

CHEF ⁹¹¹ERIC .COM 's SPRING & SUMMER MENUS



Chef Eric's Menus includes a wide variety of cuisines that can be teach at Chef Eric's kitchen, in your office boardroom or in the comfort of your home.

For special requests, Chef Eric will work with you to custom design a menu according to your tastes, special dietary needs, and budget.

Each of Chef Eric's corporate cooking classes includes:

- Organic, local and sustainable food as much as possible.
- Market time and kitchen set up
- Approximately 2 hours of hands-on cooking time to prepare restaurant-quality courses
- 1 ½ hours of dining time to enjoy the dishes you've prepared
- A full clean up
- Recipe handouts for every participant
- Aprons and dishtowels for every participant to use
- Professional kitchen tools for every participant to use
- 1 glass of wine per person to pair with the meal (optional)
- Steel water.

About our rates:

- All prices are per person with food based on a minimum of 12 participants.
- 5% Tax not included.
- 15% gratuity is not included and added to the bill.

MENU INDEX:

French Cuisine	Page 2
West Coast Cuisine ... With A French Flair...	Page 3
Seasonal Cuisine (Spring and Summer)	Page 4, 5
Traditional Italian Cuisine	Page 6
Mediterranean Cuisine	Page 7
World Cuisine	Page 8, 9

FRENCH CUISINE

FESTIVE FRENCH MENU - \$129

These delectable dishes, from a piquant Salmon Tartar to a decadent Molten Dark Chocolate Cake, will help convince you that there are few cultures who better know how to prepare a grand holiday meal than do the French.

Countess du Barry Cauliflower Cream Soup with Slivered Almonds
Salmon Tartar with Sweet and Sour Caramelized Onions
Stuffed Chicken Breast Monte Carlo with Sun Dried Tomato Sauce
Garlic Mashed Potatoes with Sautéed Mushrooms - Glazed Vegetables
Molten Dark Chocolate Cake, Vanilla Crème Anglaise

DINNER IN PARIS - \$139

Experience the drama and romance of dinner in the City of Light by learning to create, and then thoroughly enjoying, some exquisite Parisian favourites.

Potage Saint Germain with Prosciutto Julienne and Golden Croutons
Mixed Seafood in Vol au Vent Crust Chardonnay Velouté (with lobster, extra \$10/person)
Pan Seared AAA New York Steak flamed with Cognac and Rare Peppercorns Cream Sauce
Potato Gratin Dauphinois – Green Bean Bundles in Double Smoked Bacon
Choux Chantilly with Caramel and Chocolate Sauce

LUNCHEON IN PROVENCE - \$139

Enjoy the best of Provence's fertile fields as you learn to prepare beloved, healthful classics that will help add a southwest French flair to your culinary repertoire.

Traditional Pistou Soup Provençal
Roasted Stuffed Mussels Setoise
Crusted Rack of Lamb with Artichokes and Garden Aroma
Potato Gratin Provençal
Tomato and Zucchini Tian
Star Anis Crème Brûlée

MODERN CUISINE OF FRANCE - \$149

This menu is designed for the adventuresome gourmet who yearns to create and enjoy cutting edge French cuisine.

Fennel & Artichoke Velouté, Fourme d'Ambert Cheese & Almonds, 24 Karat Gold Dust
Asparagus Chartreuse with Smoked Salmon Mousse and Salmon Caviar
Sous Vide Pan Seared AAA New York Steak with Choron Sauce
Pommes Noisette & Glazed Vegetables
Tonka Bean Crème Brûlée

WEST COAST CUISINE ... WITH A FRENCH FLAIR...

PACIFIC NORTHWEST DELIGHT - \$139

This menu creates the perfect pairing of enticingly fresh Pacific Northwest ingredients and classic French culinary flair to produce some truly stellar dishes.

- Shellfish Bisque with Tarragon and Cognac
- Sustainable Tuna Tartar Asian Style with Avocado and Shitakes
- Queen Charlotte Island Fresh Catch with Ginger Maple Syrup Glaze
- Pear, Stilton, and Chicory Salad with Crispy Chestnuts
- Red Berry of the Valley Fruits Bavaois

WEST COAST FUSION MENU - \$139

Delicate seafood delights and hearty local produce combine to create an intriguing fusion of European and Continental flavours.

- Rainforest Mushroom Cream Soup, Truffle Aroma
- Pan Seared Blue Rare Spicy Crust Tuna with Mango Salsa
- Queen Charlotte's Fresh Catch, Garlic Mashed Potatoes, Miso Velouté and Carrot Pearls
- Salambo Choux with Hazelnut Cream

SEAFOOD TREASURES OF THE PACIFIC NORTHWEST - \$145

Seafood aficionados will be transported away to exotic coastal shores as you luxuriate in the perfectly seasoned fish and shellfish that star in these magnificent dishes.

