinkle and supernatural brownies

LESSON 8: BAKING PUFF PASTRY

Paillettes; smoked salmon mille-feuille; palmiers and frangipane apple tart

LESSON 9: CUSTARDS & MOUSSES

Vanilla bean crème brûlée; panna cotta with fresh berries; chocolate mousse; brioche bread pudding

LESSON 10: EGG FOAM CAKES

Angel food; chiffon cake with strawberries and whipped cream and chocolate roulade with chocolate ganache

LESSON 11: LAYER CAKES

Lemon raspberry cake and black forest cake

LESSON 12: DESSERTS AROUND THE WORLD

Madeleine (France); tiramisu (Italy); baklava (Turkey) and brigadeiros (Brazil)

Introduction to Pastry & Baking Intensive 2

Sundays, September 19-October 24, 9:30 a.m.-3:30 p.m.

Sundays, February 20-March 27th, 9:30 a.m.-3:30 p.m.

6-sessions • \$1,200

In this follow-up course to our 12-Week Introduction to Pastry & Baking, you'll be developing and refining your pastry, ice cream, macaron, sweet bread and buttercream decorating skills! With our experienced chef-instructors, you'll be working with enriched yeasted dough; creating layers of flavor with an entremet cake with mousse and mirror glaze; baking classic American-style desserts, as well as French macarons and souffles; and expand on buttercream decorating techniques.

LESSON 1: CLASSIC AMERICAN BAKE SHOP

Hummingbird cake; oatmeal cream pies; "Hostess" cakes.

LESSON 2: CLASSIC FRENCH MACARONS

Macaron base; raspberry jam; chocolate ganache; vanilla buttercream and pistachio buttercream

LESSON 3: SOUFFLES AND ICE CREAM

Dark chocolate souffle; cheese soufflé; ice cream and fruit sorbet

LESSON 4: ENTREMET CAKE WITH MIRROR GLAZE

Chocolate hazelnut entremet; chocolate brownie cake; chocolate praline crunch; chocolate hazelnut ganache; chocolate mousse; mirror glaze and candied hazelnuts

LESSON 5: SWEET BREADS

Challah; raisin bread with cinnamon swirl; Chelsea buns.

LESSON 6: BUTTERCREAM DECORATING

Butter cake; Swiss meringue buttercream and piping skills

Techniques of Chocolate

Mon.-Thurs., October 25-28, 9 a.m.-3 p.m.

12-sessions • \$2,400

This four-session intensive series will teach you how to work with chocolate like a professional. You'll learn tempering with both seeding and tabling methods. You'll make **ganache; chocolate décor; chocolate desserts; hand-rolled truffles.**

LESSON 1: TEMPERING CHOCOLATE

Seeding and tabling method. Mendiants, nut clusters; chocolate bark and chocolate bars

LESSON 2: GANACHE AND TRUFFLES

Passion fruit; raspberry; earl grey and maple-bourbon truffles; coco loco white chocolate and mocha latte truffles.

LESSON 3: CHOCOLATE DESSERTS

Brown-butter chocolate brownies with cocoa nibs; homemade "Oreos" with white chocolate cream filling and chocolate trio parfait with dark chocolate pudding and molten chocolate cakes.

LESSON 4: MOLDED BONBONS

Dark chocolate; milk chocolate; pistachio and star anise bonbons.

Techniques of Cake Baking

Mon.-Thurs., Nov. 29-Dec. 2, 9 a.m.-3 p.m.

4-sessions • \$800

Our intensive Techniques of Cake Baking course provides you with a repertoire of classics, such as layer cakes, individual cakes and specialty cakes. You will also learn to prepare loaf cakes, such as pound cake, as well as a variety of icings. Finally, you will acquire the skills to assemble cakes for special occasions.

LESSON 1: CREAMING & MIXING METHOD

Carrot cake; marble pound cake; vanilla bean pound cake; cinnamon coffee cake; and

blueberry crumb cake.

LESSON 2: EGG FOAM METHOD

Angel food cake; cocoa angel food cake; fruit compote; chiffon cake with strawberries and whipped cream; and chocolate roulade.

