



**THE COOKING SCHOOL**  
2023 Spring/Summer Event Catalog



# 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 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](mailto:sh-americas-thecookingschool@ubs.com)

## 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 a stove.
- Each 60-minute event is a private TEAMS session beginning with a short introduction from the chef, followed by a review of the equipment and shopping list. The cooking portion of the class will be about 45 minutes. The remainder of time left for participants to network and mingle with each other virtually.
- Prior to your event you will receive the recipe, equipment list, and shopping list, so you are ready to hit the ground running. All ingredients and equipment should be out and ready prior to class.
- The cooking classes are of no cost; however, the shopping cart is up to you!

## Details For In-Person Events

### What do I need to know?

- There is a maximum of 10 students per event.
- Please arrive at the Cooking School 10 minutes before your required start time. The chef will check everyone in once they arrive.
- Wash your hands and pick a station. Grab a cut glove if necessary.
- Bring your appetite and have fun! The chef will do the rest
- The cooking classes are of no cost.

## 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)- Spring & Summer Superfoods

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## Perfecting Pizza

Ever wondered if you could make your own authentic pizza? Get ready, our Cooking School team of experts is ready to teach you how create your own delicious pizza using delicious seasonal and sustainable ingredients from scratch! From the dough, the sauce, and of course the toppings, the chefs will teach you how to build your perfect pizza in no time. Get your team together and prepare for an amazing pizza experience.

**Please select from the following seasonal pizza options:**

- Classic New York Style Pizza
- Garlic, Goat Cheese, and Spring Pea Pizza (P)
- Burrata Pizza with Prosciutto
- Caramelized Leek, Bacon, and Fresh Mozzarella Pizza
- Shaved Asparagus Pizza (P)



### Pizza Facts

- The first ever pizzeria opened in Naples, Italy. Antica Pizzeria Port'Alba is the worlds first documented pizzeria. It was established in 1738 as a stand for peddlers, and then in 1830, it opened its doors for business
- In the US, Pepperoni is the most popular pizza topping, followed by mushrooms and extra cheese.
- The margherita pizza was named after Queen Margherita of Savoy in 1889. Her pizza was created in honor of the Italian flag with toppings of tomato, basil, and white mozzarella cheese.
- 350 slices of pizza are eaten every second in the US. That's a lot of pizza...

## Sauce and Pasta

Wouldn't it be great to cook a real fresh Italian pasta and sauce with the skill of a master chef? Look no further, the UBS Cooking School has a fantastic team building event for you. The chefs will teach you how to make your own dough, create the pasta shapes, cook to perfection, and of course finish with the perfect pasta sauce.

**Please select from the following class options:**

Spring Orecchiette Pasta with Lemon and Peas (P)

One Pot Orzo, Scallops, and Fennel

Cajun Chicken Pimento Mac and Cheese

Linguine with Roasted Tomato Sauce (P)

Summer Pasta Primavera (P)



### Sauce and Pasta Facts

- There are around 600 different types of pasta today, and over 1300 different names have been documented.
- Pasta was originally eaten plain (no sauce), or sprinkled with sugar, soft cheese, and cinnamon, served as a dessert.
- Pasta has been scientifically proven to make you happier. According to scientists, the carbs in pasta create serotonin which increase feelings of happiness!
- There is also a science behind the pairings of specific pasta to specific sauces. Short, hollow shapes should be paired with meaty chunky sauces, while long, thin strands are perfect to sop up luxurious creamy sauces.



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## Summer Sweets

Everyone know that there is only one way to finish off a great meal, it's with a sweet seasonal dessert. The Cooking School will satisfy your sweet tooth with some amazing team building events. Whether you are a pie lover, or a seasonal fruit fanatic, the Cooking School has something to satisfy your team's sweet tooth.