- Vancouver Island Saffron Mussel Cream Soup
- Pan Seared Dungeness Crab Cake with Wasabi Sauce and Deep Fried Shitake
- Cedar Plank Wild Salmon with Ginger Maple Syrup Glaze and Vegetable Pearls
- Little Choux with Whistler Caramel Sauce

EXOTIC FUSION MENU, APPETIZERS AND DESSERTS - \$125

East meets Pacific Northwest, creating delectable culinary harmony in this assortment of rarely enjoyed fusion items from around the world, brought together to compliment familiar local flavours.

- Apple Tomato Gazpacho with Shrimps Golden Croutons
- Wild Salmon Tartar with Sweet and Sour Caramelized Onions
- Pork and Shrimp Kebabs on a Lemongrass Stick, Thai Chili Sauce
- Spicy Kimchi Pancakes with Orange Vinegar Soy Dipping Sauce
- Pure Madagascar Manjari Chocolate and Espresso Pots de Crème, Edible Gold Dust
- Alsatian Apple Tart, Vanilla Crème Anglaise and Caramel Sauce

SEASONAL CUISINE ... FRESH FROM THE MARKET

SPRING FRENCH BISTRO- \$129

Orange Tarragon Carrot Soup with Parsnip Chips
Braised Brouffade of The Rhone-Valley
French Peas with Bacon and Lettuce
Fromage Blanc Tart with Fresh Fruits

SPRING MENU FOR GOURMANDS - \$135

Celery Soup with Bleu d’Auvergne and Spanish Sherry
Salmon Steak in Coconut Milk with Spring Peas
Spring Sweet Pea Gnocchi
Strawberries Romanoff with Coconut Sorbet

SPRING FRENCH PESCATARIAN- \$139

Asparagus Cream Soup, Deboned Frog Leg Provencale
Squids a l’Americaine
Savoy Cabbage Cod Paupiette with Tomato Sauce
Squash Duo and Sweet Potato Gratin with Leerdammer Cheese
Gluten Free Hazelnut Chocolate Cake

FOR THE LOVE OF...SPRING- \$149

White Asparagus with Vanilla Chantilly Sauce
Cocoa Butter Pan-Seared Spiced Catch of the Day Grenobloise
Individual "Petit Pâté de Pézenas"
Escarole Salad with Apple, Bresse Blue Cheese and Nuts
Eclairs au Chocolat...

SUMMER BC CUISINE - FRESH FROM THE MARKET

SUMMERY FRENCH CUISINE - \$129

- Chilled Cucumber Soup with Coconut Milk
- Quinoa Smoked Salmon and Beet Verrine
- Provençal Pan Bagnat Sandwich with Fresh Sustainable Tuna
- Free Form Fruit Tart, Vanilla Ice Cream

LIGHT FRENCH CUISINE FOR SUMMER DAYS - \$135

- Chilled Cucumber and Avocado Soup with Spicy Glazed Shrimp
- Giant Lime-Cured BC Scallops with Sweet and Sour Caramelized Onions
- Chicken Sauté Beaulieu (artichokes, lemons and olives) with Pilaf Rice
- Blueberry Tartlet with Almond Frangipane Cream

FESTIVE SUMMER CUISINE OF BC - \$139.00 PER PERSON WITH FOOD

- Cream of Chilliwack's Corn with Baby Scallops and Fraser Valley Mushrooms
- Peppered Candied Salmon Tarragon Salad Nicoise
- Eggplant Basil Clafoutis with Tomato Coulis
- Chilliwack Hazelnuts, Fraser Kale and BC Camembert Crispy Pockets
- Strawberry Tartlet with Basil Chiboust Cream

LIGHT BC CUISINE FOR SUMMER DAYS - \$149.00 PER PERSON WITH FOOD

- Chilled Sweet Corn Soup with King Crab and Chili Oil
- Arugula Salad with Fraser Valley Cheese and Free Range Egg Mollet
- Kashmir Style Lamb Stew with Cashews and Cumin
- Basmati Rice with Mustard Seeds and Raisins
- Rustic Peach Tartlet and Rum Raisins Ice Cream

ITALIAN CUISINES

TRADITIONAL ITALIAN CUISINE - \$139

This menu will teach you to prepare down home Italian dishes that will rival grandma's and that will allow you to add a balmy, rustic charm to your own meals once you get home.

- La Ribolitta
- Beef Tenderloin Carpaccio
- Pizza Quattro Stagioni
- Lasagne al Forno
- Praline Amaretto Semifreddo

NORTHERN ITALIAN CUISINE - \$139

Northern Italy is renowned for its tempting pizzas, risottos and pastas, and in this course you will learn to prepare a delightful smorgasbord of these world-renowned classics.

- Stracciatella alla Romana (Roman Egg Drop Soup)
- Homemade Tagliatelle with Walnut Sauce
- Chicken Marengo
- Risotto di Funghi (Wild Mushroom Risotto)
- Classic Tiramisu

THE ITALIAN TABLE - \$139

The dishes showcased in this course, from delectable red wine risotto to an inviting vanilla panna cotta, highlight the warmth and generosity of the Italian spirit.