LESSON 3: LAYER CAKES

Devil's Food cake and birthday cake

LESSON 4: SPECIALTY CAKES

Chocolate entremet cake with chocolate brownie, praline crunch, chocolate hazelnut ganache, and chocolate mousse

Cake Baking Workshop

Sat-Sun, October 30-31, 9:30 a.m.-3:30 p.m.

2-sessions • \$400

Working in teams of two, each student will finish and take home two of the following cakes:

vanilla mocha latte with mocha ganache and espresso buttercream; triple chocolate cake with dark chocolate cake, white chocolate ganache, chocolate frosting; chocolate chip cookie dough with edible cookie dough filling and vanilla buttercream; Ferrero Rocher cake with praline ganache and feuilletine crunch and chocolate ganache frosting.

Two-Day Artisanal Candy Workshop

Wed-Thurs, December 8-9, 9 a.m.-3 p.m.

2-sessions • \$400

Make rich, gorgeous candies and chocolate to satisfy the child in all of us! **On Day 1, we'll cover sugar cooking and caramel cooking, chocolate tempering, gelatin and storage. On Day 2, we'll make a menu that includes: handcrafted gummy bears and sour bears; peanut butter and milk chocolate truffles; lollipops; chocolate fudge; buttercrunch; and sea-salt caramels.**

Two-Day Croissant & Brioche Workshop

Sat-Sun, September 11-12, 9:30 a.m.-3:30 p.m.

Sat-Sun, October 23-24, 9:30 a.m.-3:30 p.m.

Mon-Tue, November 8-9, 4:30-10:30 p.m.

2-sessions • \$400

Have you ever wondered how to make the buttery, flaky brioche loaves and croissants found at fancy bakeries? This class will show you how. During Day 1 of this two-day workshop, you'll learn how to see the process through, from creating the dough to letting it rise to shaping your own luscious baked goods. On Day 2, you'll complete a menu of: brioche à tête (brioche in the classic fluted, top knotted shape); pain au raisins; classic croissants; almond croissants; chocolate croissants; and croissant monkey bread.

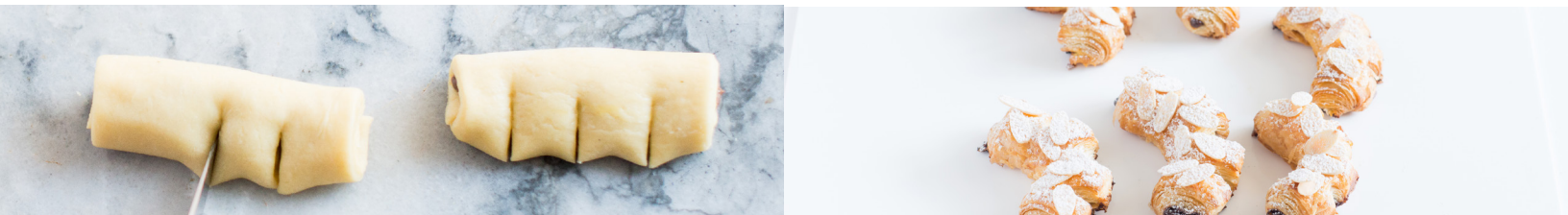
Two-Day Doughnut Workshop

Sat-Sun, September 18-19, 9:30 a.m.-3:30 p.m.

Sat-Sun, October 16-17, 9:30 a.m.-3:30 p.m.

2-sessions • \$400

No one doesn't like doughnuts. That includes filled doughnuts, cake-style doughnuts, glazed doughnuts and much more. On Day 1, you'll learn how to make yeast and cake doughnut doughs; then create different fillings and toppings, including pastry creams and glazes. On Day 2, you'll fry and practice filling, icing and decorating your delicious doughnuts. Our menu includes: **Boston cream; churros; French crullers; chocolate cake, jelly-filled; apple cider; and vanilla glazed doughnuts.**



BAKING + PASTRY CLASSES

Chocolate Confections

Wednesday, September 22, 9 a.m.-3 p.m.

