



CLASS CALENDAR

January 23 – February 29, 2012

*Our online class registration will be live very shortly.
In the meantime, to register for one of our classes in January and February,
please call us at 212.929.7900 or email classes@havenskitchen.com.*

CLASS	To Market! Making the Most of Winter Produce
DATE	Monday, January 23, 2012
TIME	9:30 am – 12 noon
DESCRIPTION	Winter doesn't have to mean meat and potatoes! The Union Square Greenmarket is open year round, and there are plenty of healthful, delicious, and diverse fruits and vegetables available! We'll discuss regional agriculture and then prepare a delicious lunch with seasonal produce. Join us as we discover how to make winter a little greener, play in the kitchen, and experiment with different colors, flavors, and textures. Enjoy preparing a delightful meal, and sharing a winter's day with others.
INSTRUCTOR	Ashton Keefe – <i>Culinary Lifestyle Services & Diary of Sweet Tooth</i>
PRICE	\$150

CLASS	Chinese New Year – Veggie Style
DATE	Monday, January 23, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Gung Hay Fat Choy! Wear your best red digs and ring in the new lunar year with a class about the history, traditions, and foods of the Chinese New Year. Instead of whole chickens and fish, we will be eating whole grains, whole fruits, and vegetables, as well as learning to hand-make long, uncut noodles to symbolize prosperity and abundance. The Year of the Dragon is sure to be a great one with your new handle on Chinese skills and flavors!
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Old World/New World – Wine
DATE	Tuesday, January 24, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	At Haven's Kitchen, we appreciate tradition and history but we also admire innovation and adventure. Generations of American winemakers have utilized European grapes and winemaking methods and imbued them with our own terroirs and traditions, creating some pretty fabulous wines. Join us for an evening of tasting and comparing Old and New World wines. Learn about Old World practices and New World promises with a discussion of the history and cultural evolution of winemaking.
INSTRUCTOR	Nathan Wooden – <i>Crown Maple Syrup</i>
PRICE	\$150



CLASS	Le Fond — Basics of Stocks, Soups & Sauces
DATE	Wednesday, January 25, 2012
TIME	9:30 am – 12:00 noon
DESCRIPTOIN	Depth of flavor and complexity in any dish begin with a thoughtfully prepared stock. Learn to utilize fresh ingredients, aromatics, and trim in your kitchen to compliment and enhance soups, sauces, and dishes on any menu.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$125

CLASS	Jam Session
DATE	Thursday, January 26, 2012
TIME	2:00 pm – 5:00 pm
DESCRIPTION	The exact origin of jam remains a matter of historical debate; however, from the Crusaders to Louis XIV to the DIY hipsters across the bridge, jams have enjoyed a rich, delicious history all over the world for many centuries. Now, thanks to the growing attention to food waste and lots of beautiful glass jars and labels, jam-making is more popular than ever.
INSTRUCTOR	Bonnie Shershow – <i>Bonnie's Jams</i>
PRICE	\$125

CLASS	For Men Only: Cooking for Your Sweetheart on Valentine's Day
DATE	Saturday, January 28, 2012
TIME	10:00 am – 2:00 pm
DESCRIPTION	Why buy your valentine a great meal when you can COOK your valentine a great meal? We know that the way to your sweetie's heart is to take the time, and make the effort, to cook a beautiful meal. Let Dave show you how to create an easy but rad romantic Valentine's spread from start to finish. It's the gift that keeps on giving.
INSTRUCTOR	David Mahwinney – <i>Chef, The Wren</i>
PRICE	\$150

CLASS	Family Style — Vegetables
DATE	Monday, January 30, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Haven's Kitchen focuses on family style, or what we like to call "convivial" — not just in the big bowls sense, but in the essence of what that means. We love helping people get back to their tables to share food with one another. And nothing pleases the belly and the body more than steaming platters of caramelized crispy onions, buttery starches, and garlicky sautéed greens. Whatever is fresh at the market will be our veggies of the day!
INSTRUCTOR	Ashton Keefe – <i>Culinary Lifestyle Services & Diary of Sweet Tooth</i>
PRICE	\$150