- Italian Fish Soup or "Zuppa di Pesce"
- Spicy Beef Casserole of Sienna
- Red Wine Risotto
- Vanilla Pana Cotta and Poached Berries

MEDITERRANEAN CUISINE

SPAIN: THE WORLD OF TAPAS! - \$145

Break out the sangria and put on the Flamenco music as you enjoy the marvellous gourmet tapas that you will create in this course that celebrates the vibrant culture of Spain.

- Classic Sangria of Madrid
- Paprika Spiced Almonds
- Shrimp Gazpacho Andaluz
- Miniature Pork Brochettes
- Flat Bread with Vegetables and Clams
- Royal Paella of Barcelona
- Rich Chocolate Cake
- Rice Pudding with Syrup Fruits

THE GREEK TABLE - \$129

Heart-healthy, satisfying Mediterranean classics enliven this exploration of sun kissed Greek cuisine.

- Chicken Soup with Egg and Lemon - Kotosoupa Avgolemono
- Spinach Filo Pies - Spanakopita
- Moussaka of Athena
- Coffee Crème Brûlée

THE CUISINE OF TURKEY - \$129

Experience a little-known cuisine that fuses the best of European and Middle Eastern flavours as you learn to prepare and savour the gastronomy of Turkey!

- Turkish Pide Bread – Pita Bread and Hummus
- Mücver – Zucchini Fritters with Mint and Dill
- Spicy Grilled Ground Veal and Lamb Patties with Yogurt Mint Sauce - Adana Kebab
- Almond Baklava with Rose Water

THE MOROCCAN TABLE - \$139

Unmask the mysteries of the Kasbah and discover a warm sense of hospitality intrinsic to Morocco as you learn to prepare this mysterious land's incomparable couscous and bountiful tagines.

- Moroccan Mint Tea
- Berber Salad with Goat's Cheese, Beetroot and Oranges
- Traditional Chicken, Lemon and Olives Tajine
- Carrot Falafel Yoghurt Sauce
- Couscous Marrakech
- Orange Blossom Almond Pastries

WORLD CUISINES

CUISINE OF NORTHEAST ASIA \$139

The secrets to preparing the scrumptious seafood and exotic produce of Northern Asia are revealed as we learn key techniques from Japan, Korea and other countries in this culinary heritage-rich region.

- Okinawa Island Clam Miso Soup
- Spicy Kimchi Pancakes With Orange Vinegar Soy Dipping Sauce
- Tataki Beef Tenderloin With Cauliflower Mousse
- Japanese Salad With Shrimp And Japanese Eggplant
- Green Tea Sorbet With Citrus And Ginger (High In Vitamin C)

THE CUISINE OF RUSSIA \$139

The delicious dishes featured in this course will help you understand how the Russian spirit has remained steadfast despite bitterly cold winters and frequent socio-political turmoil.

- Borscht – Red Beet Soup
- Buckwheat blinis with Sockeye wild smoked salmon
- Byefstroganov – Beef Tenderloin Stroganoff and butter noodles
- Caramelized Cheese Flan

THE CUISINE OF INDIA \$139

Bring new inspiration to your kitchen by learning how to use the wonderful spices and cooking techniques that make Indian cuisine so special.

- Vegetarian Hindi Fennel Flaked Samosas
- Gujarati Mango Chutney
- North Indian Slow Cooked Chicken And Basmati Rice
- North Indian Vegetables
- Whole Wheat Chapati Breads
- Cardamom Ice Cream With Fresh Mango

THE CUISINE OF AFRICA \$129

Enjoy the very best of an entire continent's cuisine and become one of the first in your neighborhood or family to prepare succulent African specialties.

- Egyptian Lentil Cauliflower Soup
- South African "Bobotie"
- Carrot Falafel
- Caribbean Coconut Crème Caramel

THE CUISINE OF THAILAND \$139

Immerse yourself in the kaleidoscope of opulent flavours and textures that is Thai cuisine, learning how to add just the right amount of sweetness or spice to this country's most delicious, emblematic dishes.

- Galangal, chicken and coconut soup - Tom Ka Gai
- Fish cake with cucumber relish
- Chicken and shrimp lemongrass stick kebabs
- Sweet pumpkin and peanut curry
- Fried bananas and watermelon

SUSHI MAKING CHALLENGE \$135

LOOKING FOR TEAM CREATIVITY?

We have created a Japanese sushi making cooking class right here in Vancouver featuring delectable sushi where everyone will wear a traditional Japanese Bandana like in the Karate Kid Movie!

Using prime ingredients and sushi quality sustainable seafood, the teams will make a gourmet sushi meal under the Chef's supervision. Each team member will discover how to cook, prepare and season the sushi rice, as well as learn to make 2 different types of Sushi (Nigiri and Makizushi (rolled) and a Miso Soup for their own meal.

HOW IT WORKS

Once they have grasped basic sushi making skills, and satisfied their appetites, each team will embark on a 20-minute challenge to create THE best fruit sushi dessert based on a common fruit basket. This celebratory challenge is sure to bring out the creativity and sense of adventure in your staff, allowing them to have plenty of fun along the way.

Is your team up for a Sushi Class Challenge? Contact 911cheferic.com to book your team building event.