Wednesday, December 22, 9 a.m.-3 p.m.

1-session • \$150

Under the guidance of skilled ICE pastry chefs, you'll learn the art of tempering chocolate. You'll use these tempered chocolates as you practice essential methods for making various chocolate confections. You'll also learn a wide assortment of elegant and colorful chocolate-decorating techniques for your treats. Recipes include: **chocolate English toffee; chocolate peanut butter cups; chocolate bark; chocolate bars and chocolate-dipped confections.**

Classic Italian Desserts

Saturday, September 25, 1:30-4:30 p.m.

1-session • \$125

Evoke the Old World with these nonna-approved classic desserts, creating flavors that instantly transport you to Italy (or Little Italy!). We'll use pignoli nuts to bake perfectly light cookies, set the custard for a rich panna cotta and more! Your traditional dessert menu includes: **tiramisu; panna cotta; and pignoli cookies.**

Frosted & Filled Cupcakes

Wednesday, September 1, 9 a.m.-3 p.m.

Monday, December 6, 9 a.m.-3 p.m.

Wednesday, December 29, 9 a.m.-3 p.m.

1-session • \$150

These delightful cupcakes come in a range of flavors and frostings, not to mention some well-matched fillings. As we make the cakes, fillings and frostings from scratch, we'll pair strawberry with vanilla, chocolate with white chocolate ganache, peanut butter with chocolate icing, and even birthday cupcakes with a piñata surprise of sprinkles inside. Your cupcake menu: **strawberry shortcake with vanilla bean cake and whipped vanilla bean buttercream; chocolate trio with dark chocolate cake, white chocolate ganache and milk chocolate frosting; birthday 'piñata' cupcakes with sprinkle buttercream; and peanut butter and chocolate cupcakes with peanut butter frosting.**

Classic French Desserts

Friday, December 10, 11:30 a.m.-2:30 p.m.

1-session • \$125

Recreate a French bakery at home with this selection of delectable desserts. They may seem intimidating now, but they definitely won't be once you get done with this class. Together, we'll tackle: **mousse au chocolat; palmiers and gâteau au yaourt (yogurt cake).**

The Perfect Crust

Saturday, November 6, 9 a.m.-3 p.m.

1-session • \$150

A tender, flaky and light crust is what often separates a good pie from a great one. In this class, experienced ICE pastry chefs teach you how to make that elusive perfect pie crust — great for sweet or savory pies. Under their expert instruction, you'll learn the same techniques and tips used by ICE career pastry grads at New York's top restaurants. **You'll make and work with pâte brisée — which you'll then use to make your very own double crust apple pie from scratch.**



Led by
Creative Director
Chef Michael Laiskonis

BEAN-TO-BAR CHOCOLATE

A Bean-to Bar Chocolate Intensive

Michael Laiskonis

Saturday-Sunday, October 9-10, 10 a.m.-4 p.m.

2 sessions • \$595

Explore ICE's Bean-to-Bar Chocolate Lab in this two-day chocolate experience. In this workshop, open to pastry and culinary professionals, ICE Chef Michael Laiskonis offers an exclusive hands-on look at the bean-to-bar chocolate making process. Attendees will roast, winnow, grind, formulate, and refine artisan-quality couverture, creating a one-of-a-kind batch from start to finish. Additional discussion will include tempering, molding, and further applications of the finished chocolate. You will cover:

- An introduction to the history and culture of craft chocolate
- Cleaning and sorting of cacao beans
- Roasting, winnowing, and grinding cacao beans
- Refining process
- Tempering and molding finished chocolate bars

Two batches of single-origin dark chocolate will be made. Students will leave the class with samples of the chocolate produced, and exclusive bars available only at ICE.

A Bean-to-Bar Chocolate Immersion

Michael Laiskonis

Monday-Thursday, November 1-4, 10 a.m.-4 p.m.