CLASS	Crops, Cups & Cappuccinos
DATE	Tuesday, January 31, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	It took our Haven's Kitchen team seven tastings to find the perfect blend of beans – all with you in mind. Now it's our turn to teach you about single origin coffees, blends, different climates, growing conditions, and of course, the growers themselves. Coffee has great potential, not just to wake you up, but to support farm workers and repair communities and ecosystems. Come learn the difference and savor every sip.
INSTRUCTOR	Nicolas O'Connell – <i>La Colombe Torrefaction</i>
PRICE	\$100

CLASS	Dia de Ñoquis – Gnocchi!
DATE	Tuesday, January 31, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	You may have never heard of Dia de Ñoquis, but gnocchi isn't just Italian! Since the early 20 th century, many people in South America have been getting together at the end of every month, when money is tight, just to eat Ñoquis. The dish became a good way to enjoy a hearty, inexpensive meal on a meager budget. So learn to make these lovely little potato dumplings, put a coin under your plate, and make a toast to "a full belly, a happy heart" or "panza llena, corazon contenta."
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$125

CLASS	Old World/New World – Olive Oil
DATE	Wednesday, February 1, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	It's no surprise that Homer called it "Liquid Gold." Olive trees have had a useful life over centuries and have been the drivers of Mediterranean economies. Bursting with health benefits, varying flavors, and endless uses, olive oil is the belle of the ball these days. Taste different varieties and learn to sauté, emulsify, and even bake with this amazing oil.
INSTRUCTOR	TBD
PRICE	\$125

CLASS	Sashimi & Beer
DATE	Thursday, February 2, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Put down the sake and prepare yourself for an amazing new food and beverage pairing. Responsibly caught sashimi from family-owned Sea to Table pairs in fascinating ways with our favorite local and craft brews. Supporting small business while indulging in this class, what could be better?
INSTRUCTOR	TBD
PRICE	\$150



CLASS	Our Family Pantry
DATE	Friday, February 3, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	Cooking for children of any age can be challenging when you want to go beyond macaroni and chicken fingers. We're here to help you stock, streamline, and use your pantries to help you prepare healthful, delicious food for families of all ages and sizes. By building a better pantry, you will learn to improvise and relax, learn new tricks, and rethink your idea of family style. Students will leave with a renewed sense of confidence and excitement, ready to get back into the kitchen.
INSTRUCTOR	Alison Schneider – <i>Founder, Haven's Kitchen</i>
PRICE	\$150

CLASS	Tequila & Fish Tacos
DATE	February 3, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	There is so much more to tequila than the margarita. Yes, those frozen concoctions have their place on hot, sticky, dance-all-night kind of evenings, but tequila needs none of that extra sweet, salted rim nonsense to knock your socks off. Interestingly, the agave plant is not a cactus as we've long been told, but belongs to the lily family. The specific plant that is used to make tequila takes 8-12 years to reach maturity. During harvest, the heart of the plant, or piña, is chopped into smaller pieces for cooking at the distillery. Fun information to read, but even better to hear when you're drinking a Tequila Michelada while nibbling tangy, creamy, flaky fish tacos!
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Where's the Beef? – Proteins for Meatless Mondays
DATE	Monday, February 6, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	You've probably heard us say that eating less meat is the single easiest way to change your carbon footprint, and that it will do wonders for your health, but how do we do it? How do we refocus our loving attention on the foods that have been turned into side dishes for decades? Make the sides the main event and your meals will be filled with so much more diversity and nutrition.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Valentine's Cookies
DATE	Tuesday, February 7, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	In lieu of the ubiquitous, all-too-shiny box of chocolates, why not bake your own sweets for your sweetie? Decorate sugar cookies in amorous themes, make romantic Linzer cookies, and shape sentimental chocolate cookies to show how much you care. Enjoy them with a glass of wine at our table or BYOB (Bring your own box!) and take these cookies home for the ones you love!
INSTRUCTOR	Agatha Kulaga & Erin Patinkin – <i>Ovenly</i>
PRICE	\$125



