



THE COOKING SCHOOL

Fall/Winter 2023-2024
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 present to you our seasonal catalog of events, 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/> or send an email to 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 40 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. Menu selections need to be submitted 10 days before the event or selection will be chef's choice. 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.
- Menu selections need to be submitted 10 days before the event or selection will be chef's choice. 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)- Fall & Winter Superfoods

Perfecting Pasta

The UBS Cooking School has created a series of events that will have you perfecting pasta in no time at all. Follow the lead of Chef Sydney and Chef Brian as they teach you the in and outs of some delicious pasta dishes. These comforting pasta dishes are sure to be the star of your dinner menu this season. Get your team on board and sign-up today.

Please select from the following class options:

Wild Mushroom Farfalle with Red Wine & Shallots (P)

Shrimp Scampi Linguine (SF)

Roasted Chicken & Spinach Artichoke Orzo

Creamy Sundried Tomato Chicken Penne

Autumn Harvest Pasta With Guanciale, Butternut Squash, Mushrooms, & Gruyere (SF)

Miso Salmon with Sesame Ginger Soba Noodles (SW, SF)



Pasta Facts

- The three most popular pasta dishes worldwide are macaroni cheese, spaghetti bolognese, and lasagne.
- Top quality pasta is made from Durum Wheat. In addition, durum wheat is the hardest wheat known to man. This gives pasta its yellow amber color, enjoyable nutty flavor and the ability to retain both shape and firmness when cooked
- In Greek mythology, it is believed that the God Vulcan invented a device that made strings of dough. This was the earliest reference to a pasta maker.
- German Andre holds the Guinness World Record for the most pasta, 2.09 lbs., consumed in three minutes in 2021.

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Pizza Parties

Does the UBS Cooking School offer pizza making classes? Fuhgeddaboutit! Of course we do! You and your team will become amateur pizza chefs during our most popular series of classes. From the classic New York pie, to an international pie with a "Naan" crust, these classes are both informative and delicious. Join the UBS Cooking School chefs for some pizza and you are sure to be satisfied. Mangia!

Please select from the following seasonal pizza options:

Classic New York Style Pizza (P)

Fennel, Salami, & Garlic Pizza

White Pizza with Butternut Squash, Prosciutto, & Sage (SF)

Fig Jam & Bacon Pizza with Ricotta & Balsamic

Chicken Tikka Masala Naan Pizza

Garlic, Spinach, and Tomato Pie (SW, P)



Pizza Fun Facts

- The colors of the Italian flag, red (tomato puree), white (mozzarella cheese), and green (basil), are often used as toppings on Margherita pizza.
- The most expensive pizza in the world is made with caviar, lobster, and 24-carat gold flakes and costs over \$12,000.
- October has been designated as national pizza month in the U.S. since 1987
- Saturday night is the most popular night in the world to eat pizza.

Sweet Treats

Looking for a class that will satisfy even the most extreme of sweet teeth? You have looked in the right place. The UBS Cooking School team has chosen some of the most unique sweet dishes that will be sure to please. Join Chef Sydney, and Chef Brian for a culinary adventure that your team won't forget. Satisfy that sweet tooth and sign-up for an event today.

Please select from the following class options:

Chai Cookies with Eggnog Glaze (P)

Bananas Foster French Toast with Toasted Pecans (P)

Pumpkin Vanilla Cheesecake with Gingersnap Crust (P, SF)

Dessert Crepe Buffet with Nutella, Homemade Jam, & Berries (P)

Gingerbread Pancakes with Maple Pumpkin Mascarpone (P, SF)



Do you know desserts?

- The word "dessert" originated from the French word *desservir*, meaning "to clear the table." This refers to the fact that desserts are served after the other dishes are cleared off the table
- Each year, seven billion chocolate chips are consumed in the United States. This equates to over 19.2 million cookies eaten a day. About 50% of those cookies are homemade, while the others are store-bought.
- The chocolate river in the movie *Willy Wonka and the Chocolate Factory* was made of real chocolate. It contained 150,000 gallons of water mixed with chocolate and cream. The cream made the mixture spoil quickly on set

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Techniques & Tastings

The UBS Cooking School has designed some fantastic events perfect for those who are trying to learn some new cooking techniques, while also focusing on a deeper understanding of taste and flavor. Chef Sydney and Chef Brian will guide you through a culinary journey sure to impress even the most experienced of culinarians. Gather your team today and get ready for a fun and enjoyable culinary ride.