4 sessions • \$1,195

This intensive four-day immersive study offers hands-on experience as we explore, in depth, the numerous variables involved in each step of the chocolate making process from raw cacao to finished product. In this workshop, open to pastry and culinary professionals, ICE Chef Michael Laiskonis will guide students through the underlying art and science of chocolate manufacturing. Students will roast, winnow, grind, formulate, and refine multiple batches of artisan-quality couverture. Special attention will be given to the use of the Chocolate Lab's machinery to perfect flavor and texture. This hands-on course will cover:

- A historical overview of chocolate consumption and manufacturing
- Post-harvest treatment of cacao beans at origin
- Cleaning, sorting, and analysis of cocoa beans
- Roasting, winnowing, and grinding cacao beans
- Refining processes for dark, milk, and specialty chocolates
- Multiple tempering processes and molding techniques
- Comparative identification and sensory analysis of chocolate products

Multiple batches of artisan chocolates will be produced over the four-day session, and students will leave the class with samples of the chocolates produced.

Michael Laiskonis joined ICE in 2012 fresh off of an eight-year tenure as Executive Pastry Chef at Le Bernardin. Laiskonis has long been one of the industry's most creative and talented chefs. He helped Le Bernardin earn four stars from 'The New York Times' and three Michelin stars. He was named to America's Top Ten Pastry Chefs by 'Pastry Art & Design' in both 2002 and 2003 and was 'Bon Appétit's' Pastry Chef of the Year in 2004. Best known for his use of modern techniques to reinvent classic desserts, he was also awarded the coveted James Beard Award for Outstanding Pastry Chef in 2007. Most recently, Chef Laiskonis received the IACP's 2014 Culinary Professional of the Year Award, one of the most distinguished honors in the culinary field. Laiskonis has been an active writer, in print and on-line, including 'Gourmet', 'Saveur', and 'The Atlantic' and has appeared on television shows such as 'Top Chef: Just Desserts'. While Laiskonis is best known as a pastry chef, he spent most of the first half of his career on the savory side of the kitchen.

HERE'S WHAT STUDENTS ARE SAYING ABOUT US:

 @mreibstein says



CEVICHE LIKELY ON THE MENU OF MY NEXT DINNER PARTY THANKS TO @iceculinary

 @nate_marino says



OUR TAPAS ARE THE TOPS! #surprisedatnight

 @eddiewunderlich says



COOKING CREW #DREAMTEAM Thank you for a FUN evening!!!

 @ebreannapancakes says



Had a great time last night @iceculinary learning to make Asian Dumplings & Sushi! Such a fun class filled with really nice people, all led by an awesome chef!



Jenny says:

Took a cooking class here and had such a GREAT TIME. It was the bourbon steakhouse class and we made a five course meal that came out delicious.

Garynn says:

Finally used a gift card given to me by my best friend from two years ago for a birthday gift...why did I wait so long??!!?? I decided to sign up for a Wine and Food Pairing class and had a wonderful experience. Instructor was a super knowledgeable yet down to earth and relatable sommelier. CAN'T WAIT to come back for another class!

KAMJOHN Says:

I LOVE this place. I seriously do. I was told about this place from a friend who attended ICE by going to their couple's cooking class. He raved about it. So I decided to give it a try. I took a combination course on Pastry and Baking. 12 classes each from 6-11pm. The class was amazing. I can make frangipane from scratch now. Before attending class I could barely boil water. Now I'm baking complicated 'Gateau Pithiviers' and cream puffs... There are classes for everyone here. Go through their catalog book online and have fun.

WINE + BEVERAGE

Wine Essentials

Richard Vayda

Tuesdays, September 21-October 26, 7-9 p.m.

Wednesdays, October 13-November 17, 7-9 p.m.

Tuesdays, November 2- December 7, 7-9 p.m.

Thursdays, January 6 - February 10, 7-9 p.m.

6 sessions • \$595

This six-week course, created by ICE director of wine studies Richard Vayda, uses grape varietals, as well as winemaking regions, as the keys to understanding the full wine spectrum. You will receive a thorough introduction to winemaking, tasting, laws and labeling as you learn about wine components and taste some of the world's most celebrated wines. In these six sessions, you will taste up to 60 wines.