CLASS	Master Class — Charcuterie
DATE	Tuesday, February 7, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Originally intended as a means of preservation before the advent of refrigeration, charcuterie has grown into a craft all its own. From products created with forcemeats like sausages, rillettes, pâtés, and terrines, to salt-cured products like bacon, pancetta, prosciutto, and ham – cured meats are a beautiful way to utilize products and a delicious addition to any meal or to enjoy all on their own. Let us show you some basic technique to build upon and then take you through a tasting of some of our favorites from local artisans.
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Sparklers & Caviar
DATE	Wednesday, February 8, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Champagne, Cremant, Cava, Prosecco, Lambrusco – so many bubbles, so little time! Keep the New Year's party going with a taste of some of our favorite sparklers from various wine regions paired with an elegant selection of canapés made with Anna Maria caviar from the Mote Marine Laboratory. Let these delights inspire your next soirée and learn about sustainable fishing practices and different types of sparkling wine as we toast, taste, and repeat.
INSTRUCTOR	TBD
PRICE	\$175

CLASS	Breakfast in Bed
DATE	Thursday, February 9, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	Want to indulge someone in your life with the ultimate lazy morning luxury? Learn breakfast basics and what to make when you plan on wowing your bundled-up honey with pancakes, coffee, eggs, and an elegantly folded napkin. We will also discuss how to assemble the perfect breakfast tray and how to keep orange juice from flying all over your bedside table.
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$125

CLASS	Wines That Woo
DATE	Thursday, February 9, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Virgil said that Love conquers all...and we agree...but love and a great bottle of wine conquers all and a little somethin' somethin' to boot. Learn your way around a deep, velvety red, a crisp yet luscious sparkler, and everything in between. No pompous tricks or affectations here – just rich, delicious wines, a teacher who knows his way around a vineyard, and some serious knowledge that you can take home to the one you woo.
INSTRUCTOR	Aaron Ridgway – <i>Langdon Shiverick Wine Importers</i>
PRICE	\$150



CLASS	Old World/New World – Tea
DATE	Friday, February 10, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	Tea is the single most consumed drink on the planet. It's also the drink of choice of the majority of centenarians around the globe. On top of that, it's really pretty to look at, delightful to smell, and delightful to sip. Join our friends from Belloqc Tea Atelier for a lesson on the leaves, the history, the flavors and the pleasure of tea.
INSTRUCTOR	Michael Shannon – <i>Belloqc Tea Atelier</i>
PRICE	\$150

CLASS	Wine & Chocolate
DATE	Friday, February 10, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Chocolate and wine make a natural couple. Both are made from fruit, and have been cultivated over centuries of scientific and artistic inspiration. Like wine, the flavors of chocolate are enhanced by the soil, the climate, and the weather where it's grown. Chocolate can be "single origin" much in the same way a wine can be made from one species of grape – and there is a craft in the blending of different beans. Join us for an evening of pairing, tasting, and learning about these two indulgent yet earthy partners.
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Workshop – Valentine's Chocolates & Desserts
DATE	Saturday, February 11, 2012
TIME	10:00 am – 2:00 pm
DESCRIPTION	Truly a treat, come learn about amazing chocolates and desserts! Valentine's Day is the time to shine, and our instructor has all the tools to help you wow your sweeties. Once we are done with precise handiwork and the particularity of chocolate and candy-making, we can sit back with a glass of wine and bask in the glow of these impressive achievements!
INSTRUCTOR	MaryAnne Hoekstra Shekar – <i>H.S. Chocolate Co.</i>
PRICE	\$200

CLASS	Cooking With...Legumes
DATE	Monday, February 13, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	In our humble opinion, beans are the best foodstuff on the planet. Low on the food chain, delicious, and filled with fabulous nutrients, legumes can be the basis for any sustainable, delectable diet. Learn about cooking with dried and fresh beans and get to know how good beans can truly be. These varieties, cooking methods, and recipes will have even the most carnivorous among us begging for more.
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$150



