

Spring 2022
Catalog

THE COOKING SCHOOL

goes virtual



Welcome to Class...

The Cooking School has always been a platform for you to explore food, culinary, and nutrition literacy that will positively impact your food choices and experiences. As we introduce our catalog of virtual events, discussions, and classes, we will continue to expand your knowledge of the culinary world with daily classes, client entertaining, networking, post meeting celebrations, and team building events.

For more information, please visit our website <https://rivercafes.com/cooking-school-v2/private-events/> or send an email to sh-americas-thecookingschool@ubs.com

DETAILS

What do you need?

- Any computer device you can easily move around: laptop, iPad, smart phone, etc. A working area – kitchen --- with a stove.
- Each 60-90 minute event is a private Skype or ZOOM session beginning with a short introduction from the chef, followed by a review of the equipment and shopping list (don't worry if you do not have everything – the chef is there to help!). The cooking portion of the class will be 45-60 minutes with the remainder of time left for participants to network and mingle with each other.
- Please visit our website <https://rivercafes.com/cooking-school-v2/private-event/> and fill out an event inquiry form.
- Once the event is confirmed, the Cooking School team will provide a recipe card with ingredients and suggested equipment.

How to prepare?

- Prior to your event you will receive the recipe, equipment list, and shopping list, so you are ready to hit the ground (or chopping block) running. All ingredients and equipment should be out and ready prior to class. If you do not have an ingredient on the list, please contact the cooking school team @ sh-Americas-thecookingschool@ubs.com for a possible swap!

Cost?

- The cooking classes are of no cost; however, the shopping cart is up to you!

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1,2,3 No Yeast Pizza at Home

Learn how to make pizza by using equipment and in-season ingredients you are likely to already have on hand at home. As a bonus, the chef will show you alternate ways to utilize your pizza dough including calzones, garlic knots, and mozzarella stuffed dough balls.

Please select from the following seasonal pizza topping options:

Grilled Peach and Prosciutto

New York Style Pizza

Ramp Pesto and Burrata

Build Your Own



Sustainability Tip

Learn how to eat "in season." You won't find "out of season" produce at the market. Vegetable toppings are endless when it comes to pizza. Shopping locally at farmer's markets for vegetables will not only help you choose ones that are in season, but it will help promote a sustainable food system. Farmer's markets allow access to quality food at the lowest cost possible. In addition to providing practical, sustainable, and cost-effective solutions to healthier eating, farmer's markets are a unique opportunity to engage with the community and learn about the foods grown in your local region.

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Spring Sustainability

Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs. The culinary team has designed a menu of private event options with seasonal sustainability in mind.

Please select from the following seasonal options:

One-Pot Lemon Orzo with Fennel and Scallops
Green Bean Poke Bowl
Chili-Lime Salmon Tacos
Mediterranean Branzino with Charred Artichokes



Sustainability Tip

Sustainable Seafood can be wild or farmed. If farmed, it is harvested in ways that don't harm the environment or other wildlife and in turn helps to ensure healthy and resilient ocean ecosystems. For wild-caught seafood, that means the populations are well-managed and not overfished. When purchasing from your local fish store, talk to your supplier about the sustainable options available. Ask questions and always refer to the Seafood Watch Recommendation Guide to verify that the fish you selected meets high standards.

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Pasta 101 Workshop- Add color to your pasta

Make pasta from scratch with ingredients that you can easily find. Select from the options below and get ready to cook like a true Italian chef. Fresh pasta is easy to make and freezes beautifully — giving you a tasty meal for weeks to come. Add a sauce and you have a complete meal!

Please select from the following class options:

Beet Red Pasta

Green Spinach Pasta

Squid Ink Pasta

Classic Hand Cut Pasta – Linguine, Fettucine, Pappardelle



Sustainability Tip

Eat the rainbow. Did you know that adding color to your meals will help you live a longer, healthier life? Colorful fruits and vegetables contain phytonutrients that can help protect us from chronic diseases. Adding more colorful varieties to our diet also encourages us eat more plant-based foods and less animal products; this can help reduce our impact on the environment.

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Seasonal Sides

Welcome the warm weather by feasting on nutritious side dishes bursting with spring flavors and colors. These accompaniments aim to invigorate your palate and impress your guests. Join the Chef as she guides the participants in making these delicious go-with-anything side dishes. Bon Appetit!

Recipe Selections Include:

Spinach Salad, Rhubarb Dressing
Snap Pea Salad, Coconut Gremolata
Pasta Primavera Salad, Carrot Top Pesto
Spring Pea Salad, Apricot Vinaigrette



Sustainability Tip

Plan the perfect plate. We know what a balanced meal should look like, but are often less sure about how to make it happen. Introducing seasonal, fresh, and plant-forward sustainable side dishes to accompany classic proteins will be sure to help to keep our plates, and diets in balance.

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Spring Sweet Treats

Celebrate the season with these light-textured, brightly flavored, and delicious desserts. Participants will get an easy 1,2,3 recipe sure to please the palette. The chef will guide the students through a step-by-step baking experience culminating in a delicious finished product. Be sure to bring your sweet tooth!

Please select from the following class options:

Overnight Oats Berry Cookies
Raspberry Ricotta Cupcakes with Raspberry Coulis
Fruit Berry Tart with Vanilla Cashew Cream
Cinnamon Churros with Raspberry Sauce



Sustainability Tip

Buying local encourages greater variety and quantity of produce in your diet. Farmer's Markets expose us to a greater variety of produce outside of mainstream crops, which leads to a greater variety of nutrients. Also, fresh produce picked at the peak of ripeness and consumed soon after tastes better, so we are likely to eat it more frequently and make a great side to any entrée!

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Flipping the Plate & Wellness

Lauren Widawsky, our in-house dietitian, will lead you through an informative discussion enhancing your knowledge about all the latest trends in wellness and healthy eating. Our cooking school executive chef will also teach you and your team the preparation of an easy, healthy dish to prepare right at home.

Please select from the following class and recipe options:

Meal Planning and Prepping

Waste Not Shaker Salads

Regenerative Agriculture

Beet Panzanella Salad

Shrimp and Habanada Pepper Ceviche

Nutrition and Mental Health

Grilled Salmon, Blueberry Apple Salsa

Raspberry, Pecan, Couscous Salad

Mixed Berry, Quinoa, Arugula, Roasted Beet, and Avocado Salad with Honey-Lime Vinaigrette

Keeping Produce Fresher Longer

Pickled Bread and Butter Broccoli Stems

Waste Not Basil and Walnut Pesto

Wellness Bowl with Grilled Carrots, Squid, Avocado, Carrot Tops, and Scallion Root Chermoula



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Cocktail Toast

Toast your dish and learn how to make that perfect seasonal craft cocktail or ask questions of what to make from your own liquor cabinet. The cocktail recipe will be presented beforehand along with "shopping" and equipment list. Cheers!

Spring Cocktails:

Hibiscus Moscow Mule
Classic Negroni
Paloma
Spicy Watermelon Margarita
Mint Julep
Orange and Basil Sparkler



Sustainability Tip

Clean cocktails not only taste better, but they are better for you too. Clean cocktails are made with whole, unprocessed ingredients like fresh fruit juices and vegetable purees, fresh herbs, anti-inflammatory spices like cinnamon and cayenne, and gentle sweeteners like honey and pure maple syrup. All the Cooking School cocktail recipes feature clean, fresh ingredients continuing our dedication to sustainability.