- **Session 1: Winemaking and Wine-Tasting Basics.**
- **Session 2: France: Burgundy and Bordeaux.**
- **Session 3: The Major Wines and Varietals of Italy.**
- **Session 4: Spanish and Warm-Climate Wines.**
- **Session 5: West Coast and New World Wines.**
- **Session 6: A Tour of Sparkling Wine.**

Introduction to Wine

Richard Vayda

Thursdays, October 21 & 28, 7-9 p.m.

Wednesdays, December 1 & 8, 7-9 p.m.

2 sessions • \$200

This class, crafted by ICE's resident sommelier, Richard Vayda, is tailored to the wine novice who wants a quick, fun and basic introduction to the world of the grape. You'll learn the fundamentals of wine, wine tasting and appreciation, which will start you on the road to critically judging wine color, aroma, flavor and body. You'll discover the meaning of such wine concepts as dryness, acidity, fruitiness, tannins, varietals, vintages and more. Participants interested in continuing their exploration of wine are encouraged to go on to Wine Essentials. We'll taste up to 18 wines, plus matching cheeses.

Bordeaux Grand Tasting

Richard Vayda

Wednesday, September 29, 7-9 p.m.

1 session • \$125

Bordeaux means history, elegance, grandeur...and superb classic wines. This class explores the riches of the varied wines from this fabled region. That's why Richard Vayda, ICE's resident sommelier, has scoured the ICE wine cellar to put together a special tasting, including several aged cru classé wines. We'll discuss the area's history, geography, wine regulations and production, all while sipping these special samples — accompanied by some fitting snacks. We'll taste at least nine wines, plus matching cheeses.



Wine classes led by
ICE Director of
Wine & Beverage
Richard Vayda

Essential Wines of Napa and Sonoma

Richard Vayda

Monday, November 1, 7-9 p.m.

1 session • \$125

California is the top wine-producing state by far — and when most people think of California wines, Sonoma and Napa immediately come to mind. But in reality, only about 10 percent of the state's wine comes from these two celebrated regions. This evening's tasting, hosted by ICE's resident sommelier, Richard Vayda, pits the two regions' best varietal wines head-to-head in a no-holds-barred face-off! Come help judge the best (or at least your favorites) from these two renowned areas. Of course, some delicious California cheeses will accompany the evening's eight wines!

Champagne Gala: An Evening of Celebrated Wines and Food

Richard Vayda

Wednesday, December 15, 7-9 p.m.

1 session • \$130

ICE's resident sommelier, Richard Vayda, pulls out all the stops for this very special holiday class. Too many people are intimidated by champagne, tending to tiptoe around it instead of enjoying and serving it with food. No longer! In this class, you will dine on beautiful hors d'oeuvres along with a select group of sparkling wines. Your evening begins with a discussion of the origin and making of sparkling wine, while tasting various examples — from non-vintage to vintage to rosé. The highlight of the tasting will feature a Prestige Cuvée Champagne paired with an American challenger. The class rounds out with students enjoying a buffet of classic luxury food matches while indulging in additional bubbly, making for a sparkling winter evening to remember! We'll taste at least nine wines, plus foods.

Mixology Basics

Thursday, October 7, 7-9 p.m.

Thursday, November 18, 7-9 p.m.

1 session • \$100

Take a crash course in the essentials of cocktail mixology, then recreate these classic drinks at home and at parties. We'll cover mixing, muddling, shaking drinks, making your own sour mix and more. Our instructors will lead you as you practice making (and consuming) cocktails including: **mojito; Negroni; margarita; and whiskey sour.**

ICE Happy Hour: Bourbon vs Rye Cocktails

Thursday, December 2, 6:30-8 p.m.