CLASS	Jam Session
DATE	Monday, February 13, 2012
TIME	2:00 pm – 5:00 pm
DESCRIPTION	The exact origin of jam remains a matter of historical debate; however, from the Crusaders to Louis XIV to the DIY hipsters across the bridge, jams have enjoyed a rich, delicious history all over the world for many centuries. Now, thanks to the growing attention to food waste and lots of beautiful glass jars and labels, jam-making is more popular than ever.
INSTRUCTOR	TBD
PRICE	\$125

CLASS	Valentine's Cookies
DATE	Tuesday, February 14, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	In lieu of the ubiquitous, all-too-shiny box of chocolates, why not bake your own sweets for your sweetie? Decorate sugar cookies in amorous themes, make romantic Linzer cookies, and shape sentimental chocolate cookies to show how much you care. Enjoy them with a glass of wine at our table or BYOB (Bring your own box!) and take these cookies home for the ones you love!
INSTRUCTOR	TBD
PRICE	\$125

CLASS	Sauces
DATE	Wednesday, February 15, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	From the Ancient Romans, who used fermented fish sauce to flavor their foods, to Antoine Carême, who classified sauces into four families, sauces have been used to add flavor, salt, acid, texture, and color to proteins, vegetables, and starches. While classical sauces seem complicated and daunting, learning a handful of basic techniques will enable you to expand your repertoire with a broad range of flavors. Fresh sauces like relishes, chutneys, pestos, and purees are a delicious way to compliment sweet and savory dishes with bright, seasonal flavors. Let us teach you about the history of sauces and some practical, contemporary ways to integrate fresh sauces into your home pantry, to heighten every dish in your arsenal.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Tapas & Sangria
DATE	Wednesday, February 15, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Spanish tapas appeared on the gastronomic scene as a way to keep workers satisfied and productive until time for their main meal at lunchtime. Of course, we now enjoy tapas as a meal in itself – small, dreamy little bites that satisfy all our different cravings and allow us to taste and experience more than just a course or two. Spend an evening at Haven's Kitchen learning more about Spanish history, culture, and cuisine! And of course, while you prep and taste, don't forget to sip on a little sangria to keep it festive.
INSTRUCTOR	TBD
PRICE	\$150



CLASS	Whole Grain Breakfasts
DATE	Thursday, February 16, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	A whole grain is simply a grain that hasn't been stripped of its fiber and most of its nutrients. Why wouldn't you eat them as often as possible, especially for your most important meal of the day? Learn how to use whole grains to keep you satisfied, healthy, and happy through the long winter.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$125

CLASS	Back to Basics – Soup & Salad
DATE	Friday, February 16, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	Harold & Maude, Bonnie & Clyde, Sonny & Cher – All duos whose differences complimented each other so perfectly that without the other there's just something missing. That's how we feel about an aromatic, hot bowl of soup paired with a fresh, crispy, lightly dressed salad. The two are great on their own, but as a pair? Perfection.
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Our Family Pantry
DATE	Friday, February 17, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	Cooking for children of any age can be challenging when you want to go beyond macaroni and chicken fingers. We're here to help you stock, streamline, and use your pantries to help you prepare healthful, delicious food for families of all ages and sizes. By building a better pantry, you will learn to improvise and relax, learn new tricks, and rethink your idea of family style. Students will leave with a renewed sense of confidence and excitement, ready to get back into the kitchen.
INSTRUCTOR	Alison Schneider – <i>Founder, Haven's Kitchen</i>
PRICE	\$150

CLASS	Mixology – The Classics
DATE	Friday, February 17, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Shaken or stirred? The key to a great cocktail party is the cocktail! The classics are time-tested and taste bud approved. They're also the building blocks of all the cocktails that followed in their path. Spend the evening gathering the fundamentals of making a great drink – learn about ratios, modifiers, mixers, and garnishes. Then take your skills home and make someone you love a fabulous martini.
INSTRUCTOR	TBD
PRICE	\$150