**Please select from the following class options:**

- Peach Hand Pies (P)
- Blueberry Lemon Scones (SF)
- Summer Strawberry and Mint Granita (SF)
- Pistachio Drop Cookies
- Raspberry and Rhubarb Crisp (SF)



### Sweet Summer Food Facts

- Summer is a great time to pick up some fresh fruits and vegetables from your local farmer's market. Not only is seasonal produce full of flavor, but it also provides loads of nutrients that your body needs to be healthy.
- Strawberries are actually a part of the rose family and contain over 200 seeds.
- Peaches and nectarines are considered twins, with the only difference being that a peach's skin is fuzzy and a nectarine's smooth.
- Blueberries were originally called "star fruit" by North American indigenous peoples because of the 5-point star shape that is formed on the top of the berry.

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## Cooking School Student Favorites

You talked and we listened! We have taken some of our “greatest hit” daily cooking school classes from the past and decided to turn them into team building event classes. These fantastic recipes have dazzled our cooking school students every day and are sure to excite your entire team. Book your event today and enjoy!

**Please select from the following class options:**

- Cauliflower Piccata (SW)
- Lemon Pepper Salmon (S)
- Sweet and Savory Empanadas
- Shrimp Tacos with Spicy Peach Salsa (S)
- Crispy Crab Cake, Tomato Butter
- Vegan “Pulled Pork” Sliders (SW)



### Food Facts

- Experts think the crab cake began as a creation of Native Americans in the Chesapeake Bay region. The crabcake was one of the first Native American dish adopted by European colonists.
- The exact origin of the empanada is unknown, but they are thought to have originated in Galicia, an area in northwest Spain. The word empanada comes from the Spanish verb “empanar”, which means to wrap or coat in bread.
- The world’s largest taco was constructed in Queretaro, Mexico in 2011. It was 246 feet long, stretched an entire city block, and was filled with carnitas.



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## International Classics

The UBS Cooking School goes international this spring and summer with some great classic dishes from all around the world. Chef Veronica and Chef Dana's extensive knowledge of all cuisines make them the perfect culinarians to teach some classic international dishes. From Thailand to Jamaica, and from Brazil to Mexico, The UBS Cooking School has international cuisine covered.

**Please select from the following class options:**

Thai Drunken Noodles  
Flank Steak, Chimichurri Sauce  
Sweet Potato and Black Bean Enchiladas (SW)  
Peanut, Chicken Ramen  
Jerk Rubbed Chicken, Peach BBQ Sauce  
Falafel, Dill Lemon Sauce (P)



### International Notes

- The word "jerk" stems from the Spanish word "charqui", meaning dry strips of meat.
- Panzanella is a fresh dish that dates back to the peasant habit of soaking stale Tuscan bread and mixing it with garden vegetables. The word "panzanella" comes from the 2 Italian words "pane" (bread), and "zanella" (soup bowl)
- Chimichurri originated with the gauchos who roamed the fertile grasslands in Argentina, Uruguay, and Paraguay during the 19<sup>th</sup> century.
- There is a ramen museum in Japan for extreme ramen lovers. The Shin-Yokohama Ramen Museum is the also the world's first food-themed amusement park with ramen-themed rides, 9 ramen restaurants, and ramen souvenir shops for tourists to enjoy.

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## Shake, Stir, and Pour

Shake, stir, and pour just like a skilled mixologist, while also learning about “Clean Cocktails” during the Cooking School cocktail toast events. Pick 3 of these seasonal options and you will be on your way to becoming the best cocktail party host around. You can also add a cocktail recipe to any of our other classes. Cheers!

### Cocktails:

Mint Julep  
Hibiscus Moscow Mule  
French 75  
Salted Strawberry Daiquiri  
Rosemary Mezcal Fizz  
Stone Fruit Sangria  
Aperol Spritz



Did you know?

- The *Mint Julep* became the official drink of the Kentucky Derby in 1983. The bartenders at the Kentucky Derby serve an estimated 120,000 Mint Juleps over the two-day event.
- The *French 75*, made with gin, fresh lemon juice, sugar, and champagne, was named for the fast-firing 75 mm rifle utilized by the French soldiers during World War One.
- Mezcal is made from the heart of the agave plant which is called the pina because of its pineapple-like appearance.
- Sangria was introduced to the United States when it was brought to the 1964 world's fair in New York City by Alberto Heras.