1 session • \$100

Compare and contrast the two hottest whiskeys around today: the vanilla smoothness of bourbon and the spicy top notes of rye. In this fun-packed session, we'll make and taste three classic cocktails in variations that use each of these liquors: **the Manhattan; the Old Fashioned, and the Whiskey Sour. Drink up!**



BUSINESS CLASSES

10 Things Any New or Prospective Restaurateur Should Know

Rick Camac

Wednesday, October 6, 6:30-9:30 p.m.

1-session •\$100

From Rick Camac, the entrepreneur behind the Fatty Group (Fatty Crab, Fatty 'Cue), you'll learn some of the many lessons he wishes he'd known when he opened his first restaurant. Mistakes are costly but can be easily avoided with education; unfortunately, most of us 'don't know what we don't know.' So here, Rick presents the answers to many of your questions, including those you might not even know to ask. We'll cover topics such as: why create a business plan, and what should it contain; what to look for in investors; should you be chef-driven; what outside help do you need; what to negotiate in a lease; understanding numbers and profit-loss ratios; and much more. You won't want to start any hospitality-related business without first taking this course.

Restaurant Financials

Rick Camac

Thursday, November 4, 6:30-9:30 p.m.

1-session •\$100

Included in this course with ICE Dean of Restaurant & Hospitality Management Rick Camac is every document you need in order to plan, open, and run a successful business. We will discuss the best financials to include in your business plan (Use of Proceeds, Detail Sales Projections, Detail Labor Projections, P&L pro forma, and more), as well as all your ongoing needs. The financials from these plans have launched many successful businesses (including many by Rick himself, the entrepreneur behind the acclaimed Fatty Group of restaurants). You'll also get plenty of real-world examples. We'll first focus on your prime cost and talk about the most important figure to track. The Weekly Dashboard will show you how to manage and view those critical numbers weekly, as Rick gives you tips on how to motivate your managers to care about them too. You'll get an overview of how to evaluate your P&Ls, what your ratios should be, and how to compare year over year and against budget. This course will benefit anyone trying to better understand their business, planning on starting their own business, or looking to move up the ranks with a strong understanding of what makes restaurants tick.

Business Plans for Food Concepts

Alan Someck

Wednesday, December 1, 6-8:30 p.m.

1-session •\$100

This workshop will focus on the basics of an effective business plan for any type of food concept — be it a restaurant, bakery, catering business, packaged food product or food truck. Anyone serious about starting a food operation needs to have a serious business plan as their road map. They also need key advice on raising the funds necessary to begin the process. A business plan provides an edge to the entrepreneur in this highly competitive marketplace. Culinary startup expert and experienced restaurant manager Alan Someck will cover a comprehensive range of topics, including:

- Developing a winning food concept.
- Creating a unique selling point.
- The importance of the menu.
- How to choose a location or distribution strategy.
- How to analyze the marketplace.
- Developing an effective marketing plan, including social media.
- The critical financials.
- How to staff a strong management team.

Don't even think about embarking on your culinary startup adventure without first taking this informative, eye-opening class.





CAREER TRAINING PROGRAMS

Award-Winning Career Training

Our award-winning programs in Culinary Arts, Pastry & Baking Arts, Restaurant & Culinary Management, and Hospitality & Hotel Management have launched more than 14,000 careers across the country, in every facet of the food and hospitality industries. With a 74,000-square-foot professional facility in Lower Manhattan, our goal is to help you find your culinary voice or succeed in the wide world of hospitality and tourism.

In just six to 12 months, a life change can happen — that's how long it takes to launch a culinary or hospitality career at the Institute of Culinary Education.

Visit [ice.edu](https://www.ice.edu) for more information



PRIVATE HANDS-ON COOKING PARTIES

Host your next event at ICE

Our hands-on cooking events are perfect for corporate entertaining, team building, closing dinners, press events and product launches, or for personal celebrations such as birthdays, anniversary parties, bridal showers, rehearsal dinners or special reunions.

Combining the best elements of a cocktail party, a cooking class and your favorite restaurant, ICE cooking parties and group cooking events are an easy, seamless choice when you want to celebrate or entertain.

Email specialevents@ice.edu for more information



**Cheers to cooking
again TOGETHER
in ICE's kitchens!**