CLASS	Workshop — Sustaining Your New Year's Resolutions
DATE	Saturday, February 18, 2012
TIME	10:00 am – 2:00 pm
DESCRIPTION	It's good to celebrate the holidays with family and friends. We even believe it's good to relax and toast with a great glass or two of bubbly to celebrate the New Year. But by the time January rolls around, most of us are ready to clean up and feel energized. So we make a few resolutions that end up leaving us feeling guilty when we can't keep them. Avoiding food and drink isn't the answer. Choosing beneficial foods is. Learn secrets from cultures around the world and get your body ready for a healthy, energized 2012.
INSTRUCTOR	TBD
PRICE	\$200

CLASS	Our Baking Pantry
DATE	Monday, February 20, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	There are some ingredients a baker always has in their pantry. Join us for a discussion and explanation of all you'll ever need to bake easy, delicious cookies, cakes, pies, and desserts on a whim. Keeping your pantry well stocked with quality ingredients will lead to better baking, more fun in the kitchen, and well-fed family and guests.
INSTRUCTOR	TBD
PRICE	\$125

CLASS	Knife Skills
DATE	Monday, February 20, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Knife skills are what make a chef a chef, and can make your time in the kitchen much easier. Clean and precise dices and chiffonade can elevate your dishes without changing a single ingredient. After you've chopped and minced, enjoy a delicious lunch prepared with your handiwork.
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$125

CLASS	Quick Table Breads
DATE	Wednesday, February 22, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	Quick breads require no time for rising, just a little love. Beer bread, soda bread, corn bread, and biscuits are all quick and easy additions to your convivial table and made even better with flavorful whole grain flours from our friends at Cayuga Pure Organics. Let us teach you ratios for making basic table breads and then some tips and tricks to help you unleash your creativity for easy entertaining with comforting fare. We'll gather round the table, break bread, taste, and toast in Haven's Kitchen style.
INSTRUCTOR	Dave Mawhinney – <i>Chef, The Wren</i>
PRICE	\$125



CLASS	Dumplings!
DATE	Wednesday, February 22, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Every civilization seems to have its version of a dumpling. And no one is surprised; almost anything becomes a bit tastier wrapped in dough and steamed or fried. Classic Chinese dumplings are on the menu, as well as gyoza, momos, pirogues, and something sweet and gooey. It will be the perfect meal, all wrapped up in darling little packages.
INSTRUCTOR	Connie Sun – <i>Bite Size Kitchen</i>
PRICE	\$150

CLASS	Cooking With...Bacon
DATE	Thursday, February 23, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	Bacon is no longer relegated to the world of breakfast. Oh no, it's been promoted to cupcake topper, cookie and chocolate accompaniment, and the belle of the savory foods ball at lunch and dinner. Learn to mix the salty and crunchy goodness of bacon with starches, creams and vegetables and woo your friends with the drifting scent of bacon fat.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Old World/New World – Wine
DATE	February 23, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	At Haven's Kitchen, we appreciate tradition and history but we also admire innovation and adventure. Generations of American winemakers have utilized European grapes and winemaking methods and imbued them with our own terroirs and traditions, creating some pretty fabulous wines. Join us for an evening of tasting and comparing Old and New World wines. Learn about Old World practices and New World promises with a discussion of the history and cultural evolution of winemaking.
INSTRUCTOR	TBD
PRICE	\$150

CLASS	One-Dish Skills – French Onion Soup
DATE	February 24, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	That little crock of oniony broth, crusty bread, and oozing cheese is more than an old school delicacy – it's an opportunity! Because in that little crock are the makings of a great cook who has all the skills and basic techniques needed to create many more amazing dishes. Learn, enjoy, and finish it off with a hunk of crusty bread, a glass of our favorite white wine, and your own bowl of steaming hot soup.
INSTRUCTOR	Julia Sullivan – <i>Chef, Haven's Kitchen</i>
PRICE	\$125