Please select from the following class options:

Cheese Tasting
Decorative Desserts
Building a Charcuterie Board
Sushi 101
Dumpling Workshop
Mystery Basket Challenge



Food Facts

- These days sushi might be synonymous with Japanese cuisine, but sushi did not originate in Japan. In fact, the origins of sushi can be traced back thousands of years ago to the Neolithic period in China when people were preserving excess fish by fermenting it with rice. Other Asian cultures also used similar fermentation methods.
- People of Greece are the largest consumers of cheese worldwide. An average person from Greece consumes around 27.3 kg of cheese every year, about $\frac{3}{4}$ of which is feta cheese.
- Charcuterie is just a fancy word for cured meat. The word derives from French origins in the 15th century, when people used every last bit of the meat and left nothing to waste. The meat was then put through a preservation process of curing and often formed into some sort of sausage or dry-aged meat

Global Inspiration

The UBS Cooking School takes a trip around the globe to bring you some great international dishes that are sure to please even the most experienced of world travelers. Chef Sydney and Chef Brian will take you on a trip to deliciousness featuring dishes and ingredients inspired by classic global cuisines. Get your team together and take a trip with the UBS Cooking School. Bon Appetit!

Please select from the following class options:

Okonomiyaki: Japanese Street Food Fritters (P, S)

Seared Scallops with Artichoke, Leek, & Fennel Orzo (S)

Chicken & Vegetable Lo Mein

Shawarma Spiced Lamb & Chickpea Bowls with Tahini Lemon Sauce (SW)

Carne Asada Tacos with Pico de Gallo & Cotija

Moroccan Spiced Salmon with Carrot, Parsley, and Raisin Salad (SW,SF)



International Notes

- The word "okonomiyaki" is derived from "okonomi" meaning "as you like" and "yaki" meaning "grilled". It's commonly referred to as being a Japanese pancake. Accurate to its name, okonomiyaki can be served with a variety of toppings which include everything from meat and seafood to vegetables and cheese.
- Shawarma is a tasty dish which belongs to the Middle Eastern cuisine. Interestingly, its name originates from the Turkish word '*çevirme*' meaning 'turn' in English, as in meat turning on a spit or rotisserie until it is slowly cooked thoroughly.
- Carne asada is a dish of grilled and sliced beef, usually skirt steak, sirloin steak, tenderloin steak, or rib steak. It is usually cooked with a marinade and some searing to impart a charred flavor.

Holiday Celebrations

The UBS Cooking School celebrates the holidays with some delicious recipes perfect for your festive celebrations. From regional favorites to international holiday dishes, the cooking school is there to round out your seasonal menus. Join Chef Sydney, and Chef Brian as they take you and your team on a delicious Cooking School journey.

Please select from the following class options:

Creamy Polenta with Seared Wild Mushrooms (P, S)

Fig, Bacon, Balsamic, & Blue Cheese Puff Pastries

Mushroom, Squash, & Sage Stuffing (P)

Thanksgiving Harvest Centerpiece Salad with Cornbread Croutons (P, S, SW)

Potato Latkes with Sour Cream & Apple Sauce (P)

Peanut Stewed Chicken with Collard Greens & Tomatoes (SW, SF)



Did you know?

- The largest living organism in the world is a honey mushroom. Nicknamed the “Humongous Fungus”, this fungi is located in Malheur National Forest in Oregon (USA).
- Even though we think of polenta as an Italian dish, corn polenta was being eaten by the Aztecs and Mayans for a very long time before corn was ever introduced to Italy. So, shout out to the Aztecs and the Mayans.
- Studies show that nearly 50% of the US population stuff their Thanksgiving bird! In 1972, the *Stove Top* brand founded the popular boxed stuffing. Around Thanksgiving, they sell nearly 60 million boxes of stuffing!

Mixology

Learn to shake, stir, and pour just like a skilled mixologist. Join the UBS Cooking School chefs as the guide you through preparing some of their favorite seasonal cocktails and mocktails. Pick 3 of these fantastic 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:

- Pomegranate Gin Gimlet (P)
- Maple Cranberry Whiskey Sour (P)
- Mint & Lemon Honeyed Vodka (P)
- Cinnamon Apple Cider Mocktail (P)
- Carrot Ginger Moscow Mule Mocktail (P)



Really?

- The earliest mention of the word “cocktail” in reference to a drink, was in March of 1798 in the London Morning Post.
- Although the British are the number one fans of gin, the juniper-led spirit originated from Holland. It was discovered by English soldiers and brought to England in the early 1600s.
- Unlike alcohol, which is a powerful diuretic, mocktails can hydrate your body — especially if you use coconut water and sparkling mineral water as your mocktail base.
- When you’re making your mocktails at home, you have full say over what you put in it. Adding fruits with antioxidants, herbs like mint and spices like cinnamon all go a long way toward improving your overall health.