



THE COOKING SCHOOL

Spring/Summer
2025
Event Catalog

Welcome to Class...

The Cooking School has always been a place to explore culinary & nutrition literacy, and with our seasonal catalog of events we invite you into our kitchen to develop your skills and expand your knowledge through networking, post-meeting celebrations, and team-building experiences.

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

Details For In-Person Events

What do I need to know?

- Make Your Event a Celebration! Add a seasonal cocktail or mocktail to elevate your gathering. Just ask about this special add-on during booking.
- There is a maximum of 10 students per event and a minimum of 6. Please confirm your total guest count one day prior to your event. Please arrive at the Cooking School 5 minutes before your required start time.
- Menu selections need to be submitted 2 weeks before the event or selection will be chef's choice, as well as any information on food allergies or dietary restrictions in the group.
- The cooking classes are of no cost. Bring your appetite and have fun! The chef will do the rest.

Details For Virtual Events

What do you need?

- Any computer device you can easily move around: laptop, iPad, smart phone, etc. A working area – kitchen – with an oven and stove.
- Virtual Events run for 45 - 60 minutes in a private Teams session; the Teams link and meeting invite will be created by you. You can choose to host either a demo-style (if your group plans to watch without cooking along) or cook-along class (if your group plans on cooking along with the chef during the class).
- Prior to your event you will receive the recipe, equipment list, and shopping list; we will ask you to distribute this to your guests so that they can prepare for the event. All ingredients and equipment should be out and ready prior to class. Menu selections need to be made two weeks prior to your event.
- The cooking classes are of no cost; however, the shopping cart is up to you.

Health & Wellness

Each UBS Cooking School recipe is carefully crafted to combine fresh, wholesome ingredients while reducing food waste and keeping sustainable cooking top of mind. We have categorized some of the recipes in the guide to help you better identify the wellness benefits.

- (P) – Plant Forward
- (S) – Sustainability Driven
- (SW) – Healthy Food Swap
- (SF) – Seasonal Superfoods

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Cooking School Hit List

The UBS Cooking School presents a must-try lineup of classes to elevate your culinary skills this season! Whether you're looking to master regional specialties, explore international flavors, or perfect crowd-pleasing dishes, our expert chefs have you covered. Join Chef Sydney and Chef Brian for an unforgettable hands-on experience that will inspire your next meal, gathering, or team event.

Please select from the following class options:

Pizza Party Workshop (P)

Sushi Rolling 101 (SF)

Chinese Dumplings (*choose either pork or shiitake - napa cabbage*) (P)

Seasonal Dessert: Southern Banana Pudding (P)



Did You Know?

- **Inside-Out Sushi Rolls Were Invented in the U.S.** – The California Roll (with rice on the outside) was created in Los Angeles to appeal to Western palates by hiding the seaweed inside.
- **Hawaiian Pizza Was Created in Canada** – Despite its name, Hawaiian pizza (ham & pineapple) was invented by a Canadian chef in 1962.
- **Chinese dumplings have over 1,800 Years of History** – Chinese dumplings (饺子, jiǎozi) date back to the Han Dynasty (around 220 AD) and were originally created as a medicinal food by a doctor.

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Global Inspiration

The UBS Cooking School invites you on a global culinary adventure, exploring international dishes that will impress even the most seasoned travelers. Join Chef Sydney and Chef Brian as they guide you through flavors and ingredients inspired by classic cuisines from around the world. Gather your team and embark on this delicious journey—bon appétit!

Please select from the following class options:

Lebanese Spiced Chickpea Skillet with Veggies, Pita, & Feta (P, SW, S)

Cambodian Coconut Curry (*choose tofu, chicken, or shrimp*) (P, SW)

Vietnamese Garlic Noodles with Shrimp & Eggplant

Southwestern Roasted Chicken with Charred Poblanos & Scallions (SW, SF)

Chinese Black Pepper Beef Stir Fry with Creamy Sesame Sauce



Did You Know?

- **Lebanese Cuisine Is Naturally Healthy** – Many Lebanese dishes emphasize fresh vegetables, legumes, olive oil, and herbs, making them heart-healthy and packed with antioxidants.
- **A Staple Dish for Khmer New Year** – Cambodian coconut curry is often enjoyed during Khmer New Year (Chaul Chnam Thmey), a major holiday celebrated in mid-April.
- **Chinese Wok Hei Magic** – The intense, smoky flavor in stir-fries comes from "wok hei" (breath of the wok), achieved by cooking over high heat to caramelize ingredients and develop deep umami flavors.

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Farm to Table Inspired

The UBS Cooking School brings the farm-to-table experience to your kitchen! This season, join Chef Sydney and Chef Brian as they showcase fresh, locally sourced ingredients in a lineup of hands-on classes. Learn how to create delicious, seasonal dishes while celebrating the best that nature has to offer. Whether you're looking to master farm-fresh flavors, explore sustainable cooking, or craft wholesome meals, our expert chefs will guide you on a culinary journey from field to plate!

Please select from the following class options:

Summer Cherry Tomato Pasta with Fresh Basil & Ricotta (P, SW, SF, S)

Crispy Fried Halloumi Cheese & Farmer's Market Succotash (P, SF)

Sweet Chili Glazed Salmon & Scallion Creamed Corn (SW, S)

Seared Tuna with Red Pepper & Garlic Aioli and Arugula (SW)

Sticky Tamarind Chicken & Watermelon Lime Salad (SW)



Did You Know?

- **Peak Freshness & Flavor** – Because farm-to-table ingredients are sourced locally, they are harvested at peak ripeness, leading to better taste and higher nutritional value.
- **Supports Biodiversity** – Farm-to-table encourages the growth of heirloom and heritage crops, which helps preserve plant diversity and protects rare varieties from extinction.
- **Encourages Sustainable Farming** – Many farm-to-table sources use sustainable farming practices, like crop rotation, composting, and water conservation, to keep the land fertile for future generations.