CLASS	The Sustainable Buzz
DATE	February 24, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	We say it often, but maybe it bears repeating – we like a good cocktail! Moreover, we love to drink responsibly and also sustainably. At Haven's Kitchen, we don't serve just any vodka. Ours is micro-distilled by a small producer in Austin. Our gin comes from a small farming community committed to protecting an island once famous for its potatoes. Our whiskey is straight out of Brooklyn. Come and learn fantastic mixology techniques using only the spirits created with farmer practices and company values that you can feel great about.
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Workshop – Gluten-Free
DATE	Saturday, February 25, 2012
TIME	10:00 am – 2:00 pm
DESCRIPTION	For an array of reasons, gluten intolerance is on the rise, as are voluntary gluten-free diets. We will learn about the history of gluten-free and why gluten is so sneaky these days and ends up in most processed food products. There are endless sources of flavorful grain from heirloom species that are worth tasting in this lecture. Instead of trying to create a gluten-free baguette, we will focus on the best recipes we can muster that don't require gluten replacements. Amaranth, quinoa, chick pea, buckwheat... there is no way gluten-free will feel limiting once these recipes are under your belt.
INSTRUCTOR	TBD
PRICE	\$200

CLASS	Vegan Baking
DATE	Monday, February 27, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	With responsibly sourced alternatives to butter, milk, and eggs, we can bake up vegan goodies that are as good for the soul as they are for the environment and your body! Learn the science of baking, and how to substitute with vegan items to achieve the same results. We will enjoy tea and coffee along with our treats at the end of the class.
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Preparing For a Week's Worth of Meals
DATE	Monday, February 27, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	We all live busy, hectic, and sometimes chaotic lives. Yet there is something so gratifying about preparing food for those we love and eating it as a family. Haven's Kitchen is all about the pleasures of the table, and that means the pleasures of the kitchen. Let us show you how to make it more fun and a whole lot easier to feed your family the whole week through. We'll teach you how to stock, handle, and prepare all the ingredients you need to cook for the people you love.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150



CLASS	Rustic Seasonal Desserts
DATE	Tuesday, February 28, 2012
TIME	9:30 am – 12:00 pm
DESCRIPTION	From the flaky crust, to the juicy filling topped with a crispy crumble or light pastry dough, very few things can beat a great rustic dessert. Let us show you how simple it can be to create a warm, hearty, yet elegant end to a meal. Pies and tarts are not only delicious, but a generous way to feed (and impress) a large group of friends. It's as easy as pie!
INSTRUCTOR	TBD
PRICE	\$150

CLASS	Winter Super Foods
DATE	Tuesday, February 28, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	Warm oatmeal, sweet potatoes, hearty black bean soup. Cold weather cuisine certainly has its share of super foods. And our bodies naturally crave the wintery foods that keep us healthy, warm, and strong. Learn more about eating seasonally and making winter a time of well-being, strength, and delicious food.
INSTRUCTOR	Katie Carey – <i>Sous Chef, Haven's Kitchen</i>
PRICE	\$150

CLASS	Cupcakes!
DATE	Wednesday, February 29, 2012
TIME	2:00 pm – 4:30 pm
DESCRIPTION	Cupcakes have been swarming NYC for the past few years, and for good reason! A bit of cake in a no-sharing size can't be beat. Learn fundamental recipes for the perfect vanilla and chocolate bases, topped with seasonal frostings and glazes. We will also cover fondant techniques because we're feeling ambitious!
INSTRUCTOR	TBD
PRICE	\$125

CLASS	Sushi & Sake
DATE	Wednesday, February 29, 2012
TIME	6:30 pm – 9:00 pm
DESCRIPTION	Like most things, sushi is best when prepared with clean, fresh ingredients...and served with a cup of hot sake. Learn how to identify sustainable varieties of fresh fish that are suitable for sushi and sashimi. Then explore the techniques for making rice, and assembling basic sushi rolls with some of your favorite flavor combinations, and some unexpected twists for sneaking in healthful ingredients. We will discuss the history and production methods of different types of sake – toast, taste, and repeat.
INSTRUCTOR	TBD
PRICE	\$150

We can't wait to cook with you!